

# WE ARE MACMILLAN. CANCER SUPPORT

What you can do to help yourself:  
Welsh

## Yr hyn y gallwch ei wneud i helpu'ch hun

Mae'r wybodaeth yma'n ymdrin â'r pethau hynny y gallwch chi eu gwneud i helpu'ch hun pan fydd cancer arnoch. Mae gwneud pethau drosoch eich hun a bod yn gysylltiedig â'ch gofal a'ch iechyd yn cael ei alw'n hunanreoli.

Os oes gennych unrhyw gwestiynau, gallwch holi'ch meddyg neu'r nyrs yn yr ysbyty. Gallwch hefyd ofyn i'ch meddyg teulu, neu'r nyrs sy'n gweithio yn eich meddygfa. Efallai bydd yna ganolfan gwybodaeth cancer lleol lle gallwch gael gwybodaeth a chefnogaeth.

Os oes gennych unrhyw gwestiynau neu os ydych eisiau siarad â rhywun, gallwch ffonio Cefnogaeth Cancer Macmillan ar **0808 808 00 00**, o ddydd Llun i ddydd Gwener, 9am i 8pm. Mae gennym gyfieithwyr, felly gallwch siarad gyda ni yn eich iaith eich hun. Dywedwch wrthym, yn Saesneg, yr iaith rydych am ei defnyddio.

Mae gennym ragor o wybodaeth yn Gymraeg am wahanol ganserau, triniaethau a byw gyda chanser.

Ewch i [macmillan.org.uk/translations](http://macmillan.org.uk/translations) neu ein ffonio ar **0808 808 00 00**.

### Yn y daflen ffeithiau hon:

- Beth yw hunanreoli?
- Sut y gall hunanreoli fy helpu fi?
- Hunanreoli cyn triniaeth
- Hunanreoli yn ystod triniaeth
- Hunanreoli ar ôl triniaeth
- Cael cymorth a chefnogaeth
- Mudiadau defnyddiol
- Sut y gall Macmillan helpu
- Mwy o wybodaeth yn Gymraeg

## Beth yw hunanreoli?

Mae hunanreoli yn golygu bod yn rhan o reoli eich iechyd. Mae hyn yn bwysig pan fo gennych salwch fel canser a all effeithio ar eich bywyd am sawl blwyddyn. Gall hunanreoli eich helpu i wybod pa gefnogaeth sydd ar gael pan rydych gartref. Gall wella eich ansawdd bywyd a'ch helpu i deimlo bod gennych fwy o reolaeth.

Mae hunanreoli yn ymwneud â:

- deall beth sydd fwyaf pwysig i chi
- gwybod beth fedrwch ei wneud yn ei gylch
- darganfod pa gymorth arall sydd ar gael a sut i'w gael.

Eich tîm gofal iechyd yw eich meddygon, nyrsys a gweithwyr iechyd proffesiynol eraill. Mae ganddynt brofiad o gefnogi pobl â chanser. Os dywedwch wrthynt am unrhyw broblemau neu bryderon sydd gennych, gallant roi'r cyngor gorau i chi. Mae'n bwysig dweud wrthynt os yw pethau yn gwella i chi ai peidio.

Mae hunanreoli yn eich helpu i weithio gyda'ch tîm gofal iechyd. Gyda'ch gilydd gallwch benderfynu beth rydych ei angen a beth fydd yn eich helpu. Bydd hyn yn eich helpu i reoli eich iechyd. Gallwch ofyn i'ch meddyg neu nyrs ynghylch hunanreoli os nad ydynt wedi siarad â chi yn ei gylch.

Mae'r bobl sy'n gofalu amdanoch yn deall gall eich pryderon, teimladau a dymuniadau newid gydag amser. Gallai'r hyn a oedd yn bwysig i chi ar y dechrau fod yn wahanol i'r hyn sy'n bwysig i chi'n ddiweddarach. Gallai rhai o'ch symptomau a sgîl-ffeithiau newid hefyd. Efallai bydd gwahanol bobl angen gwahanol gefnogaeth. Dywedwch wrth y bobl sy'n gofalu amdanoch beth sydd bwysicaf i chi, fel y medrwch gael y gefnogaeth rydych ei hangen.

Gobeithiwn bydd yr wybodaeth hon yn rhoi ychydig o syniadau i chi ynghylch y gwahanol ffyrdd y gall hunanreoli eich helpu.

## Sut y gall hunanreoli fy helpu fi?

Gall hunanreoli eich helpu pan ddywedir wrthyfch fod canser arnoch, yn ystod eich triniaeth ac ar ôl i'r driniaeth ddod i ben.

Gall bod yn rhan o'ch gofal eich helpu i:

- ddeall eich cyflwr a sut y gall effeithio ar eich bywyd
- gwneud newidiadau defnyddiol i'ch bywyd
- gwybod pa bryd y bydd angen help arnoch ac at bwy i droi i'w gael
- teimlo bod gennych fwy o reolaeth dros eich bywyd.

## Hunanreoli cyn triniaeth

Pan ddywedir wrthy ch fod cancer arnoch, byddwch yn cael gwybodaeth am y cancer a'r gwahanol opsiynau ar gyfer ei drin. Gall hyn eich helpu i:

- ddeall beth sy'n digwydd
- gwneud penderfyniadau
- cynllunio a phennu nodau ar gyfer y dyfodol.

## Deall beth sy'n digwydd

Bydd eich tîm gofal iechyd yn dweud wrthy ch am y cancer a'r hyn y bydd yn ei olygu. Byddant yn egluro sut y gall effeithio arnoch. Byddant hefyd yn dweud wrthy ch am y driniaeth y gallwch ei chael. Efallai byddwch yn cyfarfod â rhywun a elwir eich gweithiwr allweddol. Dyma'r person yr ydych yn cysylltu â nhw yn yr ysbyty os byddwch angen gwneud hynny. Yn aml, nyrs arbenigol yw eich gweithiwr allweddol.

Gofynnwch faint bynnag o gwestiynau ag sydd angen i'ch helpu i ddeall. Efallai byddwch eisiau ysgrifennu'r wybodaeth i lawr, neu ofyn i rywun arall wneud hyn i chi, fel y gallwch atgoffa'ch hun yn ddiweddarach. Efallai y bydd eich tîm gofal iechyd yn rhoi rhywfaint o wybodaeth ysgrifenedig i chi. Os na wnânt, gallwch ofyn amdani.

Mae gan lawer o elusennau linellau cymorth a gwefannau gyda gwybodaeth. Efallai bod elusen ar gyfer y math o ganser sydd arnoch chi. Mae llawer o wybodaeth ar gael ar y rhyngwyd. Chwiliwch am wefannau sy'n cynhyrchu gwybodaeth o ansawdd da. Gallwch chwilio am wybodaeth sy'n arddangos y logo Safon Gwybodaeth fel yr un isod ac ar dudalen 11 o'r daflen ffeithiau hon.

## Logo Safon Gwybodaeth



## Gwneud penderfyniadau

Gall bod yn rhan o benderfyniadau ynghylch eich gofal roi rhywfaint o reolaeth i chi. Bydd eich tîm gofal iechyd yn siarad â chi am eich opsiynau triniaeth. Efallai y bydd mwy nag un driniaeth bosibl, felly efallai y bydd gofyn i chi ddewis rhyngddynt. Byddant yn eich cefnogi i wneud unrhyw benderfyniadau. Gyda'ch gilydd, gallwch gynllunio ar gyfer eich gofal a'r driniaeth sy'n iawn i chi. Bydd cael gwybodaeth yn eich helpu i wneud y penderfyniadau hyn.

**Tudalen 3 o 12** taflen ffeithiau Macmillan 2017: Yr hyn y gallwch ei wneud i helpu'ch hun

## Cynllunio a phennu nodau

Mae rhai pobl yn ei chanfod yn ddefnyddiol i feddwl am yr hyn maent eisiau ei gyflawni (nodau). Gall nodau fod yn fach a hawdd i'w cyrraedd, neu gallant fod yn bethau mawr yr ydych eisiau eu gwneud. Meddyliwch am rywbeth yr hoffech ei newid wrth i chi ddechrau ar eich triniaeth.

Efallai byddwch eisiau:

- gwneud eich diet yn fwy iach a bwyta mwy o ffrwythau a llysiau ffres
- canfod rhywun i'ch helpu yn eich cartref yn ystod eich triniaeth
- cwtogi ar eich ysmegu neu roi'r gorau iddi.

Dylech bennu nodau yr ydych yn credu y gallwch eu cyflawni, nid pethau a fydd yn rhy anodd i chi.

Ar ôl i chi benderfynu ar nod, gallwch wedyn gynllunio sut rydych am ei gyflawni.

Gofynnwch i'ch hun:

- beth rydych eisiau ei wneud
- pryd yr ydych am ei wneud
- pa wobr gewch chi o'i gyflawni.

Fel byddwch yn cyflawni nodau bach, gallwch bennu rhai mwy anodd. Efallai bod yna rywbeth y credwch fydd yn anodd ond rydych eisiau ei wneud. Gallech ofyn i'ch meddyg, nyrs, teulu neu ffrindiau am gefnogaeth.

Nid yw pob cynllun yn mynd yn esmwyth. Gall helpu i feddwl ynghylch beth i'w wneud a sut y byddwch yn ymdopi os nad aiff pethau'n dda.

Os ydych chi'n ei chanfod yn anodd cyflawni eich nodau, efallai y byddwch am eu newid neu feddwl eto ynghylch sut y gallwch eu cyrraedd.

Gallwch bennu nodau ar gyfer eich apwyntiadau â'ch tîm gofal iechyd. Cyn yr apwyntiad, meddyliwch am yr hyn yr hoffech siarad yn ei gylch. Er enghraifft:

- cael cyngor ymarferol am ymdopi gyda sgîl-ffaith
- gofyn am ba gymorth ariannol sydd ar gael.

Gall hyn eich helpu i wneud y gorau o'ch apwyntiad. Gall ysgrifennu nodiadau cyn yr apwyntiad eich helpu i gofio'r hyn yr ydych eisiau ei ofyn.

## Hunanreoli yn ystod triniaeth

Gallwch fod yn gysylltiedig â'ch triniaeth mewn sawl ffordd.

- Mynd i apwyntiadau a chymryd eich meddyginiaeth.
- Bod yn ymwybodol o sgîl-ffeithiau posibl triniaeth, a dweud wrth eich tîm gofal iechyd am unrhyw rai yr ydych yn eu cael.
- Nodi unrhyw faterion neu bryderon yr hoffech siarad amdanynt gyda'ch meddyg neu nyrs.
- Dilyn y cyngor a gewch gan eich tîm gofal iechyd.

### Mynd i apwyntiadau a chymryd meddyginiaeth.

Mae eich tîm gofal iechyd fel arfer yn rhoi cynllun i chi sy'n dweud pryd y byddwch yn cael eich triniaeth. Mae'n bwysig peidio â methu'r apwyntiadau hyn. Mae'r driniaeth yn cael ei chynllunio fel y gall fod mor effeithiol â phosibl.

Os ydych yn ei chael yn anodd cyrraedd eich apwyntiadau, dywedwch wrth eich meddyg neu nyrs. Mae yna bethau y gallant eu gwneud i helpu.

Cofiwch gymryd y meddyginiaethau a roddir i chi'n union fel y dywedwyd wrthych am wneud. Mae hyn fel y gallant weithio gystal â phosibl. Os nad ydych yn deall rhywbeth ynghylch eich triniaeth neu bryd i gymryd eich meddyginiaeth, dywedwch wrth eich meddyg neu nyrs. Mae'n bwysig iawn cymryd meddyginiaethau yn y modd cywir.

Efallai bydd rhai pobl yn cael rhan o'u triniaeth gartref, er enghraifft, tabledi cemotherapi. Os ydych yn cymryd tabledi gartref ac yn dechrau teimlo'n sâl, cysylltwch â'r ysbyty am gyngor. Mae'n bwysig gwirio ynghylch a ddylech barhau i'w cymryd tra rydych yn teimlo'n sâl.

### Sgîl-ffeithiau triniaeth

Efallai y cewch sgîl-ffeithiau oddi wrth eich triniaeth. Sgîl-ffeithiau yw effeithiau digroeso triniaeth canser, fel teimlo'n sâl neu flinedig. Mae'n bwysig dweud wrth eich meddygon a nyrsys ynghylch unrhyw sgîl-ffeithiau sydd gennych. Cysylltwch â'r ysbyty am gyngor os oes gennych unrhyw sgîl-ffeithiau.

Gallai helpu i ysgrifennu rhestr o unrhyw sgîl-ffeithiau sydd gennych. Gallech eu hysgrifennu pan maent yn digwydd a sut maent yn effeithio arnoch. Bydd hyn yn ddefnyddiol yn eich apwyntiadau ac yn eich atgoffa am beth i'w ddweud.

Gall eich meddygon a nyrsys roi cyngor i chi ar y ffordd orau o reoli unrhyw sgîl-ffeithiau. Yn aml fe gewch feddyginiaethau i helpu. Dylech gymryd y meddyginiaethau yn union fel y dywedir wrthych am eu cymryd.

Mae gennym wybodaeth yn Gymraeg ynghylch sgîl-ffeithiau cyffredin triniaethau cancer.

Cyn rhoi cynnig ar ddull newydd o reoli sgîl-ffaith, gwiriwch gyda'ch meddyg neu nyrs.

## Dilyn cyngor

Bydd eich tîm gofal iechyd yn rhoi cyngor i chi yn ystod eich triniaeth.

Er enghraifft, efallai byddant yn dweud wrthyhch:

- am osgoi bwydydd penodol oherwydd eu bod yn effeithio ar eich triniaeth
- sut i reoli sgîl-ffeithiau
- i roi'r gorau i ysmegu
- i wneud ymarferion penodol ar ôl llawfeddygaeth.

Pan fydd eich tîm gofal iechyd yn rhoi cyngor i chi, dylent esbonio sut y bydd yn eich helpu. Os nad ydych yn sicr pam eu bod wedi awgrymu rhywbeth, gofynnwch iddynt ei esbonio.

Mae cyngor oddi wrth eich tîm gofal iechyd yn seiliedig ar eu profiad o ofalu am bobl gyda chanser. Mae hyn yn golygu na fyddant yn awgrymu pethau nad ydynt yn debygol o helpu. Ond eich dewis chi yw os ydych am ddilyn eu cyngor. Os ydych yn ei chael yn anodd neu os ydych angen help, siaradwch â'r person a roddodd y cyngor i chi. Gallwch weithio â'ch gilydd i ganfod atebion gwahanol.

## Hunanreoli ar ôl triniaeth

Gall fod yn anodd weithiau ceisio addasu i fywyd ar ôl triniaeth. Efallai y byddwch yn teimlo'n hapus eich bod wedi cwblhau'r driniaeth. Weithiau gall pobl deimlo ychydig yn ansicr ynghylch y dyfodol. Yn y lle cyntaf, bydd rhai pobl yn canfod gan eu bod yn cael llai o ymweliadau â'r ysbyty, byddant yn teimlo eu bod yn cael llai o gefnogaeth. Ond gall gwybod pa gefnogaeth sydd ar gael helpu.

Gall bod yn gysylltiedig â'ch gofal iechyd wneud i chi deimlo bod gennych fwy o reolaeth. Gall eich helpu i:

- addasu i fywyd ar ôl triniaeth
- gwneud newidiadau cadarnhaol i wella eich iechyd
- rheoli unrhyw sgîl-ffeithiau'r driniaeth
- bod yn ymwybodol o symptomau unrhyw effeithiau hwyr y driniaeth
- gwybod am arwyddion posibl bod y cancer wedi dychwelyd.

## **Addasu i fywyd ar ôl triniaeth**

Wrth i chi nesáu at ddiwedd eich triniaeth, bydd eich nyrs neu feddyg yn gofyn i chi sut rydych yn teimlo. Byddant yn esbonio wrthyich sut yr ydych yn debygol o deimlo yn ystod y misoedd nesaf. A byddant yn siarad â chi am unrhyw sgîl-ffeithiau y gallech eu cael. Sicrhewch eich bod yn sôn am unrhyw bryderon sydd gennych, fel y gallwch ddarganfod yr hyn y gallwch ei wneud amdanynt pan rydych gartref.

Efallai y cewch grynodedb o driniaeth. Mae hyn yn egluro pa driniaeth rydych wedi'i chael a'r hyn i'w ddisgwyl yn awr. Mae'n egluro pa symptomau i gadw llygad amdanynt a gyda phwy y dylech gysylltu os oes gennych unrhyw broblemau. Mae'r crynodeb hefyd yn dweud wrthyich am unrhyw brofion y byddwch efallai eu hangen yn y dyfodol a dyddiadau apwyntiadau dilynol.

Mae'n bwysig eich bod yn gwybod pwy i gysylltu â hwy os ydych yn poeni am eich iechyd. Dylai eich tîm gofal iechyd ddweud wrthyich pwy fydd eich prif gyswllt a sut i gysylltu gyda nhw. Yn aml, fe'u gelwir eich gweithiwr allweddol. Eich nyrs yn yr ysbyty yw'r person yma gan amlaf.

Efallai y bydd yn help i chi gael rhywfaint o gymorth emosiynol i'ch helpu i addasu i fywyd ar ôl cancer. Gofynnwch i'ch nyrs a oes rhywun y gallwch gael gair â nhw, megis cwnselydd.

## **Sgîl-ffeithiau parhaus**

Mae'r rhan fwyaf o sgîl-ffeithiau yn dechrau gwella ar ôl i'r driniaeth ddod i ben. Gall rhai sgîl-ffeithiau barhau yn hirach. Weithiau, gallant ddod yn barhaol neu'n hir-dymor.

Dylid dweud wrthyich am unrhyw sgîl-ffeithiau a allai ddod yn rhai hir-dymor. Dylech bob amser ddweud wrth eich meddyg cancer os cewch sgîl-ffaith newydd. Neu os nad yw'r rhai sydd gennych yn gwella. Er enghraifft, blinder, problemau bwyta, problemau rhywiol, problemau â'r bledren a'r coluddyn, neu boen.

Er efallai byddwch yn ei chanfod yn anodd siarad am rai o'r rhain, gallwch chi a'ch meddyg neu nyrs gydweithio i ganfod y dull gorau i reoli eich sgîl-ffeithiau. Gall eich meddyg eich hatgyfeirio at arbenigwyr eraill am fwy o help, os bydd angen.

Gall y rhain gynnwys gwahanol feddygon a nyrsus sy'n arbenigwyr mewn problemau neu rannau penodol o'r corff. Gall dietegydd helpu gyda phroblemau pwysau. Neu gall ffisiotherapydd helpu gydag anhawster symud neu boen mewn rhan o'r corff. Mae sawl math arall o help. Bydd eich meddyg yn gwybod pwy fyddwch eu hangen, gan ddibynnu ar ba broblem sydd gennych.

Mae gennym fwy o wybodaeth yn Gymraeg ynghylch rheoli sgîl-ffeithiau.

## Newidiadau i'ch ffordd o fyw

Gall ffordd o fyw iach eich helpu i wella'n gyflymach a gwella sut rydych yn teimlo. Gallech:

- roi'r gorau i ysmegu
- bod yn fwy bywiog yn gorfforol.
- bwyta diet iach a chadw pwysau iach
- yfed llai o alcohol
- dysgu sut i leihau straen, cysgu'n dda ac ymlacio mwy.

Gallwn roi rhagor o wybodaeth i chi am y pethau hyn. Ffoniwch ni ar **0808 808 00 00** a dywedwch wrthym, yn Saesneg, yr iaith rydych am ei defnyddio.

Gallwch hefyd gael gwybodaeth oddi wrth eich meddyg teulu, tîm ysbyty, fferyllfa, canolfan gymuned neu ganolfan hamdden.

## Poeni ynghylch y dyfodol

Efallai byddwch yn poeni am y canser yn dychwelyd. Neu efallai eich bod yn poeni am sgîl-ffeithiau a achosir gan y driniaeth. Siaradwch â'ch tîm gofal iechyd ynghylch eich pryderon. Gallant ddweud wrthyh am ba arwyddion y dylech gadw llygad amdanynt a'r hyn y gallwch ei wneud. Gall hyn eich helpu i deimlo bod gennych fwy o reolaeth. Gallant hefyd awgrymu ffyrdd o ymdopi gyda'ch pryderon.

## Cael cymorth a chefnogaeth

Gall canser effeithio ar agweddau eraill ar eich bywyd, megis eich gwaith, cydberthnasau ac yn ariannol.

Mae yna lawer o gefnogaeth ar gael, gan ddibynnu ar y broblem. Gallwch ffonio Macmillan ar **0808 808 00 00** am ragor o wybodaeth ynghylch unrhyw rai o'r materion hyn. Gallwn ddweud wrthyh gyda phwy arall y dylech gysylltu.

Gallech hefyd gysylltu â'ch tîm ysbyty, meddyg teulu neu gyngor lleol am gyngor.



Gofynnwch i'ch teulu a ffrindiau am gymorth os medrwch. Mae llawer o bobl yn ei chanfod yn anodd gofyn am help a'i dderbyn. Ond fel arfer mae teulu a ffrindiau eisiau helpu, dim ond efallai na fyddant yn gwybod sut i wneud hynny. Bod yn onest ynghylch yr hyn rydych ei angen yw'r ffordd i gael y gefnogaeth gywir. Gallai pobl eich helpu trwy:

- wneud prydau
- glanhau eich tŷ
- mynd â chi i apwyntiadau ysbyty
- siarad gyda chi ynghylch sut rydych yn teimlo.

Mae'n bosibl cael cyngor a chymorth cyfrinachol am ddim gan lawer o wahanol bobl a mudiadau, gan gynnwys:

- Cymorth Canser Macmillan (tudalen 9)
- eich canolfan cymorth cancer lleol (yn eich ysbyty yn aml)
- eich ysbyty
- eich gweithle
- Cyngor ar Bopeth.

Mae rhai pobl hefyd yn ei chanfod yn ddefnyddiol cymryd rhan yn eu cymuned leol. Gallech ddod yn wirfoddolwr neu gefnogi eraill sy'n mynd trwy sefyllfa debyg i'ch un chi.

## **Dysgu am hunanreoli**

Efallai mai hwn yw'r tro cyntaf y dywedir wrthy ch am hunanreoli. Efallai na fyddwch yn teimlo'n hyderus iawn yn rheoli eich gofal iechyd eich hun ac efallai byddwch angen ychydig o gefnogaeth a help.

Gall eich meddyg neu nyrs eich helpu gyda hunanreoli. Mae gan rai ysbytai ddiwrnodau addysg neu glinigau i helpu pobl i wella ar ôl canser. Gallant ddangos ffyrdd y gallwch eu defnyddio i reoli eich iechyd yn well. Mae rhai elusennau a grwpiau cymorth canser hefyd yn cynnig cyrsiau hyfforddi am ddim.

Mae Macmillan yn cynnig ystod o gyrsiau a gweithdai i'ch helpu gyda'ch gwellhad. Mae'r cwrs HOPE (Helping to Overcome Problems Effectively) yn gwrs byr di-dâl sy'n edrych ar ffyrdd o reoli effaith canser ar eich bywyd. Siaradwch â'ch nyrs am ba gyrsiau sydd ar gael yn eich ardal.

## Mudiadau defnyddiol

### **Cyngor Ar Bopeth**

Yn darparu cymorth ar faterion ariannol, cyfreithiol, tai a chyflogaeth. Cewch fanylion llawn am eich swyddfa leol yn y llyfr ffôn neu ar un o'r gwefannau canlynol:

Cymru a Lloegr

**[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

Yr Alban

**[www.cas.org.uk](http://www.cas.org.uk)**

Gogledd Iwerddon

**[www.citizensadvice.co.uk](http://www.citizensadvice.co.uk)**

Gallwch hefyd gael cyngor ar-lein mewn nifer o ieithoedd gwahanol  
**[ynadviceguide.org.uk](http://ynadviceguide.org.uk)**

### **Self Management UK**

**Ffôn** 03333 445 840

**E-bost** [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org)

**[www.selfmanagementuk.org](http://www.selfmanagementuk.org)**

Yn darparu ystod o gyrsiau hunanreoli ar gyfer pobl gyda chyflyrau hir-dymor

## Sut y gall Macmillan helpu

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

- **Linell Gefnogaeth 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](http://macmillan.org.uk))**. Mae gan ein gwefan lawer o wybodaeth yn Saesneg am ganser a byw gyda chanser. Mae mwy o wybodaeth mewn ieithoedd eraill yn [macmillan.org.uk/translations](http://macmillan.org.uk/translations)
- **Canolfannau gwybodaeth**. Yn y ganolfan wybodaeth, gallwch siarad gydag arbenigwr canser a chael gwybodaeth ysgrifenedig. Chwiliwch am eich canolfan agosaf yn [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) neu ffoniwch ni. Efallai y bydd gan eich ysbyty ganolfan.
- **Grwpiau cefnogaeth lleol** – Chwiliwch am grŵp yn eich ardal chi ar [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) neu ffoniwch ni.
- **Cymuned Ar-lein Macmillan** – Gallwch siarad gyda phobl eraill mewn sefyllfaedd tebyg ar [macmillan.org.uk/community](http://macmillan.org.uk/community)

## Mwy o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

<b>Mathau o ganser</b>	<b>Ymdopi â chanser</b>
<ul style="list-style-type: none"><li>• Canser y fron</li><li>• Canser y coluddyn</li><li>• Canser yr ysgyfaint</li><li>• Canser y brostad</li></ul>	<ul style="list-style-type: none"><li>• Os cewch ddiagnosis o ganser - Canllaw cyflym</li><li>• Cymorth ariannol - budd-daliadau</li><li>• Problemau bwyta a chanser</li><li>• Diwedd oes</li><li>• Bwyta'n iach</li><li>• Blinder gyda chanser</li><li>• Sgîl-ffeithiau triniaeth canser</li><li>• Yr hyn y gallwch ei wneud i helpu'ch hun</li></ul>
<b>Triniaethau</b> <ul style="list-style-type: none"><li>• Cemotherapi</li><li>• Radiotherapi</li><li>• Llawfeddygaeth</li></ul>	

I weld yr wybodaeth hon, ewch i [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

**Tudalen 11 o 12** taflen ffeithiau Macmillan 2017: Yr hyn y gallwch ei wneud i helpu'ch hun

## Siaradwch â ni yn Gymraeg

Gallwch ffonio Macmillan am ddim ar **0808 808 00 00** a siarad â ni yn eich iaith eich hun trwy gyfieithydd. Gallwch siarad â ni am eich pryderon a'ch cwestiynau meddygol. Dywedwch wrthym, yn Saesneg, yr iaith rydych am ei defnyddio.

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

## Cyfeiriadau a diolchiadau

Mae'r holl wybodaeth yma wedi ei hysgrifennu, adolygu a'i golygu gan dîm Datblygu Gwybodaeth Canser Cymorth Canser Macmillan.

Mae'r cynnwys hwn wedi cael ei adolygu gan arbenigwyr perthnasol. Mae wedi cael ei gymeradwyo gan ein Prif Olygydd Meddygol Dr Tim Iveson, Oncolegydd Meddygol Ymgynghorol Macmillan.

Gyda diolch i: Louise Smith, Arweinydd Goroesi Macmillan ar gyfer Dwyrain a Gorllewin Suffolk a Debbie Provan, Arweinydd AHP Macmillan Cenedlaethol ar gyfer Adferiad Canser. Diolch hefyd i'r bobl sydd wedi eu heffeithio gan ganser a adolygodd y rhifyn hwn.

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**

MAC14365



Adolygwyd y cynnwys: Medi 2017

Adolygiad arfaethedig nesaf: 2020

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 wefanau rydym yn rhoi dolenni atynt.

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**Tudalen 12 o 12** taflen ffeithiau Macmillan 2017: Yr hyn y gallwch ei wneud i helpu'ch hun

## What you can do to help yourself

This information is about things you can do to help yourself when you have cancer. Doing things for yourself and becoming involved in your care is called self-management.

If you have any questions, you can ask your doctor or nurse at the hospital. You can also ask your doctor (GP), or the nurse who works in your GP practice. There may also be a local cancer information centre where you can get information and support.

If you have any questions or want someone to talk to, you can call Macmillan Cancer Support on **0808 808 00 00**, Monday to Friday, 9am to 8pm. We have interpreters, so you can speak to us in your own language. Just tell us, in English, the language you want to use.

We have more information in [language] about different cancers, treatments and living with cancer.

Visit [macmillan.org.uk/translations](http://macmillan.org.uk/translations) or call us on **0808 808 00 00**.

### In this fact sheet:

- What is self-management?
- How can self-management help me?
- Self-management before treatment
- Self-management during treatment
- Self-management after treatment
- Getting help and support
- Useful organisations
- How Macmillan can help
- More information in [language]

## What is self-management?

Self-management means being involved in managing your health. This is important when you have an illness like cancer that can affect your life for many years.

Self-management can help you to know what support is available when you are at home. It can improve your quality of life and help you feel more in control.

Self-management is about:

- understanding what is most important to you
- knowing what you can do about it
- finding out what other help is available and how to get it.

Your healthcare team are your doctors, nurses and other health professionals. They have experience in supporting people with cancer. If you tell them about any problems or worries you have, they can give you the best advice. It is important to tell them if things are improving for you or not.

Self-management helps you work with your healthcare team. Together you can decide what you need and what will help you. This will help you manage your health. You can ask your doctor or nurse about self-management if they have not talked to you about it.

The people looking after you understand that your worries, feelings and wishes may change over time. What was important to you in the beginning may be different to what is important to you later. Some of your symptoms and side effects may change too. Different people may need different support. Tell the people looking after you what is most important to you, so you can get the support you need.

We hope this information gives you some ideas about the different ways that self-management can help you.

## How can self-management help me?

Self-management can help you when you are first told you have cancer, during your treatment and after the treatment is finished.

Being involved in your care can help you:

- understand your condition and how it can affect your life
- make helpful changes to your life
- know when you need help and who to get it from
- feel more in control of your life.

## Self-management before treatment

When you are first told you have cancer, you will be given information about the cancer and the different treatment options. This can help you:

- understand what is happening
- make decisions
- plan and set goals for the future.

## Understanding what is happening

Your healthcare team will tell you about the cancer and what it means. They will explain how it can affect you. They will also tell you about the treatment you can have. You may meet someone called your key worker. This is the person you contact at the hospital if you need to. Your key worker is often a specialist nurse.

Ask as many questions as you need to help you understand. You may want to write down the information, or ask someone else to do this for you, so you can remind yourself later. Your healthcare team may give you some written information. If they do not, you can ask for it.

Many charities have telephone helplines and websites with information. There might be a charity for your type of cancer. There is a lot of information available on the internet. Look for websites that produce good quality information. You can look for information that has the Information Standard logo like the one below and on page 11 of this fact sheet.

### Information Standard logo



## Making decisions

Being involved in decisions about your care can give you some control. Your healthcare team will talk to you about your treatment options. There might be more than one possible treatment, so you might be asked to choose between them. They will support you to make any decisions. Together, you can plan for your care and treatment that is right for you. Having information will help you make these decisions.

## Planning and setting goals

Some people find it helpful to think about what they want to achieve (goals). Goals can be small and easy to reach, or they can be big things you want to do.

Think about something you want to change as you start treatment.

You may want to:

- make your diet healthier and eat more fresh fruit and vegetables
- find someone to help you at home during treatment
- cut down or stop smoking.

Set goals you think you can achieve, not things you will find too difficult.

Once you have decided on a goal, you can plan how to reach it.

Ask yourself:

- what you want to do
- when you are going to do it
- what reward you will get from achieving it.

As you achieve small goals, you can set more difficult ones. There may be something you think will be hard but you want to do it. You could ask your doctor, nurse, family or friends for support.

Not all plans go smoothly. It helps to think about what you will do and how you will cope if things do not go well.

If you are finding it hard to achieve your goals, you may want to change them or think again about how you can reach them.

You can set goals for your appointments with your healthcare team. Before the appointment, think about what you want to talk about. For example:

- get practical tips on coping with a side effect
- ask what financial support is available.

This can help you get the most from your appointment. Writing notes before the appointment can help you remember what you want to ask.



## **Self-management during treatment**

There are lots of ways to get involved during your treatment.

- Going to appointments and taking your medicines.
- Being aware of the possible side effects of treatment, and telling your healthcare team about any that you experience.
- Identifying any issues or worries that you would like to talk about with your doctor or nurse.
- Following the advice that your healthcare team gives you.

### **Going to appointments and taking medicines**

Your healthcare team usually gives you a plan that says when you will have your treatment. It is important not to miss these appointments. The treatment is planned so it can be as effective as possible.

If you find it hard to get to your appointments, tell your doctor or nurse. There are things they can do to help.

Always take any medicines you are given exactly as you have been told to. This is so they can work as well as possible. If you do not understand something about your treatment or when to take your medicines, tell your doctor or nurse. It is very important to take medicines in the right way.

Some people may have some of their treatment at home, for example chemotherapy tablets. If you are taking tablets at home and start to feel unwell, contact the hospital for advice. It is important to check whether you should continue taking them while you feel unwell.

### **Side effects of treatment**

You may get side effects from your treatment. Side effects are unwanted effects of cancer treatment, such as feeling sick or tired. It is important to tell your doctors and nurses about any side effects you have. Contact the hospital for advice if you have any side effects.

It might help to write a list of any side effects you have. You could write down when they happen and how they affect you. This will be helpful in your appointments and remind you what to say.

Your doctors and nurses can give you advice on the best way to manage any side effects. You can often have medicines to help. You should take the medicines exactly as you are told to.

We have information in [language] about common side effects of cancer treatments.

Before trying a new way of managing a side effect, check with your doctor or nurse.

## Following advice

Your healthcare team will give you advice during your treatment.

For example, they may tell you:

- to avoid certain foods because they affect your treatment
- how to manage side effects
- to stop smoking
- to do certain exercises after surgery.

When your healthcare team gives you advice, they should explain how it will help you. If you are not sure why they have suggested something, ask them to explain it.

Advice from your healthcare team is based on their experience in caring for people with cancer. This means they will not suggest things that are not likely to be helpful. But it is your choice whether you follow their advice. If you find it difficult or if you need help, talk to the person who gave you the advice. You can work together to find different solutions.

## Self-management after treatment

Adjusting to life after treatment is sometimes hard. You may feel happy that treatment has finished. Sometimes people can feel a bit uncertain about the future. At first, some people find that because they are having less hospital visits, they feel less supported. But knowing what support is available can help.

Being involved in your healthcare can help you feel more in control. It can help you:

- adjust to life after treatment
- make positive changes to improve your health
- manage any side effects of treatment
- know the symptoms of any late effects of treatment
- know about possible signs that the cancer has come back.

## Adjusting to life after treatment

As you come to the end of treatment, your nurse or doctor will ask you how you are feeling. They will explain how you are likely to feel over the next few months. And they will talk to you about any side effects you may get. Make sure you mention any worries you have, so you can find out what you can do about them when you are at home.

You may be given a treatment summary. This explains what treatment you have had and what to expect now. It explains what symptoms to look out for and who to contact if you have any problems. The summary also tells you about any tests you may need in the future and the dates of follow-up appointments.

It is important to know who to contact if you are worried about your health. Your healthcare team should tell you who will be your main contact and how to reach them. They are often called your key worker. It is often your nurse at the hospital.

You may find it useful to get some emotional support to help you adjust to life after cancer. Ask your nurse if there is someone you can talk to, such as a counsellor.

## Ongoing side effects

Most side effects begin to get better after treatment ends. Some side effects can last longer. Sometimes, they can become permanent or long-term.

You should be told about any side effects that could become long-term. Always tell your cancer doctor or nurse if you get a new side effect. Or if the ones you have are not getting better. For example, tiredness, eating problems, sexual problems, bladder and bowel problems, or pain.

Although you might find some of these difficult to talk about, you and your doctor or nurse can work together to find the best way to manage your side effects. Your doctor can refer you to other specialists for more help, if needed.

These can include different doctors and nurses who are experts in problems or certain areas of the body. A dietitian can help with weight problems. Or a physiotherapist can help with difficulty moving or pain in a part of the body. There are many other types of help. Your doctor will know who you need, depending on what problem you have.

We have more information in [language] about managing side effects.

## Lifestyle changes

A healthy lifestyle can help you recover faster and improve how you feel.

You could:

- stop smoking
- be more physically active
- eat a healthy diet and keep to a healthy weight
- drink less alcohol
- learn how to reduce stress, sleep well, and relax more.

We can give you more information about these things. Call us on **0808 808 00 00** and tell us, in English, the language you want to use.

You can also get information from your doctor (GP), hospital team, pharmacy, community centre or leisure centre.

## **Worrying about the future**

You may worry about the cancer returning. Or you may worry about side effects caused by the treatment. Talk to your healthcare team about your worries. They can tell you what signs to look out for and what you can do. This can help you feel more in control. They can also suggest ways of coping with your worries.

## **Getting help and support**

Cancer can affect other parts of your life, such as your work, relationships and finances.

There is lots of support available, depending on the problem. You can call Macmillan on **0808 808 00 00** for information on any of these issues. We can tell you who else to contact.

You could also contact your hospital team, doctor (GP) or local council for advice.

Ask your family and friends for support if you can. Many people find it difficult asking for and accepting help. But usually family and friends want to help, they might just not know how. Being honest about what you need is the best way to get the right support. People could help you by:

- making meals
- cleaning your house
- taking you to hospital appointments
- talking to you about how you are feeling.

You can get confidential advice and support from many different people and organisations, including:

- Macmillan Cancer Support (page 9)
- your local cancer support centre (often in your hospital)
- your hospital
- your workplace
- Citizens Advice.

Some people also find it can help to get involved in their local community.

You could become a volunteer or support others who are going through a similar situation to you.

## **Learning about self-management**

This may be the first time you have been told about self-management. You may not feel very confident managing your healthcare and may want some support and help.

Your doctor or nurse can help you with self-management. Some hospitals have education days or clinics to help people with recovery after cancer. They can show you ways to manage your health better. Some cancer charities and support groups may also run free training courses.

Macmillan offers a range of courses and workshops to help you with your recovery. The HOPE (Helping to Overcome Problems Effectively) course is a free, short course that looks at ways to manage the impact of cancer on your life. Talk to your nurse about what courses are available in your area.

## **Useful organisations**

### **Citizens Advice**

Provides advice on financial, legal, housing and employment issues. Find details for your local office in the phone book or on one of the following websites:

England and Wales

**[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

Scotland

**[www.cas.org.uk](http://www.cas.org.uk)**

Northern Ireland

**[www.citizensadvice.co.uk](http://www.citizensadvice.co.uk)**

You can also find advice online in a range of languages at **[adviceguide.org.uk](http://adviceguide.org.uk)**

### **Self Management UK**

**Tel** 03333 445 840

**Email** [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org)

**[www.selfmanagementuk.org](http://www.selfmanagementuk.org)**

Delivers a range of self-management courses for people with long-term conditions

## How Macmillan can help

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 website has lots of English information about cancer and living with cancer. There is more information in other languages at [macmillan.org.uk/translations](http://macmillan.org.uk/translations)
- **Information centres.** At an information centre, you can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.
- **Local support groups** – Find a group near you at [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) or call us.
- **Macmillan Online Community** – You can talk to other people in similar situations at [macmillan.org.uk/community](http://macmillan.org.uk/community)

## More information in [language]

We have information in [language] about these topics:

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

## Speak to us in [language]

You can call Macmillan free on **0808 808 00 00** and speak to us in your own language through an interpreter. You can talk to us about your worries and medical questions. Just tell us, in English, the language you want to use.

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

## References and thanks

All of this information has been written, revised and edited by Macmillan Cancer Support's Cancer Information Development team.

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

With thanks to: Louise Smith, Macmillan Survivorship Lead for East and West Suffolk and Debbie Provan, National Macmillan AHP Lead for Cancer Rehabilitation. Thanks also to the people affected by cancer who reviewed this edition.

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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Next planned review: 2020

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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