



**DOEDD FY NOLUR
GWDDF DDIM
YN GWELLA –
RWY'N FALCH I
MI FYND I WELD
FY MEDDYG
TEULU**

**NI YW
MACMILLAN.
CYMORTH CANCER**

Rydym i gyd yn poeni am ein hiechyd ar brydiau. Os oes gennych symptom sydd wedi bod yn eich poeni, mae'n well i chi ymweld â'ch meddyg teulu cyn gynted â phosibl i gael golwg ar bethau.

Er nad yw'n gyffredin, gall cancer ddigwydd mewn nifer o rannau yn y pen a'r gwddf, gan gynnwys y geg, y llwnc, y trwyn neu chwarran boer.

Dyma rai o symptomau mwyaf cyffredin canserau'r pen a'r gwddf. Gall cyflyrau eraill heblaw am ganser achosi'r holl symptomau hyn hefyd.

- Briw yn y geg sy'n cau gwella o fewn ychydig wythnosau
- Anhawster llyncu, neu boen wrth gnoi neu lyncu
- Llais crug neu drafferth siarad
- Anadlu swnllyd parhaus
- Dolur gwddf cyson
- Pigyn clust yn effeithio ar un ochr
- Chwydd neu lwmp yn y geg neu'r gwddf
- Fferdod yn y geg neu ar y gwefusau
- Colli dant heb reswm
- Trwyn wedi blocio'n barhaus
- Trwyn yn gwaedu dro ar ôl tro
- Canu yn y glust neu anhawster clywed.

**Cofiwch, y cynharaf y canfyddir
canser, y mwyaf tebygol y bydd
triniaeth yn llwyddiannus.**

Os ydych angen cefnogaeth neu efallai rywun i gael sgwrs, ffoniwch Macmillan am ddim ar **0808 808 00 00** neu ewch i **macmillan.org.uk**



**MY SORE
THROAT JUST
WASN'T
GETTING
BETTER – I'M
GLAD I WENT
TO MY GP**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

We all worry about our health at times. If you have a symptom that's been bothering you, it's best to visit your GP as early as possible to get it checked out.

Although it's not common, cancer can occur in a number of areas in the head and neck, including the mouth, throat, nose or salivary gland.

Here are some of the most common symptoms of head and neck cancers. All these symptoms may also be caused by conditions other than cancer.

- An ulcer in the mouth that doesn't heal within a few weeks
- Difficulty in swallowing, or pain when chewing or swallowing
- A hoarse voice or trouble speaking
- Persistent noisy breathing
- A constant sore throat
- An earache affecting one side
- A swelling or lump in the mouth or neck
- A numb feeling in the mouth or on the lips
- An unexplained loose tooth
- A persistent blocked nose
- Recurrent nosebleeds
- Ringing in the ear or difficulty hearing.

Remember, the earlier a cancer is found the more likely it is that treatment will be successful.

If you need support or just want someone to talk to, call Macmillan free on **0808 808 00 00** or visit **macmillan.org.uk**

