

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 y rhestr geiriau ar y diwedd. Mae'r rhestr geiriau hefyd yn cynnwys ynganiad y geiriau yn Saesneg.

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

Gallwch hefyd ffonio Cymorth Canser Macmillan ar radffôn **0808 808 00 00 7** diwrnod yr wythnos rhwng 8am a 8pm. Mae gennym gyfieithwyr, felly, gallwch siarad â ni yn eich iaith eich hun. Pan fyddwch yn ein ffonio, dywedwch wrthym yn Saesneg pa iaith yr ydych ei hangen (dywedwch "Welsh").

Mae mwy o wybodaeth am ganser yn Gymraeg yn [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

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

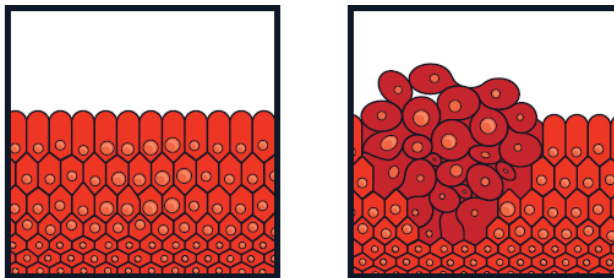
Mae'r wybodaeth hon yn trafod:

- Beth yw canser?
- Beth sy'n digwydd wedi diagnosis?
- Gweithwyr iechyd a gofal cymdeithasol y gallech eu cwrdd
- Sut caiff triniaeth ei chynllunio
- Y prif driniaethau canser
- Siarad â'ch tîm gofal iechyd
- Ymdopi gyda chanser – ble i gael cefnogaeth
- Sut y gall Macmillan eich helpu
- Rhestr geiriau
- Mwy o wybodaeth yn Gymraeg
- Cyfeiriadau a diolchiadau

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 cyfagos o'r corff. Weithiau, bydd celloedd cancer yn ymledu o ble dechreuodd y cancer (cancer cychwynnol) i rannau eraill o'r corff. Gall y celloedd cancer deithio drwy'r gwaed neu'r system lymffatig. Gallant ddatblygu'n diwmor mewn rhan arall o'r corff. Gelwir hyn yn ganser eilaidd.

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 dweud wrthych 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 cancer.

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. Gallant ateb eich cwestiynau a rhoi gwybod i chi pwy all helpu gyda gwahanol bethau.

Tudalen 3 o 14

Taflen ffeithiau Macmillan 2019: Os cewch ddiagnosis o ganser – canllaw cyflym

Yn eich ardal leol

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

- **Meddyg Teulu** – Eich Meddyg Teulu fydd yn edrych ar ôl eich gofal iechyd pan fyddwch yn eich cartref. Gall eich helpu i reoli symptomau a sgîl-effeithiau a threfnu i chi weld unrhyw arbenigwyr os oes angen. Gallant drefnu gwasanaethau i'ch helpu chi yn eich cartref a siarad gyda chi am unrhyw benderfyniadau triniaeth sydd angen i chi wneud.
- **Nyrsys cymuned ac ardal** – 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.

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:

- **Llawfeddyg** – meddyg sy'n cyflawni llawdriniaethau.
- **Oncolegydd** – meddyg sy'n arbenigo mewn trin canser.
- **Haematolegydd** – meddyg sy'n arbenigo mewn problemau gwaed.
- **Radiolegydd** – meddyg sydd wedi'i hyfforddi'n arbennig i edrych ar belydrau-x a sganiau.
- **Nyrs glinigol arbenigol (CNS)** – nyrs sy'n arbenigo mewn salwch penodol. Efallai mai'ch CNS fydd eich gweithiwr allweddol.
- **Meddyg gofal lliniarol** – meddyg sy'n arbenigo mewn helpu pobl i ymdopi gyda symptomau canser.

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

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 allweddol. Gallant eich cyfeirio at weithiwr cymdeithasol. Gall gweithiwr cymdeithasol eich helpu gyda phroblemau ymarferol ac ariannol. Efallai y bydd yna sefydliadau eraill yn eich ardal a allai helpu.

Tudalen 4 o 14

Taflen ffeithiau Macmillan 2019: Os cewch ddiagnosis o ganser – canllaw cyflym

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.

Bydd angen i chi roi caniatâd (cydsyniad) i'r meddygon roi'r driniaeth i chi.

Gwnewch yn siŵr eich bod yn deall y dewisiadau triniaeth. Dylai eich meddyg neu nyrs ateb unrhyw gwestiynau sydd gennych ynghylch y driniaeth. Gall triniaeth canser fod yn gymhleth felly efallai bydd angen i chi ofyn cwestiynau mwy nag unwaith. 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 wneud rhestr o gwestiynau y gallech ofyn a'i chymryd 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 sgîl-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.

Y prif driniaethau cancer

Gallai nod y driniaeth fod i wella'r cancer, 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 cancer gynnwys:

- **llawfeddygaeth** – mae'r cancer yn cael ei dynnu mewn llawdriniaeth
- **radiotherapi** – defnyddir pelydrau X ynni uchel i ddinistrio celloedd cancer
- **cemotherapi** – rhoddir cyffuriau i ddinistrio celloedd cancer
- **therapi hormonaidd** – mae'r cyffuriau hyn yn newid yr hormonau yn eich corff, sy'n gallu arafu'r cancer neu ei atal rhag tyfu.
- **therapi targedig** – defnyddir cyffuriau sy'n amharu ar y ffordd mae celloedd cancer yn tyfu.

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.

sgîl-ffeithiau

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

Siarad â'ch tîm gofal iechyd

Gall cael cancer fod yn amser dryslyd 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 yn deall, 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 sgîl-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** – Edrychwch ar adran **Sut y gall Macmillan eich helpu** isod am 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 chyngor 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 a'r hyn a allai helpu. Gallwn hefyd roi gwybodaeth i chi – ffoniwch ni ar **0808 808 00 00**.

Therapïau cyflenwol

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

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 gweddïo 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 byddant 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**.

Sut y gall Macmillan eich helpu

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

- **Linell Gymorth Macmillan (0808 808 00 00)**. Mae gennym gyfieithwyr, felly gallwch siarad gyda ni yn eich iaith. Dywedwch wrthym, yn Saesneg, yr iaith rydych am ei defnyddio. Gallwn ateb cwestiynau meddygol, rhoi gwybodaeth am gymorth ariannol i chi neu siarad gyda chi am eich teimladau. Gallwch ffonio 7 diwrnod yr wythnos rhwng 8am a 8pm.
- **Gwefan Macmillan (macmillan.org.uk)**. Mae gan ein safle lawer o wybodaeth yn Saesneg am ganser a byw gyda chanser. Mae mwy o wybodaeth mewn ieithoedd eraill yn macmillan.org.uk/translations
- **Gwasanaethau gwybodaeth a chefnogaeth**. Mewn gwasanaeth gwybodaeth a chefnogaeth, gallwch siarad ag arbenigwr canser a chael gwybodaeth ysgrifenedig. Chwiliwch am eich canolfan agosaf yn macmillan.org.uk/informationcentres neu ffoniwch ni. Efallai y bydd gan eich ysbyty ganolfan.
- **Grwpiau cefnogaeth lleol** – Mewn grŵp cefnogaeth, gallwch siarad â phobl eraill wedi'u heffeithio gan ganser. Dewch o hyd i grŵp gerllaw yn macmillan.org.uk/supportgroups neu ffoniwch ni.
- **Cymuned Ar-lein Macmillan** – Gallwch hefyd siarad â phobl eraill wedi'u heffeithio gan ganser ar-lein yn macmillan.org.uk/community

Rhestr geiriau

Gair Cymraeg	Yn Saesneg	Sut i'w ddweud yn Saesneg (trawslythreniad o'r gair Saesneg)	Ystyr
Anfalaen	Benign	Be-nain	Lwmp yn y corff nad yw'n ganser ac na all ledaenu i unrhyw ran arall o'r corff.
Budd-daliadau	Benefits	Ben-y-ffits	Arian a delir i chi gan y llywodraeth i'ch helpu gyda chostau.
Celloedd	Cells	Sels	Y blociau adeiladu bach sy'n llunio organau a meinwe ein corff.
Diagnosis	Diagnosis	Dai-ag-nos-is	Diagnosis yw pan fod eich meddyg yn darganfod pa salwch neu broblem sy'n achosi eich symptomau.
Gofal Iliniarol	Palliative care	Pal-at-if cêr	Gofal a roddir i rywun â chanser na ellir ei wella. Gallai hyn gynnwys triniaeth i leihau'r canser neu i leihau symptomau ac i wneud rhywun yn fwy cyfforddus.
Gweithiwr allweddol	Key worker	Cî wyr-cyr	Y person hwn yw eich prif bwynt cyswllt. Dylech gael ei fanylion cyswllt. Gallant ateb eich cwestiynau a rhoi gwybod i chi pwy all helpu gyda gwahanol bethau.
Malaen	Malignant	Mal-ain	Lwmp yn y corff sy'n ganser ac a all ledaenu o amgylch y corff.
Sgîl-efeithiau	Side effects	Said eff-ects	Effeithiau digroeso triniaeth canser. Er enghraifft, colli gwallt, teimlo'n sâl neu flinedig. Mae'r rhan fwyaf o sgîl-efeithiau'n mynd ar ôl i'r driniaeth ddod i ben.

System lymffatig	Lymphatic system	Lym-ffat-ic-sus-tem	Rhwydwaith o bibellau a chwarennau yn eich corff. Mae'n rhan o'r system imiwneidd. Mae'r system yn brwydro yn erbyn heintiau ac yn gwagio hylif o'n meinwe ac organau.
Tîm gofal iechyd	Healthcare team	Helth-cêr tîm	Y tîm o feddygon, nyrsys a gweithwyr proffesiynol eraill sy'n gofalu amdanoch.
Tiwmor	Tumour	Tiw-myr	Grŵp o gelloedd sy'n tyfu mewn ffordd annormal yw tiwmor. Mae'r celloedd annormal yn lluosogi ac yn ffurfio lwmp.
Wedi cael diagnosis	Diagnosed	Dai-ag-nos-d	Os ydych yn cael diagnosis o ganser, mae'n golygu bod eich meddyg wedi darganfod bod canser arnoch.

Mwy o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

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

Siaradwch â ni yn Gymraeg

Gallwch ffonio Macmillan am ddim ar **0808 808 00 00** a siarad â ni yn Gymraeg trwy gyfieithydd. Gallwch siarad â ni am eich pryderon a'ch cwestiynau meddygol. Dim ond dweud Cymraeg yn Saesneg y mae angen i chi ei wneud pan fyddwch yn ffonio (dywedwch "Welsh").

Rydym ar agor 7 diwrnod yr wythnos rhwng 8am a 8pm.

Cyfeiriadau a diolchiadau

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

Mae'r wybodaeth hon yn seiliedig ar lyfryn Macmillan **Help with the cost of cancer** Gallwn anfon copi atoch chi, ond mae'r llyfryn llawn ar gael yn Saesneg yn unig.

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

Diolch hefyd i'r bobl sydd wedi eu heffeithio gan ganser a adolygodd yr wybodaeth hon.

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

Gobeithiwn y bydd yr wybodaeth hon o help i chi. Os oes gennych unrhyw gwestiynau, gallwn roi gwybodaeth a chefnogaeth i chi yn eich iaith dros y ffôn. Mae ein gwasanaethau'n rhad ac am ddim. Ffoniwch ni ar **0808 808 00 00 (7 diwrnod yr wythnos rhwng, 8am to 8pm)** a gofynnwch yn Saesneg am gael siarad yn eich dewis iaith.

MAC15916_Cymraeg



Cynnwys wedi ei adolygu: Rhagfyr 2018

Adolygiad arfaethedig nesaf: 2021

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 yr wybodaeth hon na gwybodaeth trydydd parti fel gwybodaeth ar wefannau rydym yn rhoi dolenni atyn nhw.

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MAC15916_Cymraeg

Tudalen 14 o 14

Taflen ffeithiau Macmillan 2019: Os cewch ddiagnosis o ganser – canllaw cyflym

If you are 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.

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

Being diagnosed with cancer can be a huge shock. You may be feeling lots of different emotions. But it does not 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 about this information, ask your doctor or nurse at the hospital where you are having treatment.

You can also call Macmillan Cancer Support on freephone **0808 808 00 00**, 7 days a week, 8am to 8pm. We have interpreters, so you can speak to us in your own language. When you call us, please tell us in English which language you need (say “xxxxx”).

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

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:

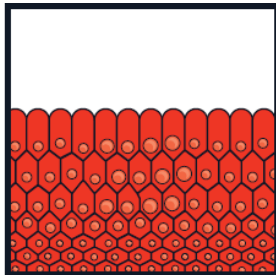
- What is cancer?
- What happens after diagnosis?
- Health and social care professionals you might meet
- How treatment is planned
- The main cancer treatments
- Talking to your healthcare team
- Coping with cancer – where to get support
- How Macmillan can help you
- Word list
- More information in [language]
- References and thanks

What is cancer?

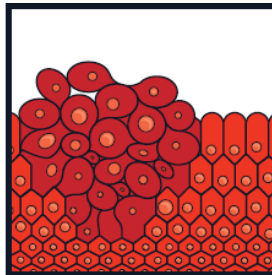
Cancer starts in our body's cells. Cells are tiny building blocks that make up the organs and tissues of our body. Usually, these cells split (divide) to make new cells in a controlled way. This is how our bodies grow, heal and repair.

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 nearby areas of the body. Sometimes, cancer cells spread from where the cancer started (primary cancer) to other parts of the body. The cancer cells travel through the blood or lymphatic system. They can develop into a tumour somewhere else in the body. This is called a secondary cancer.

What happens after diagnosis?

Your healthcare team should talk to you about your treatment options and about any support you might need. They will tell you 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.

In your local area

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

- **GP** – Your GP looks after your healthcare while you are at home. They 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.

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:

- **Surgeon** – a doctor who does operations.
- **Oncologist** – a doctor who is an expert in cancer.
- **Haematologist** – a doctor who is an expert in blood problems.
- **Radiologist** – a doctor who is trained to look at x-rays and scans.
- **Clinical nurse specialist (CNS)** – a nurse who specialises in a particular illness. Your CNS might be your key worker.
- **Palliative care doctor** – a doctor who is an expert in helping people cope with the symptoms of cancer.

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

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 practical and financial problems. There may also be other organisations in your area that could help.

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.

You will need to give permission (consent) for the doctors to give you the treatment.

Make sure you understand the treatment options. Your doctor or nurse should answer any questions you have about the treatment. Cancer treatment can be complicated so you may need to ask questions more than once. 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 make 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.

The main cancer treatments

The aim of treatment may be 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
- **radiotherapy** – high-energy x-rays are used to destroy cancer cells
- **chemotherapy** – drugs are given to destroy cancer cells
- **hormonal therapies** – these drugs change the activity of hormones in your body, which can slow down or stop the cancer from growing.
- **targeted therapies** – drugs are given that interfere with 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 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.

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 is important for you to understand what is 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 do not 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 do not understand, 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 am 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 is common to feel overwhelmed by different feelings when you are 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 the **How Macmillan can help you** section below 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 would 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 what can help. We can also give you information – call us on **0808 808 00 00**.

Complementary therapies

These 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.

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 are 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 could not 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 is 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**.

How Macmillan can help you

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

- **The Macmillan Support Line (0808 808 00 00)**. We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. We can answer medical questions, give you information about financial support, or talk to you about your feelings. The phone line is open 7 days a week, 8am to 8pm.
- **The Macmillan website (macmillan.org.uk)**. Our site has lots of English information about cancer and living with cancer. There is more information in other languages at macmillan.org.uk/translations
- **Information and support services**. At an information and support service, you can talk to a cancer support specialist and get written information. Find your nearest centre at macmillan.org.uk/informationcentres or call us. Your hospital might have a centre.
- **Local support groups** – At a support group you can talk to other people affected by cancer. Find a group near you at macmillan.org.uk/supportgroups or call us.
- **Macmillan Online Community** – You can also talk to other people affected by cancer online at macmillan.org.uk/community

Word list

Word (target language)	In English	How to say in English (transliteration of English word)	Meaning
	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 what illness or problem is causing your symptoms.
	Healthcare team		The team of doctors, nurses and other professionals that will look after you.
	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.
	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.

	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 cannot 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 [language]

We have information in [language] about these topics:

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

Speak to us in [language]

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

We are open 7 days a week, 8am to 8pm.

References and thanks

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

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

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

Thanks also to the people affected by cancer who reviewed this information.

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

MAC15916_Language



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Next planned review: 2021

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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