

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

Mae'r daflen ffeithiau hon yn 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. Efallai y byddwch yn ei glywed yn cael ei alw'n hunanreoli â chymorth, gan y bydd eich tîm gofal iechyd yno i'ch helpu.

Os oes gennych chi unrhyw gwestiynau pellach, gallwch holi eich meddyg teulu, eich gweithiwr allweddol neu'r meddyg neu'r nyrs yn yr ysbyty ble'r ydych yn cael eich triniaeth.

Gallwch hefyd drafod yr wybodaeth hon â'n harbenigwyr cymorth cancer. Mae cyfieithwyr ar gael ar gyfer rhai sy'n methu siarad Saesneg. Ffoniwch Linell Gymorth Macmillan am ddim ar **0808 808 00 00**, dydd Llun-dydd Gwener, 9am–8pm. Os ydych yn drwm eich clyw gallwch ddefnyddio ffôn testun 0808 808 0121, neu Text Relay. Fel arall, ewch i [macmillan.org.uk](http://macmillan.org.uk).

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## Beth yw hunanreoli?

Mae hunanreoli'n golygu bod yn gysylltiedig â rheoli eich iechyd o ddydd i ddydd. Gall eich helpu i fyw'n well a gall fod yn ddefnyddiol pan fydd salwch fel canser arnoch a all effeithio ar eich bywyd am flynyddoedd lawer. Weithiau gelwir cyflyrau fel hyn yn gyflyrau cronig neu gyflyrau tymor hir.

Mae llawer o bobl â chanser yn cael eu gwella neu mi fyddant yn byw am lawer o flynyddoedd ar ôl triniaeth. Cyfeirir at y bobl hyn yn aml fel goroeswyr canser. Bydd angen triniaeth bellach ar gyfer y canser ar ryw adeg ar rai pobl. Bydd eraill yn byw â sgîl-ffeithiau eu triniaeth neu symptomau.

Eich tîm gofal iechyd yw eich meddygon, nyrsys a gweithwyr iechyd proffesiynol eraill. Bydd ganddynt hwy brofiad o roi cymorth i bobl â chanser a gallant eich cynghori. Ni fyddant yn eich adnabod yn dda fel unigolyn. Felly bydd angen i chi roi gwybod iddynt am eich problemau, eich pryderon a'ch anghenion. Dyma sut y gallant roi'r cyngor a'r help gorau i chi. Ac mae angen i chi roi gwybod iddynt a yw pethau'n gwella neu beidio i chi.

Mae hunanreoli'n eich galluogi i ffurfio partneriaeth â'ch tîm gofal iechyd. Gallwch weithio â'ch gilydd i wneud cynllun gofal sy'n ateb eich anghenion. Bydd y cynllun hwn yn eich helpu i reoli eich iechyd.

## Sut all hunanreoli fy helpu fi?

Gall bod yn gysylltiedig â'ch gofal helpu i wella ansawdd eich bywyd. Gall eich helpu i:

- ddeall eich cyflwr a sut mae'n effeithio ar eich bywyd
- gwneud newidiadau i'ch bywyd a fydd yn eich helpu
- 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.

Gall hunanreoli eich helpu yn ystod pob cam: wrth gael diagnosis, yn ystod ac ar ôl triniaeth, a phan fyddwch yn ailgydio yn eich bywyd unwaith eto.

## Hunanreoli cyn triniaeth

Pan ddywedir wrthyhych bod canser arnoch, byddwch yn cael gwybodaeth am y canser a'r gwahanol opsiynau ar gyfer ei drin. Bydd hyn yn eich helpu chi i:

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

## Deall

Bydd eich tîm gofal iechyd yn dweud wrthyhych am y canser a'r hyn y bydd yn ei olygu i chi. Byddant yn egluro sut y bydd yn effeithio arnoch a'r opsiynau ar gyfer y driniaeth maent yn credu fydd orau i chi. Gofynnwch faint bynnag o gwestiynau ag sydd angen i'ch helpu i ddeall. Efallai y byddai'n well gennych ysgrifennu'r atebion – neu gael rhywun

arall i'w hysgrifennu – fel y gallwch droi atynt yn ddiweddarach. Efallai y bydd eich tîm gofal iechyd yn rhoi rhywfaint o wybodaeth ysgrifenedig i chi. Os na chewch wybodaeth o'r fath, gofynnwch.

Mae gwybodaeth ar gael hefyd gan elusennau fel Macmillan (gweler tudalennau). Mae gan lawer o elusennau linellau cymorth a gwefannau. Mae llawer o wybodaeth ar gael ar y rhyngwrwd. Cymerwch ofal i chwilio am wefannau sy'n cynhyrchu gwybodaeth ddibynadwy. Gallwch chwilio am wybodaeth sy'n arddangos y logo Safon Gwybodaeth. Mae hyn yn golygu ei bod yn seiliedig ar dystiolaeth a'i bod wedi'i chynhyrchu'n ôl canllawiau caeth.

### **Gwneud penderfyniadau a chynllunio gofal**

Mae cael eich cynnwys mewn penderfyniadau am eich canser, y driniaeth ar ei gyfer a sut mae'n effeithio arnoch yn rhoi rywfaint o reolaeth i chi. Bydd eich tîm gofal iechyd yn gwneud cynllun ar gyfer eich gofal a thriniaeth. Byddant yn trafod eich opsiynau ar gyfer eich triniaeth â chi ac yn gofyn beth yw eich barn amdanynt. Gallant hefyd eich helpu ag unrhyw benderfyniadau y bydd angen i chi eu gwneud. Mae hyn yn golygu y gallwch weithio gyda'ch gilydd i greu cynllun sy'n addas i chi.

Bydd cael yr wybodaeth sydd ei hangen arnoch yn eich helpu i wneud penderfyniadau. Gallwch ofyn cwestiynau a fydd yn eich helpu i ddeall yr hyn mae eich tîm gofal iechyd yn ei gynnig i chi. Efallai y bydd darllen ein llyfryn am wneud penderfyniadau yn eich helpu.

### **Cynllunio ymlaen – pennu nodau**

Bydd rhai pobl yn teimlo ei bod yn fuddiol i feddwl am yr hyn yr hoffent ei gyflawni - eu nodau. Gall nodau fod yn fach ac yn hawdd i'w cyflawni, neu'n fwy ac yn fwy cymhleth. Dylech bennu nodau yr ydych yn credu y gallwch eu cyflawni ac nid pethau a fydd yn rhy anodd i chi. Wrth i chi lwyddo i gyflawni nodau bach, gallwch bennu rhai a fydd yn fwy o her.

Meddyliwch am rywbeth yr hoffech ei newid neu ei wella wrth i chi ddechrau ar eich triniaeth. Er enghraifft, efallai yr hoffech:

- wella eich diet 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.

Ar ôl i chi benderfynu ar eich nod, gallwch wedyn gynllunio'r ffordd orau o'i gyflawni. Gofynnwch i chi eich hun beth rydych yn mynd i'w wneud, pa bryd rydych am ei wneud a pha wobwr a gewch ar ôl ei gyflawni.

Ystyriwch pa mor hyderus ydych chi y byddwch yn cyflawni eich nod. Gallai fod yn ddefnyddiol i ddefnyddio graddfa o 0 i 10, gyda 0 yn golygu nad ydych yn hyderus o gwbl a 10 yn hyderus iawn. Dylech anelu at lefel hyder o tua 7. Os yw eich lefel hyder yn

is na 7, meddyliwch am yr hyn a fydd yn eich helpu, er enghraifft cael help a chefnogaeth eich teulu a'ch ffrindiau.

Ni fydd pob nod yn mynd yn ôl y disgwyl. Mae'n syniad da i feddwl beth allwch ei wneud a sut i ymdopi os na fydd pethau'n mynd yn ôl y disgwyl. Gwiriwch yn rheolaidd i weld sut mae'ch cynllun yn dod yn ei flaen. Os ydych wedi cyflawni eich nod, ewch ati i feddwl am ragor. Os oes rhywbeth wedi mynd o chwith neu os ydych yn cael trafferth cadw at eich cynllun, bydd angen i chi feddwl am newid y nodau neu ailgynllunio sut mae mynd ati i'w cyflawni.

Gallwch bennu nodau ar gyfer eich apwyntiadau â'ch tîm gofal iechyd. Cyn eu cyfarfod, meddyliwch am y pethau yr hoffech eu trafod a'r hyn yr hoffech ei gael o'r cyfarfod. Gall hyn eich helpu i wneud y gorau o'ch apwyntiad. Gall ysgrifennu rhywfaint o nodiadau eich helpu i gofio beth rydych eisiau gwybodaeth amdano.

Gallwch drafod eich nodau â'ch teulu a ffrindiau, a gallant hwythau eich helpu a'ch annog. Gallwch hefyd siarad â'ch meddyg neu nyrs arbenigol fel y gallant hwythau eich cynghori a'ch cefnogi.

## **Hunanreoli yn ystod triniaeth**

Gallwch fod yn gysylltiedig â'ch triniaeth mewn sawl ffordd, gan gynnwys

- cadw apwyntiadau a chymryd eich meddyginiaeth
- bod yn ymwybodol o sgîl-ffeithiau posibl y driniaeth a rhoi gwybod i'ch tîm gofal iechyd sut rydych yn teimlo
- dilyn y cyngor a gewch gan eich tîm gofal iechyd.

### **Cadw apwyntiadau a chymryd eich meddyginiaeth**

Mae'n debyg y bydd eich tîm gofal iechyd yn rhoi cynllun i chi o ba bryd y byddwch yn cael eich triniaeth. Er enghraifft, os byddwch yn cael radiotherapi, bydd eich triniaeth yn cael ei threfnu ar gyfer adeg penodol bob dydd, o ddydd Llun i ddydd Gwener. Neu, os ydych yn cael cemotherapi bydd triniaeth yn cael ei threfnu ar eich cyfer unwaith bob cwpl o wythnosau. Mae'n bwysig eich bod yn cadw'r apwyntiadau hyn, gan fod eich triniaeth wedi'i chynllunio i fod mor effeithiol â phosibl.

Os ydych yn cael anhawster mynd i'r apwyntiadau ar ddyddiau penodol, dywedwch wrth eich meddyg neu nyrs arbenigol er mwyn gwneud trefniadau eraill. Efallai y gellir trefnu apwyntiad ffôn â'r nyrs arbenigol.

Cofiwch gymryd y meddyginiaethau a roddir i chi'n union fel y dywedwyd wrthyhch. Drwy wneud hynny gallwch wneud yn siŵr eu bod yn gweithio mor effeithiol â phosibl.

Gofynnwch gwestiynau os oes rhywbeth nad ydych yn ei ddeall am eich triniaeth neu os oes angen mwy o fanylion arnoch.

## **Sgîl-ffeithiau'r driniaeth**

Mae'n bosibl y byddwch yn profi sgîl-ffeithiau yn ystod eich triniaeth. Mae'n bwysig eich bod yn rhoi gwybod i'ch meddygon a nyrsys am unrhyw sgîl-ffeithiau rydych yn eu profi. Ni allant eich helpu oni bai eu bod yn gwybod beth sy'n digwydd.

Gallwch gadw nodiadau o unrhyw sgîl-ffeithiau pan fyddwch yn eu profi, i helpu i'ch atgoffa yn eich apwyntiad nesaf. Ceisiwch gadw dyddiadur neu gadw nodiadau sy'n disgrifio sut mae sgîl-ffeithiau'n amharu ar eich bywyd bob dydd. Gallwch ddefnyddio'r dyddiadur i'ch helpu pan fyddwch yn sgwrsio â'ch meddyg.

Gall eich meddygon a nyrsys roi cyngor i chi ar y ffordd orau o reoli unrhyw sgîl-ffeithiau. Yn aml gallant ragnodi cyffuriau i helpu i'w rheoli. Dylech gymryd eich moddion yn union fel yr esboniwyd wrthy ch.

Mae'n bosibl y byddwch chi eisiau darganfod pethau y gallwch eu gwneud eich hun i reoli sgîl-ffeithiau. Gallwch holi pobl eraill sut wedi cael triniaeth debyg sut yr oeddent hwy'n ymdopi. Efallai y bydd ganddynt awgrymiadau ymarferol a all eich helpu. Gallwch holi aelodau grŵp cymorth neu ddefnyddio fforwm ar-lein. Mae gan Macmillan gymuned ar-lein yn [macmillan.org.uk/community](http://macmillan.org.uk/community)

Gallwch hefyd chwilio am ffyrdd gwahanol o reoli sgîl-ffeithiau ar-lein, yn eich llyfrgell leol neu ganolfan gwybodaeth canser, neu drwy ffonio Llinell Gymorth Macmillan ar **0808 808 00 00**.

Cyn rhoi cynnig ar ffyrdd newydd o reoli sgîl-ffeithiau, dylech gael gair â'ch meddyg neu weithiwr allweddol.

## **Dilyn cyngor**

Bydd gwahanol aelodau'r tîm gofal iechyd yn rhoi cyngor i chi yn ystod eich triniaeth. Er enghraifft, gall hyn gynnwys:

- osgoi rhai bwydydd gan eu bod yn rhyngweithio â'ch triniaeth
- cyngor ar sut i reoli sgîl-ffeithiau os byddwch yn eu cael
- cyngor i roi'r gorau i ysmegu
- ymarferion y gallwch eu gwneud ar ôl llawdriniaeth.

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

Chi fydd yn penderfynu a ydych am weithredu ar y cyngor mae eich tîm gofal iechyd yn ei roi i chi. Ond mae ganddynt lawer o brofiad o ofalu am bobl â chanser ac ni fyddant yn awgrymu pethau nad ydynt yn debygol o fod yn fuddiol i chi. Os na allwch, am ryw reswm, ddilyn y cyngor, neu os oes angen help arnoch, holwch y sawl a roddodd y cyngor i chi. Gallwch weithio â'ch gilydd i edrych ar atebion gwahanol posibl.

## 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. Ond mae'n bosibl y byddwch chi'n teimlo'n ansicr wrth feddwl am y dyfodol pan na fydd y cymorth a'r cysylltiad â'r ysbyty rydych wedi arfer ag ef ar gael i chi.

Yn ystod y cyfnod hwn, gall bod y gysylltiedig â'ch gofal eich hun wneud i chi deimlo bod gennych fwy o reolaeth dros eich iechyd. Gall eich helpu i:

- addasu i fywyd ar ôl triniaeth
- gwneud newidiadau positif i'ch ffordd o fyw
- gwella eich iechyd corfforol a meddyliol
- rheoli unrhyw sgîl-ffeithiau'r driniaeth sy'n parhau
- bod yn ymwybodol o symptomau posibl unrhyw effeithiau hwyr y driniaeth
- deall arwyddion posibl bod y canser wedi dychwelyd.

### Addasu i fywyd ar ôl triniaeth

Wrth i chi nesau at ddiwedd eich triniaeth, bydd eich nyrs neu feddyg yn gofyn i chi sut rydych yn teimlo. Byddant yn esbonio wrthych sut yr ydych yn debygol o deimlo yn ystod y misoedd nesaf ac yn sôn am unrhyw sgîl-ffeithiau a all effeithio arnoch. Gelwir hyn weithiau'n asesiad cyfannol o anghenion. Mae'n amser da i sôn am unrhyw bryderon sydd gennych am y dyfodol.

Efallai y cewch gynnig crynodeb o'r driniaeth rydych wedi'i chael a'r hyn y gallwch ei ddisgwyl yn awr. Bydd yn rhoi gwybod i chi am unrhyw brofion y byddwch eu hangen yn y dyfodol. Gall hefyd gynnwys dyddiadau apwyntiadau dilynol.

Mae rhai ysbytai'n cynnal dyddiau addysg a chymorth neu glinigau iechyd a lles i hybu adferiad ar ôl canser. Bydd rhai pobl yn cael gwybodaeth i'w helpu i ddechrau rheoli eu hiechyd ac i fyw'n well ar ôl triniaeth. Os ydych chi'n meddwl y byddai hyn yn fuddiol i chi, gofynnwch a yw'ch ysbyty'n trefnu dyddiau o'r fath.

Mae'n bwysig eich bod yn gwybod pwy i gysylltu â hwy os oes gennych unrhyw bryderon am eich iechyd. Dylai eich tîm gofal iechyd roi manylion cyswllt rhywun a fydd yn gweithredu fel prif gyswllt neu weithiwr allweddol i chi. Yn aml y nyrs glinigol arbenigol fydd yr unigolyn hwn.

Efallai y byddwch yn teimlo bod pennu nodau ar gyfer y dyfodol yn eich helpu i addasu i fywyd ar ôl triniaeth. Trafodir hyn ar dudalennau. Cofiwch fod yn realistig am yr hyn y gallwch ei gyflawni. Mae rhai pobl yn gwella'n gyflymach na'i gilydd ar ôl triniaeth, felly peidiwch â theimlo'n euog os ydych yn cymryd mwy o amser na'r disgwyl.

Efallai y bydd yn help i chi gael rhywfaint o gymorth emosiynol i'ch helpu i addasu i fywyd ar ôl canser. Gofynnwch i'r gweithiwr allweddol a oes rhywun y gallwch gael gair ag ef, megis cwnselydd.

### **Sgîl-ffeithiau sy'n parhau**

Mae'r rhan fwyaf o sgîl-ffeithiau'n dechrau diflannu ar ôl i'r driniaeth ddod i ben. Gall rhai sgîl-ffeithiau bara'n hwy ac weithiau gallant fod yn barhaol. Bydd effeithiau tymor hir posibl yn cael eu cynnwys yn y crynodeb o'ch triniaeth. Dylech roi gwybod i'ch arbenigwr canser neu weithiwr allweddol bob amser os nad yw eich sgîl-ffeithiau'n gwella. Gall y rhain gynnwys blinder, anawsterau bwyta, problemau â'r bledren neu'r coluddion, neu boen. Gyda'ch gilydd gallwch drafod y ffordd orau o reoli eich sgîl-ffeithiau. Gall eich meddyg eich hatgyfeirio at arbenigwyr eraill, os bydd angen.

### **Mae gennym wybodaeth am reoli gwahanol sgîl-ffeithiau a all fod yn fuddiol i chi.**

#### **Newidiadau i'ch ffordd o fyw**

Gall ffordd o fyw iach helpu i gyflymu eich adferiad a gwella eich lles. Gallech wneud newidiadau i'ch ffordd o fyw megis:

- rhoi'r gorau i ysmegu
- bod yn weithgar yn gorfforol
- bwyta diet cytbwys
- cadw at bwysau iach
- cadw at arferion yfed synhwyrol
- dysgu sut i reoli straen ac ymlacio mwy.

### **Mae gennym wybodaeth am roi'r gorau i ysmegu, gweithgarwch corfforol a thriniaeth canser, a bwyta'n iach.**

Gall eich meddyg teulu, tîm yr ysbyty, fferylllydd a chanolfan gymunedol neu hamdden hefyd roi gwybodaeth i chi.

#### **Gwybod beth i gadw llygad amdano**

Mae'n bosibl y byddwch yn poeni y gall y canser ddychwelyd neu am sgîl-ffeithiau hwyr yn dilyn y driniaeth. Mae'n syniad da i drafod y pryderon hyn â'ch tîm gofal iechyd. Gallant ddweud wrthy'ch beth i gadw golwg amdano a'ch helpu i ganfod ffyrdd o ymdopi â'ch pryderon.

Mae gwybod beth i gadw golwg amdano'n golygu y gallwch ofyn am gyngor eich meddyg yn gynnar. Gall hefyd osgoi unrhyw bryderon diangen.

#### **Canser sy'n dychwelyd a chanser datblygedig**

Mewn rhai sefyllfaoedd, ni fydd y canser yn ymateb yn llwyr i driniaeth. Gall ddychwelyd yn ddiweddarach neu ledaenu i wahanol ran o'r corff (a elwir yn ganser eilaidd neu ddatblygedig). Os bydd hyn yn digwydd, bydd angen gwybodaeth arnoch ar sut y gall effeithio arnoch. Bydd angen gwybodaeth arnoch hefyd am eich opsiynau ar gyfer triniaeth bellach.

## Cael cymorth a chefnogaeth

Gall cancer effeithio ar agweddau eraill ar eich bywyd, megis gwaith, cydberthnasau ac yn ariannol. Efallai y bydd angen cymorth a chefnogaeth arnoch i ymdopi.

Gallwch droi at wahanol bobl am help, yn ddibynnol ar y broblem. Man cychwyn da yw eich meddyg teulu, tîm gofal iechyd yr ysbyty neu weithiwr cymdeithasol. Efallai y byddant hwy'n gallu eich helpu'n uniongyrchol, neu eich hatgyfeirio at rywun arall. Gallwch hefyd ofyn i'ch teulu a ffrindiau am gymorth. Yn aml mi welwch eu bod eisiau helpu ond nad ydynt yn siŵr sut i fynd ati.

Mae'n bosibl cael cyngor a chymorth am ddim gan amrywiaeth o bobl a mudiadau. Mae'r rhain yn cynnwys eich canolfan cymorth cancer leol, adran gwaith cymdeithasol eich ysbyty, eich gweithle a sefydliadau fel Cyngor ar Bopeth (gweler tudalennau).

Gallwch hefyd siarad ag arbenigwyr cefnogaeth cancer Macmillan a chynghorwyr budd-daliadau ar **0808 808 00 00**.

### Dysgu sut i helpu'ch hun

Nid yw pawb yn ddigon hyderus nac yn awyddus i fod yn gysylltiedig â rheoli eu hiechyd eu hunain. Ond gallwch gael hyfforddiant a chymorth i'ch helpu i gael eich cynnwys yn fwy.

Bydd eich meddyg, nyrs neu weithiwr allweddol yn gallu eich helpu i ddechrau hunanreoli. Mae'n bosibl y byddant yn gwybod am gyrsiau hyfforddi y gallwch eu dilyn, megis y Rhaglen Cleifion Arbenigol (gweler tudalennau). Yn aml mae'r cyrsiau hyn ar gael am ddim. Eu nod yw dangos ffyrdd y gallwch eu defnyddio i reoli eich iechyd yn well. Mae rhai mudiadau a grwpiau cymorth cancer hefyd yn cynnig cyrsiau hyfforddi (gweler tudalennau).

Mae Macmillan yn trefnu nifer o gyrsiau a gweithdai a all eich helpu. Mae'r cwrs HOPE (Helping to Overcome Problems Effectively) yn gwrs byr di-dâl sy'n edrych ar ffyrdd o reoli effaith byw â chanser a thu hwnt i ganser. Gallwch ddarllen mwy yn [learnzone.macmillan.org.uk](http://learnzone.macmillan.org.uk)

## Manylion cyswllt mudiadau defnyddiol

### Cyngor ar Bopeth

Yn darparu cymorth ar amrywiaeth o faterion gan gynnwys materion ariannol, cyfreithiol, tai a chyflogaeth. Cewch fanylion llawn 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 yn  
[adviceguide.org.uk](http://adviceguide.org.uk)

### **Y Rhaglen Cleifion Arbenigol**

Mae'n darparu ac yn trefnu cyrsiau di-dâl sydd wedi eu hanelu at bobl sy'n byw â chyflwr iechyd tymor hir i'w helpu i reoli eu cyflwr yn well o ddydd i ddydd.

Rutherford House, Warrington Road, Birchwood Park, Warrington WA3 6HZ

**Ffôn** 0800 988 5550

[www.expertpatients.co.uk](http://www.expertpatients.co.uk)

### **Health and Social Care Alliance Scotland**

Yn helpu i ddatblygu polisiau ac arferion hunanreoli da ar gyfer pobl sy'n byw â chyflyrau tymor hir yn yr Alban. Mae hyn yn cynnwys yr ymgyrch *My condition, my terms, my life*.

Venlaw Building, 349 Bath Street, Glasgow G2 4AA

**Ffôn** 0141 404 0231

[www.alliance-scotland.org.uk/what-we-do/self-management/](http://www.alliance-scotland.org.uk/what-we-do/self-management/)

### **Self-management Support Resource Centre**

90 Long Acre, Llundain WC2E 9RA

**Ffôn** 020 7257 8000

**E-bost** [info@health.org.uk](mailto:info@health.org.uk)

<http://selfmanagementsupport.health.org.uk>

Mae'n cynnig gwybodaeth ar hunanreoli i bobl sy'n byw ag amrywiaeth o gyflyrau tymor hir.

### **Self Management UK**

Mae'n cynnig amrywiaeth o raglenni hunanreoli ar gyfer pobl â chyflyrau tymor hir.

**Ffôn** 03333 445 840

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

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

## Gwybodaeth gysylltiedig gan Macmillan

- Rheoli symptomau cancer
- Problemau bwyta a chanser
- Rhoi'r gorau i ysmegu
- Bwyta'n iach a chanser
- Cymorth gyda chost cancer
- Sut ydych chi'n teimlo? Effeithiau emosiynol cancer
- Bywyd ar ôl triniaeth ganser
- Gwneud penderfyniadau am driniaeth
- Gweithgarwch corfforol a thriniaeth ganser
- Beth i'w wneud ar ôl gorffen triniaeth ganser: 10 cyngor call

Am gopïau o'r wybodaeth hon, ffoniwch am ddim ar **0808 808 00 00** neu ewch i **macmillan.org.uk**

Mae'r daflen ffeithiau hon wedi cael ei hysgrifennu, ei hadolygu a'i golygu gan dîm Datblygu Gwybodaeth Cancer Cymorth Cancer Macmillan. Mae wedi cael ei chymeradwyo gan ein Prif Olygydd Meddygol Dr Tim Iveson, Oncolegydd Meddygol Ymgynghorol Macmillan.

Gyda diolch i Dany Bell, Rheolwr a Phennaeth Gweithrediadau Cancer; Natalie Doyle, Ymgynghorydd Nyrs; Anna Lynall, Cydlynnydd y Prosiect; a'r bobl sy'n cael eu heffeithio gan ganser sydd wedi adolygu'r agraiffiad hwn.

Cafodd y daflen ffeithiau hon ei chynhyrchu gan ddefnyddio gwybodaeth o nifer o ffynonellau dibynadwy, gan gynnwys:

- McCorkle et al. Self-management: enabling and empowering patients living with cancer as a chronic illness. *CA: A Cancer Journal for Clinicians*. 2011. 61(1).
- National Cancer Survivorship Initiative (NCSI) - Self Care/Self Management Workgroup. *Survivorship: living with and beyond cancer*. 2008.
- Llywodraeth yr Alban. "Gaun Yersel!" *The Self Management Strategy for Long Term Conditions in Scotland*. 2008.

Rydyn ni'n gwneud ein gorau glas i sicrhau bod y wybodaeth a ddarparwn yn gywir ond ni ddylid dibynnu arni er mwyn adlewyrchu cyflwr cyfredol ymchwil meddygol, sy'n newid o hyd. Os ydych chi'n poeni am eich iechyd, dylech gysylltu â'ch meddyg. Nid yw Macmillan yn derbyn dim cyfrifoldeb am golled neu ddifrod o ganlyniad i unrhyw wallau yn y wybodaeth hon neu mewn gwybodaeth trydydd parti, megis gwybodaeth ar wefannau rydym yn rhoi dolenni iddynt.

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MAC14365



## What you can do to help yourself

This fact sheet is about things you can do to help yourself when you have cancer. Doing things for yourself and becoming involved in your care and health is known as self-management. You may also hear it called supported self-management, as your healthcare team will be there to support you.

If you have any further questions, you can ask your GP, key worker or the doctor and nurse at the hospital where you are having your treatment.

You can also discuss this information with our cancer support specialists. Interpreters are available for non-English speakers. Call the Macmillan Support Line free on **0808 808 00 00**, Monday–Friday, 9am–8pm. If you're hard of hearing you can use textphone 0808 808 0121, or Text Relay. Alternatively, visit [macmillan.org.uk](http://macmillan.org.uk)

### On this page

- 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
- Contact details of useful organisations

### What is self-management?

Self-management is about being involved in the day-to-day management of your health. It can help you live better and can be useful when you have an illness like cancer that can affect your life for many years. Conditions like this are sometimes called chronic or long-term conditions.

Lots of people with cancer are cured or live for many years after treatment. These people are often called cancer survivors. Some people may need further treatment for the cancer at some point. Others may be living with treatment side effects or symptoms.

Your healthcare team are your doctors, nurses and other health professionals. They have experience in supporting people with cancer and can give you advice. They don't know you well as a person. So you need to tell them about your problems, concerns and needs. This way they can give you the best advice and help. And you need to let them know if things are improving for you or not.

Self-management allows you to form a partnership with your healthcare team. You can work together to make a plan of care that meets your needs. The plan will help you manage your health.

## **How can self-management help me?**

Being involved in your care can help improve your quality of life. It can help you:

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

Self-management can help you at all stages: at diagnosis, during and after treatment, and when you're getting on with life again.

### **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 will help you:

- understand what is going on
- make decisions
- plan ahead and set goals for the future.

### **Understanding**

Your healthcare team will tell you about the cancer and what it means for you. They will explain how it affects you and the treatment options they think are best for you. Ask as many questions as you need to help you understand. You may want to write down the answers – or get someone else to write them down – so you can refer back to them later. Your healthcare team may give you some written information. If they don't, you can ask for it.

You can also get information from cancer charities like Macmillan (see pages 8–9). Many charities have helplines and websites. There is a lot of information available on the internet. Be careful to look for websites that produce reliable information. You can look for information that has the Information Standard logo on it. This means it is based on evidence and is produced according to strict guidelines.

## Decision making and care planning

Being involved in decisions about your cancer, its treatment and how it affects you can give you some control. Your healthcare team will make a plan for your care and treatment. They will talk to you about your treatment options and find out how you feel about them. They can also help you with any decisions you need to make. This means that together you can make a plan that's right for you.

Having the information you need will help you make decisions. You can ask questions to help you understand what your healthcare team are offering you. You may find it helpful to read our booklet about making decisions.

### Planning ahead – setting goals

Some people find it useful to think about what they want to achieve – their goals. Goals can be small and easy to achieve, or bigger and more complex. Set goals you think you can achieve and not things you'll find too difficult. As you succeed with small goals, you can set more challenging ones.

Think about something you want to change or improve as you start treatment. For example, you may want to:

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

Once you've decided on your goal, you can plan how best to achieve it. Ask yourself what you are going to do, when you are going to do it and what reward you will get once you have achieved it.

Think about how confident you are that you will achieve your goal. You might find it helpful to use a scale of 0–10, with 0 being not confident at all and 10 being very confident. Aim for a confidence level of around 7. If your confidence level is under 7, think about what will help, for example getting help and support from family and friends.

Not all our goals go to plan. It's a good idea to think about what to do and how to cope if things don't go as planned.

Check how you are doing with your plan regularly. If you've achieved your goals, think about setting some more. If you've had setbacks or trouble following your plan, you may need to think about changing the goals or replanning how you can achieve them.

You can set goals for the appointments you have with your healthcare team. Before you meet, think about what you'd like to talk about and what you want to get from the meeting. This can help you get the most from the appointment. Writing down some notes can help you remember what it is you want to know.

You can talk about your goals with your family and friends, who can give you support and encouragement. You can also talk to your doctor or specialist nurse so they can advise and support you.

### **Self-management during treatment**

There are lots of ways to get involved during your treatment, such as:

- attending appointments and taking your medicines
- being aware of possible side effects of treatment and letting your healthcare team know how you are
- following the advice from your healthcare team.

### **Attending appointments and taking medicines**

Your healthcare team will probably give you a plan of when you will have your treatment. For example, if you're having radiotherapy, your treatment may be booked at a certain time every day, Monday to Friday. Or if you're having chemotherapy you may be booked in once every couple of weeks. It's important to keep these appointments, as your treatment is planned to be as effective as possible.

If you have trouble getting to appointments on certain days, talk to your doctor or specialist nurse to make other arrangements. You may be able to have a phone appointment with the specialist nurse.

Always take any medicines you are given exactly as you have been told. This way you can make sure they work as well as possible for you.

Ask questions if you don't understand about your treatment or want more details.

### **Side effects of treatment**

You may get side effects from your treatment. It is important to let your doctors and nurses know about any side effects you have. They can't help you unless you tell them what's going on.

You can write down any side effects as they occur, to help remind you at your next appointment. Try keeping a diary or making a note of how side effects interfere with your day-to-day life. You can use your diary to help you when you are talking to your doctor.

Your doctors and nurses can give you advice on the best way to manage any side effects. They can often prescribe drugs to help control them. You should take medicines exactly as they have been explained.

You may want to find things you can do yourself to help you manage side effects. You can ask other people who have been through similar treatment how they coped. They may have practical tips that could help you. You could speak to members of a support group or use an online forum. Macmillan has an online community at [macmillan.org.uk/community](http://macmillan.org.uk/community)

You may also like to look for different ways of managing side effects online, at your local library or cancer information centre, or by calling the Macmillan Support Line on **0808 808 00 00**.

Before trying new ways of managing side effects, talk it over with your doctor or key worker.

### **Following advice**

Different members of the healthcare team will give you advice during your treatment. For example, you may be:

- told to avoid certain foods because they interact with your treatment
- advised on how to manage side effects if you get them
- advised to stop smoking
- given exercises to do following surgery.

When members of the healthcare team give you advice, they should explain how it will help you. If you're unsure why they have suggested something, ask them to explain it again.

It's up to you whether you follow the advice your healthcare team give you. But they are experienced in caring for people with cancer and won't suggest things that aren't likely to be helpful. If for some reason you can't follow the advice, or you need help, talk to the person who gave you the advice. You can work together to look at different possible solutions.

### **Self-management after treatment**

Adjusting to life after treatment is sometimes difficult. You may feel happy that treatment has finished. But you may feel uncertain about the future when you won't have the support and contact with the hospital that you're used to.

During this time, becoming involved in your own care can help you feel more in control of your health. It can help you:

- adjust to life after treatment
- make positive lifestyle changes
- improve your health in mind and body
- manage any ongoing side effects of treatment
- know the possible symptoms of any late effects (consequences) of treatment
- know 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're feeling. They will explain how you are likely to feel over the next few months and

about any side effects that may affect you. This is sometimes called a holistic needs assessment. It's a good time to mention any worries you have for the future.

You may be offered a summary of the treatment you have had and what to expect now. This tells you about any tests you may need in the future. It may also give you the dates of follow-up appointments.

Some hospitals run education and support days or health and well-being clinics to promote recovery after cancer. People are given information to help them begin to manage their health and live better after treatment. If you think this would be useful for you, ask if your hospital runs one of these days.

It's important to know who to contact if you have any concerns about your health. Your healthcare team should give you contact details of someone who will be your main contact or key worker. This is often the clinical nurse specialist.

You may find setting goals for the future helps you adjust to life after treatment. This is discussed on pages 3–4. Remember to be realistic about what you can achieve.

People recover from treatment at different speeds, so don't feel guilty if you're taking a bit longer than you thought.

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

### **Ongoing side effects**

Most side effects begin to go away after treatment ends. Some side effects can last longer and can occasionally be permanent. Potential long-term effects will be included in your treatment summary. Always let your cancer specialist or key worker know if you have side effects that are not getting better. These can include tiredness, eating difficulties, bladder and bowel problems, or pain. Together you can talk about the best way of managing your side effects. Your doctor can refer you to other specialists for further help, if needed.

**We have information about managing different side effects that you may find helpful.**

### **Lifestyle changes**

A healthy lifestyle can help speed up recovery and improve your well-being. You could make changes to your lifestyle such as:

- giving up smoking
- being physically active
- eating a well-balanced diet
- keeping to a healthy weight
- sticking to sensible drinking limits
- learning how to reduce stress and relax more.



**We have more information about stopping smoking, physical activity and cancer treatment, and healthy eating.**

Your GP practice, hospital team, pharmacy and community or leisure centre can also provide information.

## **Knowing what to look out for**

You may worry about the cancer coming back or about getting late effects of treatment. It's a good idea to talk about these concerns with your healthcare team. They can tell you what to look out for and help you find ways of coping with your worries.

Knowing what to look out for means you can ask your doctor for advice early. It can also stop you from unnecessary worry.

## **Recurrence and advanced cancer**

In some situations, cancer may not completely respond to treatment. It may come back again later on (called a recurrence) or spread to a different part of the body (called secondary or advanced cancer). If this happens, you will need more information about how it may affect you. You will also need information about your options for further treatment.

## **Getting help and support**

Cancer can affect other parts of your life, such as work, relationships and finances. You may need advice and support to help you cope.

There are different people you can ask for help, depending on the problem. A good place to start is your GP, hospital healthcare team or a social worker. They may be able to help you directly, or refer you to someone else. You can also ask your family and friends for support. They often want to help but might not know how.

You can get confidential advice and support from a range of people and organisations. These include your local cancer support centre, your hospital social work department, your workplace and organisations like Citizens Advice (see page 8).

You can also speak to Macmillan's cancer support specialists and benefits advisers on **0808 808 00 00**.

## **Learning how to support yourself**

Not everyone has the confidence or wants to be involved in managing their own health. But you can get training and support to help you get more involved.

Your doctor, nurse or key worker may be able to help you start self-managing. They may know of training courses you could do, such as the Expert Patients Programme (see below). Training courses are often free. They aim to show you ways to manage your health better. Some cancer organisations and support groups may also run training courses (see below).

Macmillan offers a range of courses and workshops that can support you. The HOPE course (Helping to Overcome Problems Effectively) is a free short course that looks at ways to manage the impact of living with and beyond cancer. You can read more at [learnzone.macmillan.org.uk](http://learnzone.macmillan.org.uk)

## Contact details of useful organisations

### Citizens Advice

Provides advice on a variety of issues including 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)

### Expert Patients Programme

Rutherford House, Warrington Road, Birchwood Park, Warrington WA3 6HZ  
Tel 0800 988 5550

[www.expertpatients.co.uk](http://www.expertpatients.co.uk)

Provides and delivers free courses aimed at helping people who are living with a long-term health condition to manage their condition better on a daily basis.

### Health and Social Care Alliance Scotland

Venlaw Building, 349 Bath Street, Glasgow G2 4AA  
Tel 0141 404 0231

[www.alliance-scotland.org.uk/what-we-do/self-management](http://www.alliance-scotland.org.uk/what-we-do/self-management)

Helps develop self-management policies and good practice for people living with long-term conditions in Scotland. This includes the campaign *My condition, my terms, my life*.

### Self-management Support Resource Centre

90 Long Acre, London WC2E 9RA

Tel 020 7257 8000

Email [info@health.org.uk](mailto:info@health.org.uk)

<http://selfmanagementsupport.health.org.uk>

Offers information on self-management for people living with a variety of long-term conditions.

### **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 programmes for people with long-term conditions.

### **Related Macmillan information**

- Controlling the symptoms of cancer
- Eating problems and cancer
- Giving up smoking
- Healthy eating and cancer
- Help with the cost of cancer
- How are you feeling? The emotional effects of cancer
- Life after cancer treatment
- Making treatment decisions
- Physical activity and cancer treatment
- What to do after cancer treatment ends: 10 top tips

For copies of this information call free on **0808 808 00 00** or visit **[macmillan.org.uk](http://macmillan.org.uk)**

This fact sheet has been written, revised and edited by Macmillan Cancer Support's Cancer Information Development team. It has been approved by our Chief Medical Editor Dr Tim Iveson, Macmillan Consultant Medical Oncologist.

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This fact sheet has been compiled using information from a number of reliable sources, including:

- McCorkle et al. Self-management: enabling and empowering patients living with cancer as a chronic illness. *CA: A Cancer Journal for Clinicians*. 2011. 61(1).
- National Cancer Survivorship Initiative (NCSI) - Self Care/Self Management Workgroup. *Survivorship: living with and beyond cancer*. 2008.
- Scottish Government. "Gaun Yersel!" *The Self Management Strategy for Long Term Conditions in Scotland*. 2008.

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