

Os cewch ddiagnosis o ganser - canllaw cyflym

Mae'r wybodaeth hon yn ymwneud â beth allwch chi ddisgwyl pan fyddwch yn dysgu bod gennych chi ganser a ble i gael help a chefnogaeth. Ceir esboniad o'r geiriau sydd wedi eu tanlinellu yn yr eirfa ar y diwedd.

Gall cael diagnosis bod gennych ganser fod yn sioc fawr. Efallai bydd gennych lawer o wahanol emosiynau. Ond nid yw'n golygu bod rhaid i chi anobeithio. Mae nifer o bobl nawr yn cael triniaeth lwyddiannus neu'n gallu byw gyda chanser am sawl blwyddyn. Mae llawer o bobl a gwasanaethau a all eich cefnogi.

Os oes gennych unrhyw gwestiynau neu os ydych eisiau siarad â rhywun, gallwch ffonio Cefnogaeth Canser Macmillan ar **0808 808 00 00**, o ddydd Llun i ddydd Gwener 9am i 8pm. Mae gennym gyfieithwyr, felly gallwch siarad gyda ni yn y Gymraeg. Does dim ond angen i chi ddweud 'Cymraeg' yn Saesneg pan fyddwch yn ffonio.

Mae gennym ragor o wybodaeth yn Gymraeg am wahanol fathau o ganser, triniaethau a byw gyda chanser. Ewch i macmillan.org.uk/translations neu ein ffonio ar **0808 808 00 00**.

Mae gennym lyfryn hirach o'r enw **The cancer guide** allai fod yn ddefnyddiol, ond dim ond yn Saesneg mae ar gael.

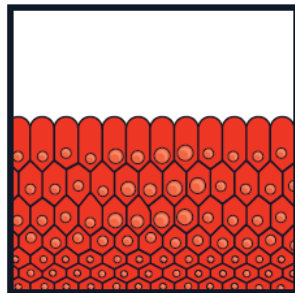
Mae'r wybodaeth hon yn trafod:

- Beth yw cancer?
- Sut y gall Macmillan helpu
- Beth sy'n digwydd wedi diagnosis?
- Gweithwyr iechyd a gofal cymdeithasol y gallech eu cwrdd
- Y prif driniaethau cancer
- Sut caiff triniaeth ei chynllunio
- Siarad â'ch tîm gofal iechyd
- Ymdopi gyda chanser – ble i gael cefnogaeth
- Geirfa (esboniad o dermau)
- Mwy o wybodaeth yn Gymraeg

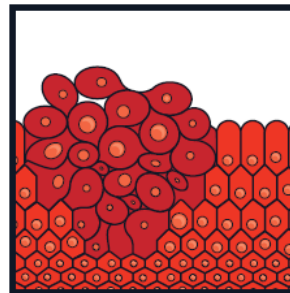
Beth yw cancer?

Mae cancer yn cychwyn yng nghelloedd ein corff. Mae celloedd yn flocciau adeiladu bach sy'n llunio organau a meinwe ein corff. Fel arfer, mae'r celloedd hyn yn rhannu i greu celloedd newydd mewn ffordd sydd wedi ei rheoleiddio. Dyna sut mae ein cyrff yn tyfu, yn gwella ac yn trwsio'i hun. Weithiau, bydd hyn yn mynd o chwith ac mae'r gell yn dod yn annormal. Mae'r gell annormal yn dal i rannu a chreu mwy a mwy o gelloedd annormal. Mae'r celloedd hyn yn ffurfio lwmp a elwir yn diwmor.

Celloedd normal



Celloedd sy'n ffurfio tiwmor



Nid yw pob lwmp yn ganser. Ni all lwmp nad yw'n ganser (anfalaen) ledaenu i unrhyw ran arall o'r corff. Gall lwmp sydd yn ganser (malaen) dyfu i ardaloedd amgylchynol o'r corff.

Weithiau mae celloedd cancer yn torri'n rhydd o'r cancer cyntaf (y prif ganser) ac yn teithio trwy'r gwaed neu system lymffatig i rannau eraill o'r corff. Gelwir celloedd cancer sy'n lledaenu a datblygu i diwmor rhywle arall yn y corff yn ganser eilaidd.

Sut y gall Macmillan helpu

Mae Macmillan yma i'ch helpu chi a'ch teulu. Byddwn yn eich cefnogi o'r foment y cewch eich diagnosis, hyd at driniaeth a thu hwnt. Gallwch gael cefnogaeth gan:

- **Linell Gefnogaeth Macmillan (0808 808 00 00).** Mae gennym gyfieithwyr, felly gallwch siarad gyda ni yn eich iaith. Does dim ond angen i chi ddweud 'Cymraeg' yn Saesneg pan fyddwch yn ffonio. Gall ein harbenigwyr ateb eich 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 Saesneg am ganser a byw gyda chanser. Mae mwy o wybodaeth ar gael yn y Gymraeg ar macmillan.org.uk/translations
- **Nyrsys Macmillan.** Mae ein nyrsys yn arbenigwyr mewn gofal canser a lliniarol. Gallant hefyd eich cefnogi chi a'ch teulu. I gael nyrs Macmillan, bydd angen i chi gael eich cyfeirio atom. Gofynnwch i'ch meddyg neu nyrs am gael un, neu ffoniwch ni ar **0808 808 00 00**. Os nad oes nyrs Macmillan yn eich ardal, byddwn yn dal i allu'ch cyfeirio at wasanaethau arbenigol eraill.
- **Gweithwyr iechyd a gofal cymdeithasol eraill Macmillan.** Mae gennym lawer o weithwyr eraill all helpu pobl gyda chanser, er enghraifft [dietegwyr](#) a [ffisiotherapyddion](#).
- **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 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 neu ffoniwch ni.
- **Cymuned Ar-lein Macmillan** – Gallwch siarad gyda phobl eraill mewn sefyllfaoedd tebyg ar macmillan.org.uk/community

Beth sy'n digwydd wedi diagnosis?

Dylai eich tîm gofal iechyd siarad gyda chi am eich opsiynau triniaeth ac unrhyw gefnogaeth y gallech fod angen. Byddant yn rhoi syniad i chi o beth fydd yn digwydd yn ystod eich triniaeth a phryd y gall gychwyn. Efallai y bydd angen i chi gymryd rhai profion neu sganiau ychwanegol i ddysgu mwy am y canser.

Gweithwyr iechyd a gofal cymdeithasol y gallech eu cwrdd

Pan fydd cancer arnoch, byddwch yn cyfarfod llawer o wahanol weithwyr iechyd a gofal cymdeithasol.

Gweithiwr allweddol

Dylech dderbyn gweithiwr allweddol a chael ei fanylion cyswllt. Eich gweithiwr allweddol yw eich prif bwynt cyswllt. Gall ateb eich cwestiynau a rhoi gwybod i chi pwy all helpu gyda gwahanol bethau.

Tîm ysbyty (MDT)

Yn yr ysbyty, bydd tîm amlddisgyblaethol (MDT) yn rheoli eich triniaeth a gofal. Mae hyn yn grŵp o weithwyr iechyd a gofal cymdeithasol. Gallai'r grŵp gynnwys rhai neu'r cyfan o'r rolau hyn:

- **Arbenigwr nyrsio clinigol (CNS)** – nyrs sy'n arbenigo ar fath penodol o ganser. Efallai mai'ch CNS fydd eich gweithiwr allweddol (gweler uchod).
- **Haematolegydd** – meddyg sy'n arbenigwr ar ddiagnosisio a thrin anhwylderau gwaed, yn cynnwys canserau sy'n dechrau yn y gwaed.
- **Oncolegydd** – meddyg sy'n arbenigo mewn trin cancer.
- **Meddygon a nyrsys gofal lliniarol** – arbenigwyr ar drin symptomau a gwneud rhywun yn fwy cyfforddus pan na ellir gwella'r cancer.
- **Radiograffydd (therapiwtig)** – arbenigwr mewn rhoi radiotherapi.
- **Radiolegydd** – arbenigwr mewn pelydrau-x a sganiau.
- **Llawfeddyg** – meddyg sy'n arbenigo mewn llawfeddygaeth ac yn cyflawni llawdriniaethau.

Efallai y bydd yna bobl eraill yn yr MDT, yn ddibynnol ar y math o ganser sydd gennych chi.

Yn eich ardal leol

Mae yna weithwyr eraill sy'n gallu helpu gofalu amdanoch tra byddwch adref. Byddant mewn cysylltiad gyda'ch tîm ysbyty. Maent yn cynnwys:

- **Meddyg Teulu** – Gall eich meddyg teulu eich helpu i reoli symptomau a sgil effeithiau a threfnu i chi weld unrhyw arbenigwyr os oes angen. Gallant drefnu gwasanaethau i chi adref a siarad gyda chi am unrhyw benderfyniadau triniaeth sydd angen i chi wneud.
- **Nyrsys cymuned a dosbarth** – Gall y nyrsys hyn ymweld â chi yn eich cartref a rhoi gofal a chefnogaeth i chi ac unrhyw un sy'n gofalu amdanoch. Gall eich meddyg teulu gysylltu â nhw i chi.

- **Nyrs practis** – Mae gan rai meddygfeydd nyrsys sy'n gweithio ar y cyd â meddygon teulu. Gall nyrs practis wneud pethau fel cymryd profion gwaed neu roi gorchuddion ar anafiadau.

Gwasanaethau cymdeithasol a sefydliadau gwirfoddol

Os ydych chi angen help adref, er enghraifft i ymolchi, gwisgo, glanhau neu siopa, siaradwch gyda'ch meddyg teulu neu weithiwr cymdeithasol. Gallant eich cyfeirio at weithiwr cymdeithasol. Gall gweithiwr cymdeithasol helpu gyda phroblemau yn y cartref i helpu rhywun i fyw'n annibynnol. Efallai y bydd yna sefydliadau eraill yn eich ardal a allai helpu.

Y prif driniaethau canser

Nod y driniaeth yw gwella'r canser, neu ei reoli a lleddfu unrhyw symptomau.

Bydd y math o driniaeth a gewch yn dibynnu ar y math o ganser a'ch sefyllfa. Efallai y byddwch yn derbyn mwy nag un driniaeth. Gall triniaethau ar gyfer canser gynnwys:

- **llawdriniaeth** – mae'r canser yn cael ei dynnu mewn llawdriniaeth
- **chemotherapi** – rhoddir cyffuriau i ddinistrio celloedd canser
- **radiotherapi** – defnyddir pelydrau X ynni uchel i ddinistrio celloedd canser
- **therapi hormonaidd** – mae triniaeth yn newid yr hormonau yn eich corff, sy'n gallu arafu'r canser neu ei atal rhag tyfu
- **therapi targedig** (a elwir yn therapi biolegol weithiau) – rhoddir cyffuriau sy'n targedu'r ffordd mae celloedd canser yn tyfu.

Sgîl effeithiau

Weithiau gall triniaethau canser achosi sgîl effeithiau digroeso. Yn aml gellir lleihau a rheoli'r rhain. Bydd eich tîm gofal iechyd yn rhoi cyngor i chi. Mae'r rhan fwyaf o sgîl effeithiau'n mynd yn raddol ar ôl i'r driniaeth ddod i ben.

Treialon clinigol

Efallai y gofynnir i chi gymryd rhan mewn treial clinigol. Mae treialon clinigol yn profi triniaethau newydd i weld os ydynt yn fwy effeithiol na thriniaethau cyfredol. Gall treial gynnwys profi cyffur newydd neu brofi ffordd newydd o roi triniaeth.

Os oes yna unrhyw dreialon y gallwch gymryd rhan ynddynt, bydd eich meddyg yn eu trafod gyda chi. Gallwch ddewis peidio cymryd rhan mewn treial.

Therapiau cyflenwol

Mae yna therapïau eraill allai eich helpu i deimlo'n well, fel myfyrdod neu ymlacio. Nid yw'r therapïau hyn yn trin canser. Dylech roi gwybod i'ch meddyg canser am unrhyw therapïau eraill yr ydych eisiau eu defnyddio.

Sut caiff triniaeth ei chynllunio

Bydd eich tîm gofal iechyd, sy'n arbenigwyr yn eich math chi o ganser, yn cynllunio eich triniaeth. Efallai y byddwch angen profion i gael gwybod mwy am y canser cyn i'r driniaeth gychwyn. Wrth gynllunio eich triniaeth, bydd y meddygon yn edrych ar:

- y math o ganser sydd gennych
- maint y canser a p'un a yw wedi lledaenu
- eich iechyd cyffredinol
- canllawiau triniaeth cenedlaethol.

Mae eich dewisiadau personol hefyd yn bwysig.

Gwnewch yn siŵr eich bod yn deall y dewisiadau triniaeth. Dylai eich meddyg neu nyrs ateb unrhyw gwestiynau sydd gennych ynghylch y driniaeth, nes eich bod yn hapus eich bod wedi deall popeth. Bydd angen i chi roi caniatâd (cydsyniad) i'r meddygon roi'r driniaeth i chi.

Efallai y bydd yn helpu i fynd â pherthynas neu ffrind i apwyntiadau gyda chi. Gallant eich helpu i gofio beth a ddywedwyd. Efallai y bydd hefyd yn helpu i fynd â rhestr o gwestiynau y gallech ofyn gyda chi i'r apwyntiad. Gallwch ysgrifennu'r atebion fel eich bod yn eu cofio.

Gwneud penderfyniadau am driniaeth

Efallai y bydd mwy nag un driniaeth bosibl, felly efallai y bydd gofyn i chi ddewis rhyngddynt. Gall hyn fod yn benderfyniad anodd. Siaradwch gyda'ch tîm gofal iechyd i gael gwybod:

- beth fydd yn digwydd yn ystod y gwahanol driniaethau
- beth yw sgil effeithiau posibl pob triniaeth
- beth yw manteision ac anfanteision posibl pob triniaeth.

Bydd eich tîm gofal iechyd yn rhoi amser i chi ddewis. Gallant hefyd eich helpu gyda'r penderfyniad.

Siarad â'ch tîm gofal iechyd

Gall cael cancer fod yn amser drslyd a gofidus iawn. Gall siarad â'ch tîm gofal iechyd helpu. Mae llawer o bobl yn teimlo'n well ac mewn mwy o reolaeth pan maent yn gwybod beth sy'n digwydd iddynt a pham.

Mae pobl yn aml yn teimlo fod staff ysbytai yn rhy brysur i ateb eu cwestiynau. Ond mae'n bwysig i chi ddeall beth sy'n digwydd a sut y gallai'r cancer a'i driniaeth effeithio arnoch. Mae'r staff yno i'ch helpu chi. Dylent wneud amser ar gyfer eich cwestiynau. Os nad ydych yn deall neu'n siarad Saesneg yn dda, gall yr ysbyty drefnu cyfieithydd i chi.

Efallai y byddwch yn teimlo fod rhai cwestiynau yn anodd eu gofyn i'ch meddyg neu nyrs, yn arbennig os ydynt yn ymwneud â materion personol. Ond mae eich tîm gofal iechyd yno i helpu ac maent wedi arfer ateb y cwestiynau hyn.

Mae'n bwysig eich bod yn deall beth sy'n cael ei ddweud wrthyich. Os nad ydych, gofynnwch i'r meddyg neu nyrs esbonio eto.

Cwestiynau i'w gofyn i'ch tîm gofal iechyd

Dyma rai cwestiynau y gallech fod eisiau eu gofyn i'ch tîm gofal iechyd. Efallai na fydd pob un yn berthnasol i chi.

- Beth mae fy niagnosis yn ei olygu?
- Pa mor ddatblygedig ydi'r cancer?
- Beth fydd yn digwydd yn ystod y driniaeth?
- Beth yw manteision, risgiau a sgil effeithiau pob triniaeth?
- Sut fydd y driniaeth yn effeithio ar fy mywyd dyddiol?
- Pa mor effeithiol fydd y driniaeth?
- Gyda phwy allaf i siarad am sut ydw i'n teimlo?
- Gyda phwy allaf i siarad os oes gen i gwestiynau yn hwyrach?
- Mae gennyf ddymuniadau crefyddol neu ysbrydol – a fydd y rhain yn cael eu bodloni?

Ymdopi gyda chanser – ble i gael cefnogaeth

Eich emosiynau

Mae'n gyffredin i deimlo wedi eich llethu gan wahanol deimladau pan fyddwch yn cael gwybod bod gennych ganser. Efallai y byddwch wedi dychryn, yn ofnus, yn poeni, yn flin neu'n isel eich ysbryd. Does dim ffordd gywir nac anghywir o ymateb. Gall siarad am sut ydych chi'n teimlo helpu'n aml.

Ble i gael cefnogaeth:

- **Macmillan** – Gweler tudalen 3 ar gyfer yr holl ffyrdd y gallwn helpu.
- **Cynghorwyr** – Gall cynghorydd eich helpu i siarad am a chanfod ffyrdd i ddelio â'ch emosiynau mewn lle cyfrinachol. Holwch eich meddyg canser neu feddyg teulu os yr hoffech gael cwnsela.
- **Grwpiau cefnogaeth** – Gall siarad gyda phobl eraill sydd â chanser helpu. Holwch eich meddyg neu nyrs am grwpiau yn eich ardal, neu ewch i macmillan.org.uk/supportgroups

Arian, gwaith a theithio

Mae sawl ffordd i Macmillan helpu os yw canser wedi effeithio ar eich swydd neu sefyllfa ariannol. Ffoniwch ni ar **0808 808 00 00** i drafod unrhyw un o'r materion hyn.

- Gallwn roi gwybod i chi am unrhyw fuidd-daliadau y gallech fod â hawl iddynt a'ch helpu i ymgeisio amdanynt.
- Gallwn eich helpu gyda chwestiynau am forgeisi, pensiynau, yswiriant, benthyca a chynilion.
- Rydym yn darparu grantiau – taliadau i'ch helpu i ymdopi gyda'r costau ychwanegol a achosir gan ganser. Er enghraifft, efallai y byddwch yn gwario mwy o arian ar eich biliau gwresogi. Mae angen i weithiwr iechyd neu ofal cymdeithasol ymgeisio ar eich rhan.
- Gallwn roi gwybodaeth a chynghor i chi os yw canser wedi effeithio ar eich gwaith.
- Gallwn roi gwybodaeth i chi am deithio os oes gennych ganser.

Newidiadau corfforol

Weithiau gall cancer neu driniaethau cancer effeithio ar sut mae eich corff yn edrych neu weithio. Gall eich meddyg neu nyrs roi cyngor i chi am hyn a'r help sydd ar gael. Gallwn hefyd roi gwybodaeth i chi – ffoniwch ni ar **0808 808 00 00**.

Crefydd ac ysbrydolrwydd

Wedi cael diagnosis o ganser, mae rhai pobl yn dod yn fwy ymwybodol o gredoau crefyddol neu deimladau ysbrydol. Bydd hyn yn aml yn gysur mawr i bobl sydd â ffydd grefyddol gref. Bydd eraill yn cwestiynu eu ffydd.

Bydd rhai pobl yn cael cysur mewn gweddi neu fyfyrdod. Bydd llawer o bobl yn cael cysur drwy wybod bod pobl eraill yn gweddio drostynt.

Gallwch sgwrsio â chaplan, gweinidog, offeiriad, rabbi neu arweinydd crefyddol arall hyd yn oed os nad ydych yn siŵr beth yn union rydych yn credu ynddo. Mae arweinwyr ysbrydol a chrefyddol wedi arfer helpu, ac efallai y cewch dawelwch meddwl.

Cefnogaeth i'ch teulu, ffrindiau a gofalwyr

Efallai y bydd pobl sy'n agos atoch hefyd yn delio ag emosiynau anodd ar hyn o bryd. Mae ein harbenigwyr cancer yma i helpu pawb sydd wedi eu heffeithio gan ganser, gan gynnwys eich perthnasau a ffrindiau. Gallant ein ffonio ar **0808 808 00 00**. Gallant hefyd siarad â'ch tîm gofal iechyd i gael cefnogaeth.

Mae **gofalwr** yn rhywun sy'n darparu cymorth di-dâl i berthynas neu ffrind gyda chanser na fyddai'n gallu ymdopi heb yr help hwn. Efallai y bydd yn helpu gyda chymorth personol, yn rhoi cefnogaeth emosiynol neu'n helpu gyda gwaith tŷ. Os oes rhywun yn helpu i ofalu amdanoch, mae'n bwysig eu bod yn cael cefnogaeth hefyd. Mae llawer o help ar gael iddynt.

Dylent siarad gyda'ch meddyg neu nyrs am hyn, neu ffonio Macmillan ar **0808 808 00 00**.

Geirfa

Budd-daliadau – Arian a delir i chi gan y llywodraeth i'ch helpu gyda chostau.

Anfalaen – Lwmp yn y corff nad yw'n ganser ac na all ledaenu i unrhyw ran arall o'r corff.

Celloedd – Y blociau adeiladu bach sy'n llunio organau a meinwe ein corff.

Gwneud diagnosis – Os ydych yn cael diagnosis o ganser, mae'n golygu bod eich meddyg wedi darganfod bod cancer arnoch.

Diagnosis – Diagnosis yw pan fydd eich meddyg yn darganfod a oes gennych salwch neu beidio.

Tîm gofal iechyd – Y tîm o arbenigwyr meddygol a gweithwyr eraill fydd yn gofalu amdanoch.

System lymffatig – Rhwydwaith o bibellau a chwarennau yn eich corff. Mae'n rhan o'r system imiwnedd. Mae'r system yn brwydro yn erbyn heintiau ac yn gwagio hylif o'n meinwe ac organau.

Gweithiwr allweddol – Dyma yw eich prif bwynt cyswllt. Dylech gael ei fanylion cyswllt. Gall ateb eich cwestiynau a rhoi gwybod i chi pwy all helpu gyda gwahanol bethau.

Malaen – Lwmp yn y corff sy'n ganser ac a all ledaenu o amgylch y corff.

Gofal lliniarol – Gofal a roddir i rywun gyda chanser nad yw'n gallu cael ei wella. Gallai hyn gynnwys triniaeth i leihau'r canser neu i leihau symptomau ac i wneud rhywun yn fwy cyfforddus.

Sgîl effeithiau – Effeithiau digroeso triniaeth canser. Er enghraifft, colli gwallt, teimlo'n sâl neu flinedig. Mae'r rhan fwyaf o sgîl effeithiau'n mynd ar ôl i'r driniaeth ddod i ben.

Tiwmor – Grŵp o gelloedd sy'n tyfu mewn ffordd annormal yw tiwmor. Mae'r celloedd annormal yn lluosogi ac yn ffurfio lwmp.

Mwy o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

Mathau o ganser

- Canser y fron
- Canser y coluddyn mawr
- Canser yr ysgyfaint
- Canser y prostad

Triniaethau

- Cemotherapi
- Radiotherapi
- Llawdriniaeth

Ymdopi â chanser

- Hawlio budd-daliadau
- Problemau bwyta a chanser
- Diwedd oes
- Blinder a chanser
- Sgîl-ffeithiau triniaeth canser
- Yr hyn y gallwch ei wneud i helpu'ch hun

I weld yr wybodaeth hon, ewch i macmillan.org.uk/translations

Siaradwch gyda ni yn Gymraeg

Gallwch ffonio Macmillan am ddim ar **0808 808 00 00** a siarad gyda 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 fyddwch yn ffonio.

Rydyn ni ar agor o ddydd Llun i ddydd Gwener, 9am tan 8pm. Os ydych yn cael anawsterau gyda'ch clyw gallwch ddefnyddio ffôn testun **0808 808 0121** neu Text Relay.

Cyfeiriadau a diolchiadau

Mae'r wybodaeth yn y ddalen ffeithiau hon yn seiliedig ar lyfryn Macmillan **The cancer guide**. Gallwn anfon copi i chi, ond mae'r llyfryn llawn ar gael yn Saesneg yn unig. Daw gwybodaeth yn y ddalen ffeithiau hon o wefan Macmillan hefyd, macmillan.org.uk

Mae'r holl wybodaeth yma wedi ei hysgrifennu a'i golygu gan dîm Datblygu Gwybodaeth Canser Cymorth Canser Macmillan. Mae wedi ei adolygu gan arbenigwyr perthnasol a'i gymeradwyo gan ein golygydd meddygol, Dr Tim Iveson, Oncolegydd Meddygol Ymgynghorol a Phrif Olygydd Meddygol Macmillan. Diolch hefyd i'r bobl sydd wedi eu heffeithio gan ganser a adolygodd yr wybodaeth hon.

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

MAC15916_WELSH



Cynnwys wedi ei adolygu: Rhagfyr 2015
Adolygiad arfaethedig nesaf: 2018

If you're diagnosed with cancer – a quick guide

This information is about what to expect when you find out you have cancer and where to get help and support. Underlined words are explained in the glossary at the end.

Being diagnosed with cancer can be a huge shock. You may be feeling lots of different emotions. But it doesn't mean you have to give up hope. Many people are now treated successfully or able to live with cancer for many years. There are lots of people and services that can support you.

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 another language. Just tell us, in English, the language you want to use.

We have more information in other languages about different types of cancer, treatments and living with cancer. Visit macmillan.org.uk/translations or call us on **0808 808 00 00**.

We have a longer booklet called **The cancer guide** that you might find helpful, but this is only available in English.

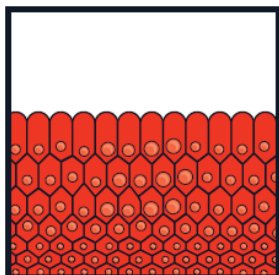
This information is about:

- What is cancer?
- How Macmillan can help
- What happens after diagnosis?
- Health and social care professionals you might meet
- The main cancer treatments
- How treatment is planned
- Talking to your healthcare team
- Coping with cancer – where to get support
- Glossary (explanation of words)
- More information in other languages

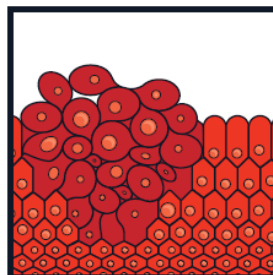
What is cancer?

Cancer starts in our body's cells. Cells are tiny building blocks that make up the organs and tissues of our body. Usually, these cells split (divide) to make new cells in a controlled way. This is how our bodies grow, heal and repair. Sometimes, this goes wrong and the cell becomes abnormal. The abnormal cell keeps dividing and making more and more abnormal cells. These cells form a lump called a tumour.

Normal cells



Cells forming a tumour



Not all lumps are cancer. A lump that is not cancer (benign) cannot spread to anywhere else in the body. A lump that is cancer (malignant) can grow into surrounding areas of the body.

Cancer cells sometimes break away from the first (primary) cancer and travel through the blood or lymphatic system to other parts of the body. Cancer cells that spread and develop into a tumour somewhere else in the body are called a secondary cancer.

How Macmillan can help

Macmillan is here to help you and your family. We will support you from the moment you're diagnosed, through your treatment and beyond. 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. Our specialists can answer medical questions, give 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
- **Macmillan nurses.** Our nurses are specialists in cancer and palliative care. They can give support to you and your family. To get a Macmillan nurse, you need to be referred. Ask your doctor or nurse about getting one, or call us on **0808 808 00 00**. If there isn't a Macmillan nurse in your area, you can still be referred to other specialist services.

- **Other Macmillan health and social care professionals.** We have lots of other professionals that help people with cancer, for example dietitians and physiotherapists.
- **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 or call us. Your hospital might have a centre.
- **Local support groups** – Find a group near you at macmillan.org.uk/supportgroups or call us.
- **Macmillan Online Community** – You can talk to other people in similar situations at macmillan.org.uk/community

What happens after diagnosis?

Your healthcare team should talk to you about your treatment options and about any support you might need. They will give you an idea of what your treatment will involve and when it can start. You may need to have some more tests or scans to find out more about the cancer.

Health and social care professionals you might meet

When you have cancer, you may meet lots of different health and social care professionals.

Key worker

You should have a key worker and be given their contact details. Your key worker is your main point of contact. They can answer your questions and tell you who can help with different things.

Hospital team (MDT)

At hospital, a multidisciplinary team (MDT) will manage your treatment and care. This is a group of health and social care professionals. The group might include some or all of these roles:

- **Clinical nurse specialist (CNS)** – a nurse who is an expert in a particular type of cancer. Your CNS might be your key worker (see above).
- **Haematologist** – a doctor who is an expert in diagnosing and treating blood disorders, including cancers that start in the blood.
- **Oncologist** – a doctor who is an expert in treating cancer.
- **Palliative care doctors and nurses** – experts in treating symptoms and making someone more comfortable when the cancer can't be cured.

- **Radiographer (therapeutic)** – an expert in giving radiotherapy.
- **Radiologist** – an expert in x-rays and scans.
- **Surgeon** – a doctor who is an expert in surgery and does operations.

There may be other people in the MDT depending on the type of cancer you have.

In your local area

There are other professionals who can help look after you while you're at home. They will be in contact with your hospital team. They include:

- **GP** – Your GP can help you manage symptoms and side effects and arrange for you to see any specialists if needed. They can arrange services to help you at home and talk to you about any treatment decisions you need to make.
- **Community and district nurses** – These nurses can visit you at home and give care and support to you and anyone looking after you. Your GP can contact them for you.
- **Practice nurse** – Some GP practices have nurses who work alongside the GP. A practice nurse might do things like take blood tests or put dressings on wounds.

Social services and voluntary organisations

If you need help at home, for example with washing, dressing, cleaning or shopping, speak to your GP or key worker. They may refer you to a social worker. A social worker can help with problems in the home to help someone live independently. There may also be other organisations in your area that could help.

The main cancer treatments

The aim of treatment is to cure the cancer, or to control it and relieve any symptoms.

The type of treatment you have will depend on the type of cancer and your situation. You may have more than one treatment. Cancer treatments can include:

- **surgery** – the cancer is removed in an operation
- **chemotherapy** – drugs are given to destroy cancer cells
- **radiotherapy** – high-energy x-rays are used to destroy cancer cells
- **hormonal therapy** – treatment changes the hormones in your body, which can slow down the cancer or stop it from growing
- **targeted therapy** (sometimes called biological therapy) – drugs are given that target the way cancer cells grow.

Clinical trials

You may be asked to take part in a clinical trial. Clinical trials test new treatments to see if they are more effective than current treatments. A trial might involve testing a new drug or testing a new way of giving treatment.

If there are any trials that you can take part in, your doctor will talk to you about them. You can choose not to take part in a trial.

Side effects

Cancer treatments can cause unwanted side effects. These can often be reduced and managed. Your healthcare team will give you advice. Most side effects gradually go away after treatment finishes.

Complementary therapies

There are other therapies that may help you feel better, such as meditation or relaxation. These therapies do not treat cancer. You should always tell your cancer doctor about any other therapies you want to use.

How treatment is planned

Your healthcare team, who are experts in your type of cancer, will plan your treatment. You may need to have tests to find out more about the cancer before treatment starts. When planning your treatment, the doctors will look at:

- the type of cancer you have
- the size of the cancer and whether it has spread
- your general health
- national treatment guidelines.

Your personal preferences are also important.

Make sure you understand the treatment options. Your doctor or nurse should answer any questions you have about the treatment, until you're happy that you understand everything. You will need to give permission (consent) for the doctors to give you the treatment.

It might help to take a relative or friend to appointments with you. They can help you remember what was said. It might also help to take a list of questions that you want to ask and take it to your appointment. You can write down the answers so you remember them.

Making decisions about treatment

There might be more than one possible treatment, so you might be asked to choose between them. You might find this difficult. Talk to your healthcare team to find out:

- what the different treatments will involve
- what the possible side effects of each treatment are
- what the possible advantages and disadvantages of each treatment are.

Your healthcare team will give you time to choose. They can also help you with the decision.

Talking to your healthcare team

Having cancer can be a worrying and confusing time. Talking to your healthcare team can help. Many people feel better and more in control when they know what is happening to them and why.

People often feel that hospital staff are too busy to answer their questions. But it's important for you to understand what's happening and how the cancer and its treatment might affect you. The staff are there to help you. They should make time for your questions. If you don't understand or speak English well, the hospital can arrange an interpreter for you.

You might find some questions difficult to ask your doctor or nurse, especially if they are about personal issues. But your healthcare team are there to help and they are used to answering these questions.

It is important that you understand what you are told. If you don't, ask the doctor or nurse to explain again.

Questions to ask your healthcare team

Here are some questions you may want to ask your healthcare team. They may not all be relevant for you.

- What does my diagnosis mean?
- How advanced is the cancer?
- What will my treatment involve?
- What are the benefits, risks and side effects of each treatment?
- How will the treatment affect my daily life?
- How effective will treatment be?
- Who can I talk to about how I'm feeling?

- Who can I speak to if I think of questions later?
- I have religious or spiritual wishes – will these be met?

Coping with cancer – where to get support

Your emotions

It's common to feel overwhelmed by different feelings when you're told you have cancer. You may feel shocked, scared, worried, angry or depressed. There is no right or wrong way to feel. Talking about how you feel can often help.

Where to get support:

- **Macmillan** – See pages 2 to 3 for all the ways we can help.
- **Counsellors** – A counsellor can help you talk about and find ways to deal with your emotions in a confidential space. Ask your cancer doctor or GP if you'd like counselling.
- **Support groups** – Talking to other people who have cancer may help. Ask your doctor or nurse about groups in your area, or visit macmillan.org.uk/supportgroups

Money, work and travel

There are many ways Macmillan can help if cancer has affected your job or finances. Call us on **0808 808 00 00** to talk about any of these issues.

- We can tell you about benefits you might be entitled to and help you apply for them.
- We can help you with questions about mortgages, pensions, insurance, borrowing and savings.
- We provide grants – payments to help you cope with extra costs caused by cancer. For example, you might be spending more money on your heating bills. A health or social care professional needs to apply for you.
- We can give you information and advice if cancer has affected your work.
- We can give you information about travelling if you have cancer.

Physical changes

Sometimes, cancer or cancer treatments can affect the way your body looks or works. Your doctor or nurse can give you advice about this and the help available. We can also give you information – call us on **0808 808 00 00**.

Religion and spirituality

After a cancer diagnosis, some people become more aware of religious beliefs or spiritual feelings. People with a strong religious faith often find this very helpful. Other people may question their faith.

Some people find comfort in prayer or meditation. Many people find it helpful knowing that other people are praying for them.

You can talk to a chaplain, minister, priest, rabbi or other religious leader even if you're not sure about what you believe. Spiritual and religious leaders are used to helping, and you may find peace of mind.

Support for family, friends and carers

People close to you may also have difficult emotions at this time. Our cancer support specialists are here to help everyone affected by cancer, including your relatives and friends. They can call us on **0808 808 00 00**. They can also talk to your healthcare team for support.

A **carer** is someone who gives unpaid support to a relative or friend with cancer who couldn't manage without this help. They might help with personal care, give emotional support or help with housework. If someone is helping to look after you, it's important they get support too. There is lots of help available for them.

They should talk to your doctor or nurse about this, or call Macmillan on **0808 808 00 00**.

Glossary

Benefits – Money paid to you by the government to help you with costs.

Benign – A lump in the body that is not cancer and cannot spread to anywhere else in the body.

Cells – The tiny building blocks that make up the organs and tissues of our body.

Diagnosed – If you are diagnosed with cancer, it means your doctor has found that you have cancer.

Diagnosis – A diagnosis is when your doctor finds out whether you have an illness or not.

Healthcare team – The team of medical experts and other professionals that will look after you.

Lymphatic system – A network of tubes and glands throughout the body. It is part of the immune system. The system fights infections and drains fluid out of our tissue and organs.

Key worker – This person is your main point of contact. You should have their contact details. They can answer your questions and tell you who can help with different things.

Malignant – A lump in the body that is cancer and can spread around the body.

Palliative care – Care given to someone with a cancer that can't be cured. . This may include treatment to shrink the cancer or to reduce symptoms and make someone more comfortable.

Side effects – Unwanted effects of cancer treatment. For example, hair loss, feeling sick or tiredness. Most side effects go away after treatment finishes.

Tumour – A tumour is a group of cells that are growing in an abnormal way. The abnormal cells keep multiplying and form a lump.

More information in other languages

We have information in other languages about these topics:

Types of cancer

- Breast cancer
- Large bowel cancer
- Lung cancer
- Prostate cancer

Treatments

- Chemotherapy
- Radiotherapy
- Surgery

Coping with cancer

- Claiming benefits
- Eating problems and cancer
- End of life
- Fatigue and cancer
- Side effects of cancer treatment
- What you can do to help yourself

To see this information, go to macmillan.org.uk/translations

Speak to us in another 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. If you have problems hearing you can use textphone **0808 808 0121** or Text Relay.

References and thanks

The information in this fact sheet is based on the Macmillan booklet **The cancer guide**. We can send you a copy, but the full booklet is only available in English. Information in this fact sheet also comes from the Macmillan website, **macmillan.org.uk**

All of this information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been reviewed by relevant experts and approved by our medical editor, Dr Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor. 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 **bookletfeedback@macmillan.org.uk**

MAC15916



Content reviewed: December 2015

Next planned review: 2018