

Blinder a chanser

Mae'r wybodaeth hon am flinder. Mae blinder yn golygu teimlo'n flinedig iawn. Gall fod wedi ei achosi gan ganser neu driniaethau canser.

Ceir esboniad o'r geiriau sydd wedi eu tanlinellu yn y rhestr geiriau ar y diwedd. Mae'r rhestr geiriau hefyd yn cynnwys ynganiad y geiriau yn Saesneg.

Os oes gennych unrhyw gwestiynau am yr wybodaeth hon, gallwch holi'ch meddyg neu nyrs yn yr ysbyty lle rydych yn cael eich triniaeth.

Gallwch hefyd ffonio Cymorth Canser Macmillan ar y rhif radffôn **0808 808 00 00**, dydd Llun i ddydd Gwener, 9am i 8pm. Mae gennym gyfieithwyr, felly gallwch siarad gyda ni yn eich iaith eich hun. Pan fyddwch yn ein ffonio, dywedwch wrthym yn Saesneg pa iaith yr ydych ei hangen (dywedwch "Welsh").

Mae mwy o wybodaeth yn Gymraeg yn macmillan.org.uk/translations

Mae'r wybodaeth hon yn trafod:

- Beth yw blinder?
- Beth sy'n achosi blinder?
- Ffyrdd o reoli blinder
- Ymdopi gyda blinder yn y gwaith
- Gofalu am rywun gyda blinder
- Sut y gall Macmillan eich helpu chi
- Rhestr geiriau
- Mwy o wybodaeth yn Gymraeg
- Cyfeiriadau a diolchiadau

Beth yw blinder?

Blinder yw pan fyddwch yn teimlo'n flinedig iawn y rhan fwyaf neu trwy'r amser. Mae'n broblem gyffredin ymysg pobl gyda chanser.

Mae blinder a achosir gan ganser yn wahanol i flinder y gall rhywun heb ganser ei gael. Mae pobl gyda chanser yn blino'n gynt wedi gweithgaredd, ac yn aml ni fydd gorffwys na chysgu yn ysgafnhau'r blinder.

Ar gyfer y mwyafrif, mae blinder yn gwella ar ôl i'r driniaeth orffen. Ond gallai barhau am sawl mis, neu flynyddoedd hyd yn oed. Mae pawb yn wahanol ac nid oes modd o wybod am ba mor hir y bydd blinder yn para ar gyfer pob person.

Gall blinder effeithio arnoch mewn gwahanol ffyrdd. Rhai effeithiau cyffredin blinder yw:

- anhawster gwneud pethau syml, fel brwsio eich gwallt neu wisgo
- teimlo nad oes gennych unrhyw egni neu nerth
- anhawster canolbwyntio a chofio pethau
- anhawster meddwl, siarad neu wneud penderfyniadau
- teimlo'n fyr eich gwynt wedi gweithgaredd ysgafn
- teimlo'n chwil neu benysgafn
- anhawster cysgu (anhunedd)
- colli diddordeb mewn rhyw
- teimlo'n fwy emosiynol nag arfer.

Gall fod yn rhwystredig a threchol pan fyddwch yn flinedig y rhan fwyaf o'r amser. Mae'n bwysig dweud wrth eich meddygon a nyrsys sut mae'n gwneud i chi deimlo. Mae sawl ffordd y gallant eich helpu. Mae yna hefyd bethau y gallwch chi eu gwneud eich hun a allai helpu. Er enghraifft, gall bod yn gorfforol egniol helpu eich blinder.

Beth sy'n achosi blinder?

Gall blinder fod wedi ei achosi gan:

- y canser
- triniaethau canser
- anemia
- problemau bwyta
- problemau iechyd eraill
- effeithiau seicolegol canser.

Y canser

- Ar gyfer rhai pobl, gallai'r canser achosi blinder.
- Gallai hyn fod oherwydd symptomau'r canser. Er enghraifft, efallai bod rhannau o'ch corff wedi chwyddo gan fod y canser wedi achosi hylif i Gronni. Gall hyn wneud iddynt deimlo'n drwm a gall fod yn anodd symud o gwmpas.
- Efallai eich bod yn teimlo'n flinedig oherwydd bod y canser wedi lleihau'r nifer o gelloedd gwaed coch. Gelwir nifer isel o gelloedd gwaed coch yn anemia.
- Gall canserau sy'n achosi newidiadau mewn lefelau hormonau, megis canser y fron neu ganser y brostad, achosi blinder.

Triniaethau canser

- Os yw blinder wedi ei achosi gan driniaeth canser, mae fel arfer yn gwella wedi i'r driniaeth orffen. Ond ar gyfer rhai pobl, gallai barhau am sawl mis, neu flynyddoedd hyd yn oed.
- Llawfeddygaeth – Mae blinder wedi llawfeddygaeth fel arfer dros dro, ond mae'n dibynnu ar y math o llawfeddygaeth.
- Cemotherapi a radiotherapi – Mae blinder fel arfer yn gwella 6 i 12 mis wedi i'r driniaeth orffen, ond weithiau gall barhau'n hirach. Weithiau gallai'r triniaethau hyn achosi effeithiau hirdymor megis bod yn fyr o wynt neu broblemau â'r galon. Mae'r rhain yn debygol o'ch gwneud i deimlo'n fwy blinedig. Gall cemotherapi a radiotherapi hefyd achosi anemia.
- Therapi hormonaidd a therapi targedig – Gall rhai o'r therapïau hyn achosi blinder am y cyfnod rydych yn eu cymryd.

Mae gennym ragor o wybodaeth mewn ieithoedd eraill am llawfeddygaeth, cemotherapi, radiotherapi a sgîl-effeithiau triniaethau canser. Ewch i macmillan.org.uk/translations neu ffonio **0808 808 00 00**.

Anemia

Mae anemia yn digwydd o ganlyniad i beidio â chael digon o haemoglobin (Hb) yn y gwaed. Ceir haemoglobin yng nghelloedd coch y gwaed ac mae'n cludo ocsigen o amgylch y corff, sy'n rhoi egni i ni. Os oes gennych anemia efallai byddwch yn teimlo

- yn flinedig
- yn fyr o wynt
- chwil a phen-ysgafn.

Gall anemia fod wedi ei achosi gan gemotherapi neu radiotherapi. Gall eich meddyg wirio os oes gennych anemia. Os oes gennych, efallai y byddwch angen triniaeth i wneud i chi deimlo'n well.

Problemau bwyta

Os nad ydych yn bwyta'r un faint o fwyd ag y byddech fel arfer, gallai hyn achosi i chi gael llai o egni a theimlo'n flinedig. Mae'n bwysig dweud wrth eich nyrs neu feddyg os ydych chi'n cael trafferth bwyta.

Os yw bwyd yn troi arnoch chi a'ch bod yn methu â bwyta, dywedwch wrth eich meddyg. Efallai y byddant yn gallu rhoi meddyginiaeth i helpu. Os na fedrwyd gymryd meddyginiaeth ar gyfer pwys, neu ni fedrwyd ei gadw i lawr oherwydd chwydu, siaradwch â'ch meddyg neu nyrs. Mae ffyrdd eraill o gymryd meddyginiaethau gwrth-salwch.

Mae gennym daflen ffeithiau yn Gymraeg o'r enw **Problemau bwyta a chanser** sy'n rhoi mwy o wybodaeth. Ewch i macmillan.org.uk/translations neu ffonio **0808 808 00 00**.

Poen

Os oes gennych boen gall hyn achosi blinder. Gall cyffuriau lleddfu poen a thriniaethau eraill helpu. Os yw'ch poen wedi ei leddfu, gall hefyd helpu gyda'ch blinder.

Problemau meddygol eraill

Gall diabetes, problemau'r galon neu thyroid hefyd wneud blinder yn waeth. Weithiau, os byddwch yn cymryd meddyginiaethau ar gyfer cyflyrau eraill, gall y rhain wneud i chi deimlo'n flinedig hefyd.

Colli cryfder y cyhyrau

Os oes gennych flinder, efallai byddwch yn dod yn llai egni'ol dros amser. Pan nad yw eich cyhyrau yn cael eu defnyddio'n rheolaidd, maent yn dod yn fwy gwan. Bydd bod â chyhyrau gwan yn golygu y byddwch yn ei chael yn anodd ac yn flinedig i wneud y tasgau symlaf. Gallai hefyd olygu eich bod mwy o risg i chi gael codwm.

Bod yn egni'ol yn gorfforol yw'r ffordd orau i gadw cryfder eich cyhyrau ac i adeiladu eich egni.

Effeithiau emosiynol canser

Gall effeithiau emosiynol canser achosi blinder. Mae pobl yn teimlo gwahanol emosiynau pan mae ganddynt ganser. Efallai byddwch yn teimlo'n bryderus, yn drist neu'n flin. Does dim ffordd gywir nac anghywir o deimlo. Weithiau gall teimlo emosiynau anodd ei gwneud hi'n fwy anodd cysgu. Yna, gall peidio â chael digon o gwsg eich gwneud yn fwy blinedig.

Mae yna wahanol fathau o gymorth emosiynol y gallech eu canfod yn ddefnyddiol, gan gynnwys siarad a therapïau cyflenwol.

Ffyrdd o reoli blinder

Ffyrdd y gall eich tîm gofal iechyd helpu.

Mae'n bwysig siarad am eich blinder gyda'ch tîm gofal iechyd. Efallai bydd ffyrdd i'w wella.

Bydd eich meddyg yn chwilio am unrhyw resymau dros flinder y gellir eu trin, megis anemia. Efallai byddant yn eich archwilio ac efallai y cewch rai profion gwaed. Efallai byddant hefyd yn edrych ar y feddyginiaeth rydych yn cymryd. Mae hyn er mwyn gwirio os gallant wneud newidiadau iddynt a allai wella blinder. Er enghraifft, efallai byddant yn gostwng dos tabled sy'n eich gwneud yn gysglyd.

Triniaethau cyffur ar gyfer blinder

Nid oes yna lawer o driniaethau cyffur eto i helpu atal neu wella blinder. Gall steroidau, a ddefnyddir i drin problemau iechyd eraill fod o gymorth weithiau. Ond mae sgîl-ffeithiau iddynt, felly dylech siarad â'ch meddyg ynghylch y manteision a'r anfanteision posibl.

Cynhelir treialon ymchwil i geisio darganfod triniaethau cyffur newydd a gwell. Mae hyn yn cynnwys triniaethau cyffur ar gyfer blinder. Mae llawer o ysbytai'n awr yn cymryd rhan yn y treialon. Siaradwch â'ch meddyg ynghylch a allech chi gymryd rhan mewn treial ymchwil ar drin blinder.

Cael cefnogaeth

Os ydych chi'n ei chael yn anodd ymdopi gyda blinder, gallai egluro unrhyw broblemau i'ch meddyg neu nyrs eich helpu.

Dywedwch wrthynt am y gweithgareddau rydych yn eu canfod yn anodd. Gallai'r gweithgareddau hyn fod yn bethau fel dringo'r grisiau, coginio neu ymolchi. Gadewch iddynt wybod os oes rhywbeth sy'n gwneud y blinder yn well neu'n waeth. Fe allech geisio cadw dyddiadur o'ch blinder. Er enghraifft, nodi'r amser o'r dydd pan mae'n waeth neu'r pethau sy'n eich helpu i deimlo'n well. Gallech ei ddangos i'ch meddyg neu nyrs.

Dyma rai cwestiynau y gallech eu gofyn:

- Beth allai fod yn achosi fy mlinder?
- Oes yna unrhyw driniaethau a allai helpu?
- Beth alla i wneud i leihau fy mlinder?
- A allai fy meddyginiaethau fod yn effeithio ar fy lefelau egni?
- Pa help sydd ar gael?

Pethau y gallwch chi wneud

Mae yna wahanol bethau allwch chi wneud i reoli eich blinder. Gall rhai o'r rhain leihau eich blinder. Gall eraill eich helpu i ymdopi'n well.

Cynllunio ymlaen

Os oes gennych flinder, mae cynllunio ymlaen llaw yn bwysig. Mae hyn yn helpu gwneud yn siŵr y gallwch ddal i wneud yr holl bethau yr ydych fwyaf eisiau eu gwneud.

- Defnyddiwch ddyddiadur i'ch helpu i gofnodi pan fyddwch yn teimlo ar eich gorau a phryd fyddwch fwyaf blinedig.
- Ceisiwch gynllunio tasgau mwy ar gyfer adegau pan fyddwch yn debygol o deimlo'n llai blinedig.
- Ceisiwch gynllunio digon o amser i orffwys wedi cyfnod o weithgaredd.

Gwnewch yn siŵr eich bod yn gofalu am eich anghenion eich hun a chael digon o orffwys, hyd yn oed os oes gennych eraill i'w hystyried.

Diet

- Gall bwyta'n dda helpu cynyddu eich egni. Os ydych wedi colli'ch archwaeth neu os oes gennych broblemau bwyta eraill, gofynnwch i weld dietegydd yn yr ysbyty. Gallant roi cyngor i chi ar beth sydd orau i'w fwyta.
- Pan fydd eich archwaeth yn dda, gwnewch yn siŵr eich bod yn bwyta'n dda. Dylech geisio yfed digon o hylifau.
- Cadwch ddyddiadur pob dydd o beth ydych chi'n ei fwyta a phryd. Yna gallwch weld a oes gennych fwy o egni wedi rhai bwydydd penodol. Efallai y bydd yn help i gael rhywun arall i baratoi'r bwyd i chi. Neu gallech brynu prydau parod, neu ddefnyddio sefydliad sy'n danfon prydau at eich cartref.

Mae gennym daflen ffeithiau yn Gymraeg o'r enw **Bwyta'n iach** sy'n rhoi mwy o wybodaeth. Ewch i macmillan.org.uk/translations neu ein ffonio ar **0808 808 00 00**.

Gweithgarwch corfforol

Gall gweithgarwch corfforol helpu i leihau blinder. Gallai bod yn egniol helpu

- rhoi hwb i'ch archwaeth
- rhoi mwy o egni i chi
- magu cryfder eich cyhyrau
- gwella'ch cwsg.

Mae fel arfer yn ddiogel dechrau rhyw fath o weithgarwch corfforol yn ystod neu ar ôl triniaeth. Os penderfynwch wneud ychydig o weithgarwch corfforol, mae'n bwysig sicrhau eich bod yn ei wneud yn ddiogel. Gallech ddechrau trwy eistedd mewn cadair yn hytrach na gorwedd yn eich gwely pan rydych yn gwella. Dylech gynyddu i gerdded pellteroedd byrion o gwmpas y tŷ. Hyd yn oed os oeddech wedi arfer gwneud gweithgarwch corfforol yn rheolaidd cyn cael diagnosis o ganser, efallai bod angen i chi fod yn fwy gofalus.

Mae sawl ffordd y gallwch ddod yn fwy egniol, gan gynnwys:

- gwneud mwy yn eich tŷ, megis gwaith tŷ neu arddio
- cerdded neu feicio i'r gwaith, siopau neu i weld ffrindiau
- ymarferion ymestyn fel ioga neu tai chi.

Peidiwch ag ymarfer os nad ydych yn teimlo'n dda, yn fyr eich gwynt, neu os oes gennych boen. Dywedwch wrth eich meddyg os nad ydych yn teimlo'n dda.

Cyn i chi ddechrau gwneud unrhyw weithgaredd corfforol neu gynyddu faint ydych chi'n ei wneud, mae'n bwysig cael cyngor gan weithiwr gofal iechyd. Gall eich arbenigwr canser neu feddyg teulu eich cyfeirio at ffisiotherapydd. Gallant eich helpu i weithio ar eich ffitrwydd corfforol a chryfder eich cyhyrau.

Cysgu

Gallai eich blinder wneud i chi deimlo fel cysgu trwy'r amser. Ond mae'n bwysig cadw trefn gysgu. Mae'r rhan fwyaf o bobl yn ceisio cysgu rhwng 6 ac 8 awr bob nos. Gallai cwsg o ansawdd da helpu gyda blinder. Gallai hefyd leihau'ch angen i gysgu yn ystod y dydd.

Awgrymiadau ar gyfer gwell cwsg:

- Ewch i'ch gwely a chodwch tua'r un amser bob dydd.
- Ceisiwch beidio â chysgu'n hwyr i'r dydd ar ôl noson ddi-gwsg. Gall hyn arwain at batrwm cwsg dryslyd.
- Ceisiwch wneud ychydig o ymarfer ysgafn fel cerdded. Gall hyn eich helpu i deimlo'n naturiol flinedig ac yn barod am gwsg.
- Cadwch eich meddwl yn brysur gyda gweithgareddau fel darllen, gemau neu bosau. Gall hyn hefyd eich helpu i deimlo'n naturiol barod am gwsg.
- Byddwch yn ymwybodol o sut mae pendwmpian yn effeithio arnoch. Mae rhai pobl yn canfod fod pendwmpian yn ystod y dydd yn eu helpu i gysgu'n well gyda'r nos, tra bod eraill yn cysgu llai cystal.
- Gall steroidau achosi problemau cysgu. Os ydych yn cymryd steroidau, holwch eich meddyg a allwch eu cymryd yn gynharach yn y dydd.

Cymorth emosiynol

Cyngor

Gall blinder effeithio ar eich emosiynau. Gall wneud i chi deimlo yn fwy pryderus neu mewn hwyliau is. Os ydych chi'n cael trafferth ymdopi yn emosiynol, efallai byddai gweld cynghorydd o gymorth i chi. Mae cynghorwyr wedi eu hyfforddi i wrando. Gallant eich helpu i ddelio ag emosiynau anodd.

Mae gan sawl ysbyty gynghorwyr neu staff sydd wedi eu hyfforddi'n arbennig i ddarparu cymorth emosiynol i bobl sydd wedi cael eu heffeithio gan ganser. Gall eich meddyg canser neu nyrs arbenigol ddweud wrthy'ch pa wasanaethau sydd ar gael. Gallant hefyd eich atgyfeirio. Mae hefyd gan rai meddygfeydd gynghorwyr, neu gallant eich atgyfeirio i weld un.

Grwpiau cefnogaeth

Mae rhai pobl yn teimlo ei fod yn helpu i siarad gyda phobl eraill sydd â phrofiad o flinder. Mae gan y rhan fwyaf o'r ardaloedd yn y Deyrnas Unedig grwpiau cefnogaeth. Weithiau maent wedi eu harwain gan weithiwr gofal iechyd. Efallai y bydd aelodau eraill o'r grŵp mewn sefyllfa debyg i chi.

Gallwch ffonio ein Llinell Gymorth Macmillan ar 0808 808 00 00 i gael gwybod am grwpiau cefnogaeth yn eich ardal. Gallwn geisio canfod os oes grŵp cefnogaeth ble mae pobl yn siarad yr un iaith â chi.

Therapiau cyflenwol

Mae therapïau cyflenwol yn driniaethau neu'n weithgareddau a all wneud i chi deimlo'n well. Nid ydynt yn trin canser. Mae gwahanol therapïau cyflenwol a allai helpu gyda blinder, megis:

- ymlacio
- therapi tylino
- ioga.

Efallai bydd rhai o'r therapïau hyn ar gael ar y GIG. Gall eich meddyg teulu roi mwy o fanylion i chi. Efallai byddwch hefyd yn medru eu cael trwy grŵp cymorth canser.

Er mwyn cadw'n ddiogel, mae'n bwysig gwirio cymwysterau a phrofiad therapydd. Os ydych angen help gyda hyn, gofynnwch i'ch meddyg neu nyrs, neu galwch Linell Gymorth Macmillan ar 0808 808 0000.

Cyn i chi ddefnyddio therapi cyflenwol, siaradwch gyda'ch meddyg neu nyrs arbenigol. Gallai rhai therapïau effeithio ar eich triniaeth canser.

Awgrymiadau ar gyfer rheoli gweithgareddau dydd i ddydd.

Os ydych angen help gyda phethau gartref, efallai y gallwch ofyn i'r teulu, ffrindiau neu gymdogion. Gall adeiladu rhwydwaith o gefnogaeth wneud gwahaniaeth mawr. Os ydych wastad yn ymddangos i fod yn ymdopi'n dda, efallai na fydd eich teulu a ffrindiau yn sylweddoli faint o help yr ydych ei angen. Neu efallai eu bod yn aros i chi ofyn am help.

Mae yna bethau y gallwch eu gwneud a allai helpu gyda thasgau bob dydd.

Cadw tŷ

- Gwasgarwch y tasgau ar hyd yr wythnos. Gwnewch ychydig o waith tŷ pob dydd, yn hytrach na gwneud llawer ar un tro.
- Os yw'n bosibl, gofynnwch i bobl eraill wneud gwaith trwm, megis garddio.
- Eisteddwch i lawr i wneud rhai tasgau os medrwch.
- Os yw'n bosibl, cyflogwch lanhawr i helpu. Gallai hyn fod yn ddrudd. Efallai byddwch yn gallu cael help yn y cartref oddi wrth y gwasanaethau cymdeithasol.

Siopa

- Os yw'n bosibl, ewch i siopa gyda ffrind neu aelod o'r teulu i gael help ychwanegol.
- Mae'r rhan fwyaf o archfarchnadoedd yn cynnig siopa ar-lein y gellir ei ddanfôn i'ch cartref.
- Defnyddiwch droli siopa fel nad oes angen i chi gario basged drom. Gallai bag siopa ar olwynion fod o gymorth gyda siopa a chael pethau adref.
- Ewch i siopa ar adegau llai prysur.
- Gofynnwch i staff y siop eich helpu i bacio a mynd a'r neges i'r car.

Paratoi prydau

- Ceisiwch gael prydau parod neu fwyd sydd wedi'i goginio ymlaen llaw pan fyddwch fwyaf blinedig.
- Os medrwch, eisteddwch i lawr wrth baratoi prydau.
- Pan fyddwch yn llai blinedig, paratowch brydau ychwanegol neu ddyblu dognau i'w rhewi at pan fyddwch eu hangen.

Ymolchi a gwisgo

- Eisteddwch i lawr yn y bath yn hytrach na sefyll mewn cawod os medrwch, gan y gallai hyn ddefnyddio llai o egni.
- Eisteddwch yn y gawod os medrwch, i osgoi sefyll am rhy hir. Efallai y gall therapydd galwedigaethol gael sedd gawod i chi.

Therapyddion galwedigaethol

Mae therapyddion galwedigaethol yn helpu pobl sy'n cael anhawster symud o gwmpas neu wneud tasgau dyddiol fel gwisgo, ymolchi a choginio. Efallai byddant hefyd yn gallu ymweld â chi yn eich cartref i ganfod ffyrdd i'ch helpu i wneud pethau yn haws. Gall eich meddyg canser, nyrs arbenigol neu feddyg teulu eich atgyfeirio at therapydd galwedigaethol.

Gofal plant

Os oes gennych deulu, efallai byddwch yn ei chael yn anodd gofalu amdanynt wrth ymdopi â blinder. Gall beri gofid pan rydych yn methu â gwneud eich gweithgareddau teuluol arferol. I wneud gofal plant yn haws, fe allech:

- esbonio i'ch plant eich bod yn teimlo'n flinedig ac na fyddwch yn gallu gwneud cymaint gyda nhw ag o'r blaen.
- cynllunio gweithgareddau gyda'ch plant y gallwch eu gwneud ar eich eistedd - er enghraifft chwarae gemau bwrdd neu wneud pos.
- ceisio cynllunio gweithgareddau lle mae llefydd i chi eistedd tra bo'r plant yn chwarae.
- osgoi cario plant bach – yn hytrach defnyddiwch bram neu gadair wthio.
- ceisio cynnwys eich plant mewn ychydig o dasgau yn y tŷ.
- gofyn am help a derbyn help oddi wrth deulu a ffrindiau.

Gyrru

Gall gyrru fod yn anodd a pheryglus os ydych yn flinedig iawn. Efallai y byddwch yn llai gwylidwrus nag arfer, a llai abl i ganolbwyntio. Bydd eich amser ymateb wedi ei leihau hefyd. Efallai bydd y cynghorion hyn yn ddefnyddiol i chi:

- Peidiwch â gyrru os ydych yn teimlo'n flinedig iawn.
- Os yn bosibl, gofynnwch i aelod o'r teulu neu ffrind i'ch gyrru.
- Os oes angen i chi gyrraedd apwyntiadau ysbyty, gofynnwch i'ch nyrs neu feddyg os oes cludiant ysbyty ar gael fel nad oes rhaid i chi yrru.
- Os ydych yn teimlo'ch hun yn syrthio i gysgu wrth yrru, stopiwch mewn lle diogel a chymryd seibiant.

Ymdopi gyda blinder yn y gwaith

Efallai y sylwch fod blinder yn effeithio ar y modd rydych yn gweithio.

Mae unrhyw un gyda chanser wedi eu diogelu gan Ddeddf Cydraddoldeb 2010. Mae hyn yn golygu na ddylai cyflogwyr drin pobl gyda chanser yn annheg. Mae hefyd yn golygu fod disgwyl i gyflogwyr wneud addasiadau rhesymol yn y gwaith, i gefnogi pobl gyda chanser.

Gallech siarad â'ch cyflogwr am:

- newid eich oriau neu weithio llai
- newid eich amser dechrau a gorffen fel y gallwch deithio i ac o'r gwaith ar adegau llai prysur.
- rhannu peth o'ch gwaith gyda chydweithwyr eraill
- cael lle parcio wrth ymyl lle rydych yn gweithio
- gweithio o gartref ar adegau y cytunwyd arnynt
- gwneud gwaith ysgafnach os yw'ch gwaith yn cynnwys ymdrech gorfforol neu godi trwm.

Gallai egluro effeithiau blinder i'ch cydweithwyr hefyd eich helpu i reoli eich blinder yn y gwaith. Efallai ei fod yn anodd i rai pobl ddeall pa mor flinedig ydych chi, yn enwedig os ydych yn edrych yn dda.

Os ydych yn hunangyflogedig, fe all helpu i siarad gyda'r Adran Gwaith a Phensiynau ynghylch budd-daliadau y gallech fod a hawl iddynt. Mae gennym daflen ffeithiau yn Gymraeg o'r enw **Cymorth ariannol - budd-daliadau** sy'n rhoi mwy o wybodaeth. Ewch i macmillan.org.uk/translations neu ein ffonio ar **0808 808 00 00**.

Gofalu am rywun gyda blinder

Mae llawer o bobl yn cefnogi aelod o'r teulu, partner, ffrind neu gymydog sydd â blinder. Gall gofalu am rywun gyda blinder olygu sawl peth, megis helpu gyda gofal personol, darparu cludiant neu drefnu apwyntiadau.

Os ydych yn gofalu am rywun gyda blinder, efallai fod yna sawl peth syml y gallwch eu gwneud i helpu:

- Cydnabod bod blinder yn anodd i'r ddau ohonoch.
- Helpu'r person i gadw dyddiadur o'u blinder. Er enghraifft, nodi'r amser o'r dydd pan mae'n waeth neu'r pethau sy'n gwneud iddynt deimlo'n well. Bydd hyn yn helpu'r ddau ohonoch weld pryd mae gan y person gyda blinder fwy neu lai o egni i wneud pethau.
- Ceisiwch helpu'r person rydych yn gofalu amdanynt i fod yn fwy egnïol neu i wneud newidiadau i'w diet.

Gallwch hefyd fynd i'r apwyntiadau yn yr ysbyty gyda'r person rydych yn gofalu amdanynt. Gallech eu helpu i esbonio i'r tîm gofal iechyd sut mae'r blinder yn effeithio ar y ddau ohonoch. Gallech ddangos dyddiadur blinder y person a gofyn am eu cyngor ynghylch beth arall y gallwch ei wneud i helpu.

Gofalu amdanoch eich hun

Pan rydych yn gofalu am rywun arall, mae'n bwysig eich bod yn gofalu am eich hun hefyd. Sicrhewch eich bod yn dal i fynychu eich apwyntiadau iechyd eich hun. Mae hyn yn cynnwys unrhyw frechiadau rydych eu hangen, megis brechiad y fflw. Os ydych yn cymryd unrhyw feddyginiaethau yn rheolaidd, mae'n bwysig fod gennych gyflenwad o'r rhain.

Os medrwch, ceisiwch:

- gymryd egwylliau
- bwyta'n dda
- bod yn egnïol
- cael noson dda o gwsg
- cael cymorth ar gyfer eich hun – efallai trwy siarad gyda gofaluwyr eraill mewn grŵp cefnogi.

Gallwch ffonio ein Llinell Gymorth Macmillan ar 0808 808 00 00 i gael gwybod am grwpiau cefnogaeth yn eich ardal. Gallwn geisio canfod os oes grŵp cefnogaeth ble mae pobl yn siarad yr un iaith â chi.

Sut y gall Macmillan eich helpu chi

Mae Macmillan yma i'ch helpu chi a'ch teulu. Gallwch gael cefnogaeth gan:

- **Linell Gymorth Macmillan (0808 808 00 00)**. Mae gennym gyfieithwyr, felly gallwch siarad gyda ni yn eich iaith. Dywedwch wrthym, yn Saesneg, yr iaith rydych am ei defnyddio. Gallwn ateb cwestiynau meddygol, roi gwybodaeth am gefnogaeth ariannol neu siarad gyda chi am eich teimladau. Mae'r llinell ffôn ar agor o ddydd Llun i ddydd Gwener, 9am i 8pm.
- **Gwefan Macmillan (macmillan.org.uk)**. Mae gan ein safle lawer o wybodaeth yn Saesneg am ganser a byw gyda chanser. Mae mwy o wybodaeth mewn ieithoedd eraill yn macmillan.org.uk/translations
- **Gwasanaethau gwybodaeth a chefnogaeth**. Mewn gwasanaeth gwybodaeth a chefnogaeth, gallwch siarad ag arbenigwr canser a chael gwybodaeth ysgrifenedig. Chwiliwch am eich canolfan agosaf yn macmillan.org.uk/informationcentres neu ffoniwch ni. Efallai y bydd gan eich ysbyty ganolfan.
- **Grwpiau cefnogaeth lleol** – Mewn grŵp cefnogaeth, gallwch siarad â phobl eraill wedi'u heffeithio gan ganser. Dewch o hyd i grŵp gerllaw yn macmillan.org.uk/supportgroups neu ffoniwch ni.
- **Cymuned Ar-lein Macmillan** – Gallwch hefyd siarad â phobl eraill wedi'u heffeithio gan ganser ar-lein yn macmillan.org.uk/community

Rhestr geiriau

Gair Cymraeg	Yn Saesneg	Sut i'w ddweud yn Saesneg (trawslythreniad o'r gair Saesneg)	Ystyr
Addasiadau rhesymol	Reasonable adjustments	Rîs-ny-byll Â-jysd-mynts	Newidiadau i'ch gwaith y gall eich cyflogwr eu gwneud i'ch caniatáu i aros neu ddychwelyd i'r gwaith. Mae cyfreithiau sy'n gwarchod pobl rhag gwahaniaethu yn dweud bod yn rhaid i'ch cyflogwr wneud y newidiadau hyn mewn sefyllfaoedd penodol.
Anaemia	Anaemia	An-îm-ia	Nifer llai o <u>gelloedd</u> gwaed coch yn eich gwaed.
Archwaeth	Appetite	Ap-yt-eit	Pan fyddwch yn teimlo eich bod eisiau bwyd.
Byr o wynt	Breathlessness	Breth-les-nes	Ei chael yn fwy anodd anadlu neu anadlu'n gyflym.
Celloedd	Cells	Sels	Y blociau adeiladu bach sy'n llunio organau a meinwe ein corff.
Cemotherapi	Chemotherapy	Cî-mo-ther-ypi	Triniaeth canser sy'n defnyddio cyffuriau i ladd <u>celloedd</u> canser.
Cynghorydd	Counsellor	Cawn-sy-lyr	Rhywun sydd wedi'i hyfforddi i helpu pobl ymdopi gyda'u hemosiynau neu broblemau personol.
Diabetes	Diabetes	Dai-y-bî-tîs	Cyflwr ble mae lefel y siwgr yn y gwaed yn rhy uchel gan nad yw'r corff yn ei ddefnyddio yn iawn.
Dietegydd	Dietician	Dai-y-tish-iyn	Arbenigwr mewn bwyd a maeth. Gall ddweud wrthy ch pa fwydydd sydd orau i chi. Gallant hefyd roi cyngor i chi os oes gennych broblemau

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			gyda'ch diet.
Ffisiotherapydd	Physiotherapist	Ffis-io-ther-yp-ist	Gweithiwr proffesiynol sy'n helpu rhywun ddefnyddio symudiad neu ymarfer corff i wella ar ôl salwch neu anaf.
Hormon	Hormone	Hor-mown	Sylwedd a wneir gan y corff sy'n rheoli sut mae'r organau yn gweithio. Mae gwahanol fathau o hormonau.
Ioga	Yoga	Io-ga	Math o ymarfer sy'n defnyddio ymestyn mwyn, anadlu'n ddwfn a symudiad.
Llawfeddygaeth	Surgery	Syr-jy-rî	Ffordd o drin canser trwy gael gwared ar y cyfan neu ran o'r canser. Gelwir hyn hefyd yn llawdriniaeth.
Radiotherapi	Radiotherapy	Rei-dio-ther-ypi	Triniaeth canser sy'n defnyddio pelydrau ynni uchel, megis pelydrau X, i ladd celloedd canser.
Steroidau	Steroids	Sder-oids	Meddyginiaeth y gallai rhai pobl ei gael fel rhan o'u triniaeth canser.
Tai chi	Tai chi	Tai tchi	Math o ymarfer sy'n cyfuno anadlu dwfn ac ymlacio gyda symudiadau araf.
Therapi Hormonaidd	Hormonal therapy	Hor-mown-yl ther-apy	Triniaeth canser sy'n gweithio trwy effeithio ar hormonau yn y corff.
Therapi targedig	Targeted therapy	Tar-get-ed ther-ypi	Triniaeth canser sy'n defnyddio cyffuriau sy'n targedu ac ymosod ar gelloedd canser.
Thyroid	Thyroid	Thei-roid	Chwarren yn y gwddf sy'n rhyddhau hormonau i'r gwaed.
Tylino	Massage	Mas-âj	Therapi cyflenwol sy'n defnyddio cyffyrddiad a gwasgedd ysgafn i leihau tyndra.

Mwy o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

<p>Mathau o ganser</p> <ul style="list-style-type: none">• Canser y fron• Canser y coluddyn mawr• Canser yr ysgyfaint• Canser y prostad <p>Triniaethau</p> <ul style="list-style-type: none">• Cemotherapi• Radiotherapi• Llawfeddygaeth	<p>Ymdopi â chanser</p> <ul style="list-style-type: none">• Os cewch ddiagnosis o ganser - Canllaw cyflym• Problemau bwyta a chanser• Diwedd oes• Cymorth ariannol - budd-daliadau• Cymorth ariannol – help gyda chostau• Bwyta'n iach• Blinder a chanser• Sgîl-ffeithiau triniaeth canser• Yr hyn y gallwch ei wneud i helpu'ch hun
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I weld yr wybodaeth hon, ewch i macmillan.org.uk/translations

Siaradwch â ni yn Gymraeg

Gallwch ffonio Macmillan am ddim ar **0808 808 00 00** a siarad â ni yn Gymraeg trwy gyfieithydd. Gallwch siarad â ni am eich pryderon a'ch cwestiynau meddygol. Does dim ond angen i chi ddweud Cymraeg yn Saesneg pan y galwch (dywedwch "Welsh").

Rydyn ni ar agor o ddydd Llun i ddydd Gwener, 9am tan 8pm.

Cyfeiriadau a diolchiadau

Mae'r wybodaeth hon wedi ei hysgrifennu a'i golygu gan dîm Datblygu Gwybodaeth Canser Cymorth Canser Macmillan. Mae wedi cael ei gyfieithu i'r Gymraeg gan gwmni cyfieithu.

Mae'r wybodaeth gynwysedig yn seiliedig ar lyfryn Macmillan **Coping with fatigue**. Gallwn anfon copi atoch chi, ond mae'r llyfryn llawn ar gael yn Saesneg yn unig.

Mae'r wybodaeth wedi ei hadolygu gan arbenigwyr perthnasol a'i chymeradwyo gan ein Prif Olygydd Meddygol, Dr Tim Iveson, Oncolegydd Meddygol Ymgynghorol a Phrif Olygydd Meddygol Macmillan.

Gyda diolch i Terry Capecci, Nyrs Gofal Lliniarol, a Jane Eades, Pennaeth Effeithiolrwydd Clinigol, Marie Curie. Diolch hefyd i'r bobl sydd wedi eu heffeithio gan ganser a adolygodd yr wybodaeth hon.

Mae'r holl wybodaeth yn seiliedig ar y dystiolaeth orau sydd ar gael. Am ragor o wybodaeth am y ffynonellau a ddefnyddiwn, cysylltwch â ni yn cancerinformationteam@macmillan.org.uk

MAC15754_Welsh



Adolygwyd y cynnwys: Hydref
2018

Rydym yn gwneud pob ymdrech i sicrhau bod yr wybodaeth a ddarperir gennym yn gywir, ond ni ddylid dibynnu arni i adlewyrchu cyflwr presennol ymchwil feddygol, sy'n newid o hyd. Os ydych chi'n poeni am eich iechyd, siaradwch â'ch meddyg. Ni all Macmillan fod yn gyfrifol am unrhyw golled neu ddifrod sy'n deillio o unrhyw gamgymeriad yn y wybodaeth hon na gwybodaeth trydydd parti, fel gwybodaeth ar wefannau rydym yn rhoi dolenni atyn nhw.

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Tiredness (fatigue) and cancer

This information is about fatigue. Fatigue means feeling very tired. It can be caused by cancer or cancer treatments.

Any words that are underlined are explained in the word list at the end. The word list also includes the pronunciation of the words in English.

If you have any questions about this information, ask your doctor or nurse at the hospital where you are having treatment.

You can also call Macmillan Cancer Support on freephone **0808 808 00 00**, Monday to Friday, 9am to 8pm. We have interpreters, so you can speak to us in your own language. When you call us, please tell us in English which language you need (say “xxxxx”).

There is more cancer information in [language] at macmillan.org.uk/translations

This information is about:

- What is fatigue?
- What causes fatigue?
- Ways to manage fatigue
- Coping with fatigue at work
- Caring for someone with fatigue
- How Macmillan can help you
- Word list
- More information in [language]
- References and thanks

What is fatigue?

Fatigue is when you feel very tired most or all of the time. It is a common problem for people with cancer.

Fatigue caused by cancer is different from the tiredness that someone without cancer can get. People with cancer may get tired more quickly after activity and resting or sleeping does not relieve the tiredness.

For most people, fatigue gets better after treatment finishes. But for some it may continue for months or even years. Everyone is different and there is no way to know how long fatigue may last for each person.

Fatigue can affect you in different ways. Some of the common effects of fatigue are:

- difficulty doing simple things, such as brushing your hair or getting dressed
- feeling you have no energy or strength
- difficulty concentrating and remembering things
- difficulty thinking, speaking or making decisions
- feeling breathless after light activity
- feeling dizzy or lightheaded
- difficulty sleeping (insomnia)
- losing interest in sex
- feeling more emotional than usual.

It can be frustrating and overwhelming when you feel tired most of the time. It is important to tell your doctors and nurses about how it makes you feel. There are ways they may be able to help. There are also things you can do for yourself that may help. For example, being physically active can help your fatigue.

What causes fatigue?

Fatigue may be caused by:

- the cancer
- cancer treatments
- anaemia
- eating problems
- other health problems
- psychological effects of cancer.

The cancer

- For some people, the cancer may cause fatigue.
- This might be because of the symptoms of cancer. For example, parts of your body may be swollen because the cancer has caused a build-up of fluid. This can make them feel heavy and it can be difficult to move around.
- You may feel tired because the cancer has reduced the number of red blood cells. A reduced number of red blood cells is called anaemia.
- Cancers that cause changes in hormone levels, such as breast or prostate cancer, may cause fatigue.

Cancer treatments

- If fatigue is caused by cancer treatment, it usually gets better after treatment finishes. But for some people it may continue for many months, or even years.
- Surgery – Fatigue after surgery is usually temporary but depends on the type of surgery.
- Chemotherapy and radiotherapy – Fatigue usually improves 6 to 12 months after treatment ends but sometimes it can last longer. Sometimes these treatments may cause long-term effects such as breathlessness or heart problems. These are likely to make you feel more tired. Chemotherapy and radiotherapy may also cause anaemia.
- Hormonal therapy and targeted therapy – Some of these therapies can cause fatigue for the time that you are taking them.

We have more information in other languages about surgery, chemotherapy, radiotherapy and side effects of cancer treatment. Visit macmillan.org.uk/translations or call **0808 808 00 00**.

Anaemia

Anaemia is caused by not having enough haemoglobin (Hb) in the blood. Haemoglobin is found in red blood cells and takes oxygen around the body, which gives us energy. If you have anaemia you may feel

- tired
- breathless
- dizzy and light-headed.

Anaemia may be caused by chemotherapy or radiotherapy. Your doctor can check if you have anaemia. If you do have it, you may need treatment to make you feel better.

Eating problems

If you are not eating the same amount of food as you would normally, this may cause you to have less energy and feel tired. It is important to tell your nurse or doctor if you are having problems eating.

If you are nauseous and cannot eat, tell your doctor. They may be able to give you medicine to help. If you cannot take medicine for nausea, or cannot keep it down due to vomiting, speak to your doctor or nurse. There are other ways of taking anti-sickness medicines.

We have a factsheet in [language] called **Eating problems and cancer** that gives more information. Visit [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations) or call **0808 808 00 00**.

Pain

If you have pain, this can cause fatigue. Painkillers and other treatments for pain can help. If your pain is relieved, it can also help your fatigue.

Other medical problems

Diabetes, heart problems or thyroid problems may also make fatigue worse. Sometimes, if you are taking medicines for other conditions, these can make you feel tired too.

Loss of muscle strength

If you have fatigue, you may become less active over time. When your muscles are not being used regularly, they become weaker. Having weak muscles means you will find it difficult and tiring to do even simple tasks. It may also mean you are more at risk of falling over.

Being physically active is the best way to keep your muscle strength and build up your energy.

Emotional effects of cancer

Fatigue can be caused by the emotional effects of cancer. People feel different emotions when they have cancer. You might feel worried, sad or angry. There is no right or wrong way to feel. Sometimes, feeling difficult emotions can make it harder to sleep. Then not getting enough sleep can make you more tired.

There are different types of emotional support you may find helpful, including talking and complementary therapies.

Ways to manage fatigue

Ways your healthcare team can help

It is important to talk about fatigue with your healthcare team. There may be ways to improve it.

Your doctor will check for any causes of fatigue that can be treated, such as anaemia. They may examine you and you may have some blood tests. They may also look at the medicines you are taking. This is to check whether they can make changes to them that might improve fatigue. For example, they may reduce the dose of a tablet that makes you sleepy.

Drug treatments for fatigue

There are not any drug treatments to help prevent or improve fatigue yet. Steroids, which are used to treat other health problems, can sometimes be helpful. But they can have side effects, so you should talk to your doctor about the possible benefits and disadvantages.

Research trials are carried out to try to find new and better drug treatments. This includes drug treatments for fatigue. Many hospitals now take part in these trials. Speak to your doctor about whether you could take part in a research trial on treating fatigue.

Getting support

If you are finding it difficult to cope with fatigue, it can help to explain any problems to your doctor or nurse.

Tell them about the activities you find difficult. These activities may be things like climbing stairs, cooking or bathing. Let them know if anything makes the fatigue better or worse. You could try keeping a diary of your fatigue. For example, note down times of day when it is worse or things that help you feel better. You can show it to your doctor or nurse.

Here are some questions you may like to ask:

- What could be causing my fatigue?
- Are there any treatments that may help?
- What can I do to reduce my fatigue?
- Could my medicines be affecting my energy level?
- What help is available?

Things you can do

There are different things you can do to manage your fatigue. Some of these may reduce your fatigue. Others may help you cope better.

Planning ahead

If you have fatigue, planning ahead is important. This helps to make sure you can still do the things you most want to do.

- Use a diary to help you record when you feel your best and when you feel most tired.
- Try to plan bigger tasks for times when you are likely to feel less tired.
- Try to plan enough time to rest after a period of activity.

Make sure you look after your own needs and get enough rest, even if you have others to think about.

Diet

- Eating well can help increase your energy. If you have a reduced appetite or have other problems eating, ask to see a dietitian at the hospital. They can give you advice on what is best to eat.
- When your appetite is good make sure you eat well. You should always try to drink plenty of fluids.
- Keep a diary each day of what you eat and when. Then you can see if you have more energy after certain foods. It might help if someone else can prepare food for you. Or you could buy ready-made meals or use an organisation that delivers meals to your home.

We have a factsheet in [language] called **Healthy eating** that gives more information. Visit macmillan.org.uk/translations or call us on **0808 808 00 00**.

Physical activity

Physical activity can help reduce fatigue. Being active may help

- boost your appetite
- give you more energy
- build up your muscle strength
- improve sleep.

It is usually safe to start some physical activity during or after treatment. If you decide to do some physical activity, it is important to make sure you do it safely. You could start by sitting up in a chair rather than lying down in bed while you are recovering. Gradually build up to walking short distances around the house. Even if you have been used to regular physical activity before you were diagnosed with cancer, you may need to be more careful.

There are lots of ways you can become more active, including:

- doing more in your house, such as housework or gardening
- walking or cycling to work, shops, or to see friends
- stretching exercises like yoga or tai chi.

Do not exercise if you feel unwell, breathless, or if you have pain. Tell your doctor if you feel unwell.

Before you start to do any physical activity or increase the amount you do, it is important to get advice from a healthcare professional. Your cancer specialist or GP can refer you to a physiotherapist. They can help you build up your physical fitness and muscle strength.

Sleep

Your fatigue may make you feel like sleeping all the time. But it is important to keep to a sleep routine. Most people try to sleep between 6 and 8 hours each night. Good quality sleep may help with fatigue. It may also reduce your need to sleep during the day.

Tips for a better night's sleep:

- Go to bed and get up at about the same time every day.
- Try not to sleep late into the day after a sleepless night. This can lead to a disrupted sleep pattern.
- Try to do gentle exercise like walking. This can help you feel naturally tired and ready for sleep.
- Keep your mind occupied with activities like reading, games or puzzles. This can also help you feel naturally ready to sleep.
- Be aware of how naps affect you. Some people find that daytime naps help them sleep better at night, while others sleep less well after them.
- Steroids can cause sleep problems. If you are taking steroids, ask your doctor if you can take them earlier in the day.

Emotional support

Counselling

Fatigue can affect your emotions. It can make you feel more anxious or lower in mood. If you are struggling emotionally, you may find counselling helpful.

Counsellors are trained to listen. They can help you deal with difficult emotions.

Many hospitals have counsellors or staff who are specially trained to provide emotional support to people affected by cancer. Your cancer doctor or specialist nurse can tell you what services are available. They can also refer you. Some GPs also have counsellors in their practice, or they can refer you to one.

Support groups

Some people find it helps to talk to other people who have had fatigue. Most areas in the UK have support groups. They are sometimes led by a healthcare professional. Other members of the group may be in a similar position to you.

You can call our Macmillan Support Line on 0808 808 00 00 to find out about support groups in your area. We can try to find out if there is a support group where people speak the same language as you.

Complementary therapies

Complementary therapies are treatments or activities that can make you feel better. They do not treat cancer. There are different complementary therapies that may help with fatigue, such as:

- relaxation
- massage therapy
- yoga.

Some of these therapies may be available on the NHS. Your GP can give you more details. You may also be able to get them through a cancer support group.

To stay safe, it is important to check a therapist's qualifications and experience. If you need help with this, ask your doctor or nurse, or call the Macmillan Support Line on 0808 808 0000.

Before you use a complementary therapy, talk to your specialist doctor or nurse. Some therapies may affect your cancer treatment.

Tips for managing everyday activities

If you need help with things at home then you may be able to ask family, friends and neighbours. Building up a support network can make a big difference. If you always seem to be coping well, your family and friends may not realise how much you need help. Or they may be waiting for you to ask for help.

There are things you can do that may help with everyday tasks.

Housekeeping

- Spread tasks out over the week. Do a little housework each day rather than lots at one time.
- If possible, ask other people to do heavy work, such as gardening.
- Sit down to do some tasks, if you can.
- If possible, employ a cleaner to help. This may be expensive. You may be able to get help at home from social services.

Shopping

- If possible, go grocery shopping with a friend or family member for extra help.
- Most large supermarkets offer online shopping which can be delivered to your home.
- Use a shopping trolley so you do not need to carry a heavy basket. A wheeled shopping bag may help with shopping and getting things home.
- Shop at less busy times.
- Ask shop staff for help packing and taking groceries to the car.

Preparing meals

- Try having ready-made meals or pre-cooked food when you are most tired.
- If you can, sit down while preparing meals.
- Prepare extra meals or double portions when you are feeling less tired and freeze them for when you need them.

Washing and dressing

- Sit down in the bath rather than standing in a shower if you can, as this may help to use less energy.
- Sit down in the shower if you can, to avoid standing for too long. An occupational therapist may be able to get you a shower seat.

Occupational therapists

Occupational therapists help people who have difficulty moving around or doing everyday tasks such as dressing, washing and cooking. They may be able to visit you at home to help you find ways to do things more easily. Your cancer doctor, specialist nurse or GP can refer you to an occupational therapist.

Childcare

If you have a family, you might find it difficult to look after them while coping with fatigue. It can be upsetting when you are unable to do your usual family activities. To make childcare easier you could:

- explain to your children that you feel tired often and will not be able to do as much with them as before.
- plan activities with your children that you can do sitting down – for example, play board games or do a puzzle.
- try to plan activities where there are places for you to sit down while the children play.
- avoid carrying small children – use a pram or pushchair instead.
- try to involve your children in some household tasks.
- ask for and accept help from family and friends.

Driving

Driving can be difficult and dangerous if you feel very tired. You may be less alert than normal, and less able to concentrate. Your reaction time will also be reduced. You might find these tips helpful:

- Do not drive if you feel very tired.
- If possible, ask a family member or friend to drive you.
- If you need to get to hospital appointments, ask your nurse or doctor if there is any hospital transport available so that you do not have to drive.
- If you feel yourself falling asleep while driving, stop in a safe place and take a break.

Coping with fatigue at work

You may find fatigue affects the way you work.

Anyone with cancer is protected by the Equality Act 2010. This means that employers should not treat people with cancer unfairly. It also means that employers are expected to make reasonable adjustments at work to support people with cancer.

You could talk to your employer about:

- changing your hours, or working less
- changing your start and finish time so you can travel to and from work at less busy times
- sharing some of your work with other colleagues
- having a parking place near to where you work
- working from home at agreed times
- doing lighter work if your job involves physical exertion or heavy lifting.

Explaining the effects of fatigue to your colleagues might also help you manage your fatigue at work. It may be difficult for some people to understand how tired you are, especially if you look well.

If you are self-employed, it can help to talk to the Department for Work and Pensions about benefits that you may be entitled to claim. We have a factsheet in [language] called **Financial support – benefits** that gives more information. Visit macmillan.org.uk/translations or call us on **0808 808 00 00**.

Caring for someone with fatigue

Many people give support to a family member, partner, friend, or neighbour who has fatigue. Caring for someone with fatigue can mean many things, such as helping with personal care, providing transport or organising appointments.

If you are caring for someone with fatigue, there are many simple things that you can do to help:

- Acknowledge that fatigue is difficult for you both.
- Help the person keep a diary of their fatigue. For example, note down times of day when it is worse or things that help them feel better. This will help you both see when the person with fatigue has more or less energy to do things.
- Try to help the person you care for be more active or make changes to their diet.

You can also go to appointments at the hospital with the person you care for. You could help them explain to the healthcare team how the fatigue is affecting you both. You could show them the person's fatigue diary and ask their advice about what else you can do to help.

Looking after yourself

When you are caring for someone else it is important to look after yourself too. Make sure you keep up with your own health appointments. This includes any vaccinations you need, such as the flu jab. If you are taking any medicines regularly, it is important you have a supply of these.

If you can, try to:

- take breaks
- eat well
- be active
- get a good night's sleep
- get some support for yourself – perhaps by talking with other carers in a support group.

You can call our Macmillan Support Line on 0808 808 00 00 to find out about support groups in your area. We can try to find out if there is a support group where people speak the same language as you.

How Macmillan can help you

Macmillan is here to help you and your family. You can get support from:

- **The Macmillan Support Line (0808 808 00 00).** We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. We can answer medical questions, give you information about financial support, or talk to you about your feelings. The phone line is open Monday to Friday, 9am to 8pm.
- **The Macmillan website (macmillan.org.uk).** Our site has lots of English information about cancer and living with cancer. There is more information in other languages at macmillan.org.uk/translations
- **Information and support services.** At an information and support service, you can talk to a cancer support specialist and get written information. Find your nearest centre at macmillan.org.uk/informationcentres or call us. Your hospital might have a centre.
- **Local support groups** – At a support group you can talk to other people affected by cancer. Find a group near you at macmillan.org.uk/supportgroups or call us.
- **Macmillan Online Community** – You can also talk to other people affected by cancer online at macmillan.org.uk/community

Word list

Word (target language)	In English	How to say in English (transliteration of English word)	Meaning
	Anaemia		A reduced number of red blood <u>cells</u> in your blood.
	Appetite		When you feel you want to eat food.
	Breathlessness		Finding it harder to breath or breathing quickly.
	Cells		The tiny building blocks that make up the organs and tissues of our body.
	Counsellor		Someone who is trained to help people cope with their emotions or personal problems.
	Chemotherapy		A cancer treatment that uses drugs to kill cancer <u>cells</u> .
	Diabetes		A condition where the amount of sugar in the blood is too high because the body does not use it properly.
	Dietician		An expert in food and nutrition. They can tell you which foods are best for you. They can also give you advice if you have problems with your diet.
	Hormonal therapy		A cancer treatment that works by affecting hormones in the body.
	Hormone		A substance made by the body that controls how organs work. There are different types of hormones.
	Massage		A complementary therapy that uses touch and gentle

			pressure to relieve tension.
	Physiotherapist		A professional who helps someone use movement or exercise to recover from illness or injury.
	Radiotherapy		A cancer treatment that uses high-energy rays, such as x-rays, to kill cancer cells.
	Reasonable adjustments		Changes to your work that your employer can make to allow you to stay at work or return to work. Laws that protect people from discrimination say that your employer must make these changes in certain situations.
	Steroids		A medicine that some people may have as part of their cancer treatment.
	Surgery		A way of treating cancer by removing all or part of the cancer. This is also known as having an operation.
	Tai chi		A type of exercise that combines deep breathing and relaxation with slow movements.
	Targeted therapy		A cancer treatment that uses drugs that target and attack cancer cells.
	Thyroid		A gland in the neck that releases hormones into the blood.
	Yoga		A type of exercise using gentle stretching, deep breathing and movement.

More information in [language]

We have information in [language] about these topics:

<p>Types of cancer</p> <ul style="list-style-type: none">• Breast cancer• Large bowel cancer• Lung cancer• Prostate cancer <p>Treatments</p> <ul style="list-style-type: none">• Chemotherapy• Radiotherapy• Surgery	<p>Coping with cancer</p> <ul style="list-style-type: none">• If you're diagnosed with cancer – A quick guide• Eating problems and cancer• End of life• Financial support – benefits• Financial support – help with costs• Healthy eating• Tiredness (fatigue) and cancer• Side effects of cancer treatment• What you can do to help yourself
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To see this information, go to macmillan.org.uk/translations

Speak to us in [language]

You can call Macmillan free on **0808 808 00 00** and speak to us in [language] through an interpreter. You can talk to us about your worries and medical questions. Just say [language] in English when you call (say “xxxxx”).

We are open Monday to Friday, 9am to 8pm.

References and thanks

This information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been translated into [language] by a translation company.

The information included is based on the Macmillan booklet **Coping with fatigue**. We can send you a copy, but the full booklet is only available in English.

This information has been reviewed by relevant experts and approved by our Chief Medical Editor, Dr Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor.

With thanks to: Terry Capecci, Palliative Care Nurse, and Jane Eades, Head of Clinical Effectiveness, Marie Curie. Thanks also to the people affected by cancer who reviewed this information.

All our information is based on the best evidence available. For more information about the sources we use, please contact us at **cancerinformationteam@macmillan.org.uk**

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We make every effort to ensure that the information we provide is accurate but it should not be relied upon to reflect the current state of medical research, which is constantly changing. If you are concerned about your health, you should consult your doctor. Macmillan cannot accept liability for any loss or damage resulting from any inaccuracy in this information or third-party information such as information on websites to which we link.

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