

## Blinder (Iludded) a chanser

Mae'r wybodaeth hon am flinder. Mae blinder yn golygu teimlo'n flinedig iawn. Gall fod wedi ei achosi gan ganser neu driniaethau canser.

Os oes gennych unrhyw gwestiynau am y wybodaeth hon, gallwch ofyn i'ch meddyg neu nyrs yn yr ysbyty lle rydych yn cael eich triniaeth.

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

Mae yna ragor o wybodaeth ar ganser mewn ieithoedd eraill ar [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

### Mae'r wybodaeth hon yn trafod:

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## Beth yw blinder?

Blinder yw pan fyddwch yn teimlo'n flinedig iawn y rhan fwyaf neu trwy'r amser. Mae'n broblem gyffredin ymysg pobl gyda chanser. Weithiau gelwir blinder mewn pobl â chanser yn flinder cysylltiedig â chanser neu CRF.

Mae blinder a achosir gan ganser yn wahanol i flinder y gall rhywun heb ganser ei gael. Gall pobl â chanser flino'n gyflymach ar ôl gweithgaredd. Nid yw gorffwys neu gysgu yn helpu i leddfu'r blinder.

Ar gyfer y mwyafrif, mae blinder yn gwella ar ôl i'r driniaeth orffen. Ond ar gyfer rhai pobl, gallai barhau am sawl mis, neu flynyddoedd hyd yn oed.

## Effeithiau blinder

Gall blinder effeithio arnoch mewn gwahanol ffyrdd. Rhai effeithiau cyffredin blinder yw:

- anhawster gwneud pethau syml, fel brwsio eich gwallt neu wisgo
- teimlo nad oes gennych unrhyw egni neu nerth
- anhawster canolbwyntio a chofio pethau
- anhawster meddwl, siarad neu wneud penderfyniadau
- teimlo'n fyr eich gwynt wedi gweithgaredd ysgafn
- teimlo'n chwil neu benysgafn
- anhawster cysgu (anhunedd) neu gysgu mwy nag arfer
- colli diddordeb mewn rhyw
- teimlo'n fwy emosiynol nag arfer.

Gall fod yn rhwystredig a threchol pan fyddwch yn flinedig y rhan fwyaf o'r amser. Mae'n bwysig dweud wrth eich meddygon a nyrsys sut mae'n gwneud i chi deimlo. Mae ffyrdd y gallant o bosibl eich helpu. Mae yna hefyd bethau y gallwch chi eu gwneud eich hun a allai helpu. Er enghraifft, gall bod yn egniol yn gorfforol helpu eich blinder.

## Beth sy'n achosi blinder?

Nid ydym yn deall yn iawn beth sy'n achosi blinder sy'n gysylltiedig â chanser. Gall fod sawl rheswm am hyn. Gall gael ei achosi gan:

### Canser

Ar gyfer rhai pobl, gall canser achosi blinder.

Gall celloedd rhai canserau lidio leinin y bol. Gall hyn achosi i'r bol wneud gormod o hylif. Gelwir gormod o hylif yn y bol yn asgites. Gall asgites achosi anghysur a blinder.

Efallai eich bod yn teimlo'n flinedig oherwydd bod y canser wedi lleihau'r nifer o gelloedd gwaed coch yn y corff. Celloedd yw'r blociau adeiladu bach sy'n llunio organau a meinwe ein corff. Gelwir nifer isel o gelloedd gwaed coch yn anemia.

Mae hormonau yn sylwedd a wneir gan y corff sy'n rheoli sut mae organau'n gweithio. Gall rhai canserau, fel cancer y fron a chanser y brostad, newid lefel yr hormonau yn eich corff. Gall y newid hwn effeithio ar y ffordd y mae'r corff yn defnyddio egni a gall achosi blinder.

Gall cancer effeithio ar lefelau sytocinau yn y corff. Math o brotein yw sytocinau. Maent yn helpu i reoli rhai o'r pethau y mae celloedd yn eu gwneud. Gall sytocinau fod yn gysylltiedig â blinder cysylltiedig â chanser.

### **Triniaethau cancer**

Mae meddygon yn dal i ddysgu pam y gall triniaethau cancer achosi blinder. Gall fod oherwydd:

- mae angen egni ychwanegol ar y corff i atgyweirio a gwella
- mae cemegau'n cronni wrth i'r celloedd cancer gael eu dinistrio
- effeithir ar system imiwnedd y corff

Gall y triniaethau cancer hyn wneud i chi deimlo'n flinedig:

- **Llawfeddygaeth** – Mae llawfeddygaeth yn ffordd o drin cancer trwy gael gwared ar y cancer cyfan neu ran ohono. Gelwir hyn hefyd yn llawdriniaeth. Mae llawer o bobl yn teimlo'n flinedig ar ôl llawfeddygaeth. Fel arfer mae'n gwella ar ôl ychydig wythnosau. Ceisiwch osgoi gwneud gormod am ychydig. Efallai eich bod wedi bod yn bryderus cyn eich llawdriniaeth a heb fod yn cysgu'n dda. Gall rhai meddyginiaethau ar gyfer poen wneud i chi deimlo'n flinedig.
- **Cemotherapi a radiotherapi** – Mae cemotherapi yn driniaeth cancer sy'n defnyddio cyffuriau i ladd celloedd cancer. Mae radiotherapi yn driniaeth cancer sy'n defnyddio pelydrau egni uchel, fel pelydrau-x, i ladd celloedd cancer. Gall y triniaethau hyn achosi blinder. Mae blinder fel arfer yn gwella 6 i 12 mis ar ôl i'r driniaeth ddod i ben. Ond weithiau gall bara'n hirach. Weithiau gall y triniaethau hyn achosi effeithiau hirdymor fel diffyg anadl (anadlu anghyfforddus neu gyflym) neu broblemau gyda'r galon. Mae'r rhain yn debygol o wneud i chi deimlo'n fwy blinedig. Gall cemotherapi a radiotherapi achosi anemia hefyd.
- **Therapi hormonaidd** – Triniaeth cancer sy'n gweithio drwy effeithio ar hormonau yn y corff. Gall rhai o'r therapïau hyn achosi blinder.
- **Therapi wedi'i dargedu** - Triniaeth cancer sy'n defnyddio cyffuriau sy'n targedu ac yn ymosod ar gelloedd cancer. Gall rhai o'r therapïau hyn achosi blinder.
- **Imiwnotherapi** - Mae'r system imiwnedd yn amddiffyn y corff rhag salwch a haint. Mae imiwnotherapïau yn driniaethau sy'n defnyddio'r system imiwnedd i ddod o hyd i gelloedd cancer ac ymosod arnynt. Gall rhai o'r therapïau hyn achosi blinder.

## **Anemia**

Anemia yw pan fydd gennych nifer isel o gelloedd gwaed coch. Mae celloedd gwaed coch yn cynnwys protein o'r enw hemoglobin (Hb), sy'n cludo ocsigen o amgylch y corff. Os nad oes gennych ddigon o gelloedd gwaed coch, mae hyn yn lleihau faint o ocsigen y mae eich corff yn ei gael. Gall hyn wneud i chi deimlo'n flinedig. Os oes gennych anemia, efallai y byddwch hefyd yn teimlo:

- yn fyr o wynt
- yn chwil a phen-ysgafn
- yn dynn yn y frest.

Gall anemia fod wedi ei achosi gan gemotherapi neu radiotherapi. Gall eich meddyg wirio os oes gennych anemia. Os oes gennych chi, efallai y byddwch angen triniaeth i wneud i chi deimlo'n well.

## **Problemau bwyta**

Os nad ydych yn bwyta'r un faint o fwyd ag y byddech fel arfer, gallai hyn achosi i chi gael llai o egni a theimlo'n flinedig. Mae rhai pobl yn colli pwysau hyd yn oed os ydynt yn bwyta llawer. Mae hyn oherwydd effaith y canser ar y corff. Mae'n bwysig dweud wrth eich nyrs neu feddyg os ydych chi'n cael trafferth bwyta.

Os ydych chi'n teimlo'n sâl ac yn methu â bwyta, efallai y bydd eich meddyg yn gallu rhoi meddyginiaeth i chi i helpu. Os na fedrwch gymryd moddion ar gyfer pwys, neu ni fedrwch ei gadw i lawr oherwydd chwydu, siaradwch â'ch meddyg neu nyrs. Mae ffyrdd eraill o gymryd meddyginiaethau gwrth-salwch.

## **Poen**

Gall poen achosi blinder. Os oes gennych boen, gall cyffuriau lladd poen a thriniaethau eraill helpu i'w leddfu. Os yw'ch poen wedi ei leddfu, gall hefyd helpu gyda'ch blinder.

## **Problemau meddygol eraill**

Gall problemau meddygol eraill hefyd wneud blinder yn waeth. Os ydych chi'n cymryd meddyginiaethau ar gyfer cyflyrau eraill, gall y rhain weithiau wneud i chi deimlo'n flinedig hefyd. Problemau meddygol eraill sy'n effeithio ar flinder yw:

- diabetes - cyflwr lle mae swm y siwgr yn y gwaed yn rhy uchel oherwydd nad yw'r corff yn ei ddefnyddio'n iawn.
- problemau thyroid - chwarren yn y gwddf yw'r thyroid. Mae'n gwneud hormonau sy'n helpu i reoli sut mae'ch corff yn gweithredu.
- problemau'r galon - megis methiant y galon.

## **Problemau cysgu**

Mae problemau cysgu pan fydd gennych ganser yn gyffredin iawn. Mae cwsg yn bwysig ar gyfer:

- iechyd corfforol
- lles emosiynol
- adfer egni
- canolbwyntio a chof.

Gall trafferthion cysgu (anhunedd) dros gyfnod hir o amser achosi blinder, hwyliau isel ac anawsterau canolbwyntio.

## **Effeithiau emosiynol canser**

Gall effeithiau emosiynol canser achosi blinder. Mae pobl yn teimlo gwahanol emosiynau pan mae ganddynt ganser. Efallai byddwch yn teimlo'n bryderus, yn drist neu'n flin. Does dim ffordd gywir nac anghywir o deimlo.

Mae yna wahanol fathau o gymorth emosiynol y gallech eu canfod yn ddefnyddiol, gan gynnwys siarad a therapïau cyflenwol.

## **Cael diagnosis blinder**

Cyn y gellir trin eich blinder, mae'n bwysig ei fod yn cael ei asesu'n gywir. Dywedwch wrth aelod o'ch tîm gofal iechyd os ydych yn flinedig ar unrhyw adeg.

Bydd eich meddyg canser, nyrs arbenigol neu feddyg teulu yn gofyn rhai cwestiynau i chi am eich blinder. Neu efallai y byddant yn defnyddio holiadur sy'n gofyn i chi am y canser, sut rydych chi'n teimlo a sut rydych chi'n ymdopi â gweithgareddau bob dydd.

Bydd eich meddyg yn chwilio am unrhyw resymau dros flinder y gellir eu trin, megis anemia. Efallai byddant yn eich archwilio ac y cewch rai profion gwaed. Efallai byddant hefyd yn edrych ar y meddyginiaethau rydych chi'n eu cymryd i weld a allai eu haddasu helpu.

## **Cael help gyda blinder**

### **Triniaethau cyffur ar gyfer blinder**

Nid oes yna lawer o driniaethau cyffur eto i helpu atal neu wella blinder. Gall cyffuriau steroid fod yn ddefnyddiol weithiau. Ond gallant gael sgîl-effeithiau, felly dylech siarad â'ch meddyg i weld a ydynt yn iawn i chi.

Cynhelir treialon ymchwil i geisio darganfod triniaethau cyffur newydd a gwell. Mae hyn yn cynnwys triniaethau cyffur ar gyfer blinder. Mae llawer o ysbytai'n awr yn cymryd rhan yn y treialon. Siaradwch â'ch meddyg ynghylch a allech chi gymryd rhan mewn treial ymchwil ar drin blinder.

## Cael cefnogaeth

Mae yna aelodau o'ch tîm gofal iechyd a all eich helpu i reoli'ch blinder:

- **Meddyg canser neu Feddyg Teulu** – gall eich helpu i ddarganfod beth sy'n achosi eich blinder a ffyrdd o'i reoli.
- **Nyrs glinigol arbenigol** – gall asesu a darparu gwybodaeth a chymorth am ffyrdd ymarferol o reoli blinder. Er enghraifft, os oes unrhyw grwpiau cymorth neu weithgareddau fel dosbarthiadau ymarfer corff yn agos i'ch cartref.
- **Ffisiotherapydd**– gall roi cyngor ar ymarfer corff a symud o gwmpas. Gallant eich helpu i reoli symptomau eraill fel diffyg anadl.
- **Therapydd galwedigaethol** – gall ddarparu gwybodaeth, cefnogaeth a chymhorthion i helpu gyda gweithgareddau bob dydd fel ymolchi a gwisgo.
- **Gweithiwr cymdeithasol** – gall helpu gyda phroblemau ymarferol ac ariannol. Efallai y byddant yn helpu i drefnu gofalwr i helpu gartref.
- **Cwnselydd** – gall wrando a'ch cefnogi gydag unrhyw bryderon neu boen meddwl.

## Ffyrdd o reoli blinder

Mae yna wahanol bethau allwch chi wneud i reoli eich blinder. Gall rhai o'r rhain leihau eich blinder. Efallai y bydd eraill yn eich helpu i ymdopi'n well.

### Cynllunio ymlaen llaw

Os oes gennych flinder, mae cynllunio ymlaen llaw yn bwysig. Mae hyn yn helpu gwneud yn siŵr y gallwch ddal i wneud yr holl bethau yr ydych fwyaf eisiau eu gwneud. Er enghraifft:

- defnyddiwch ddyddiadur i'ch helpu i gofnodi pan fyddwch yn teimlo ar eich gorau a phryd fyddwch fwyaf blinedig.
- ceisiwch gynllunio tasgau mwy ar gyfer adegau pan fyddwch yn debygol o deimlo'n llai blinedig.
- cynlluniwch ddigon o amser i orffwys ar ôl cyfnod o weithgaredd.

Gwnewch yn siŵr eich bod yn gofalu am eich anghenion eich hun, hyd yn oed os oes gennych eraill i'w hystyried.

### Diet iach a phwysau

- Gall bwyta'n dda a chadw at bwysau iach helpu i gynyddu eich egni. Os ydych wedi colli'ch archwaeth neu os oes gennych broblemau bwyta eraill, gofynnwch i weld dietegydd yn yr ysbyty. Maent yn arbenigwr mewn bwyd a maeth. Gallant roi cyngor i chi ar yr hyn sydd orau i'w fwyta.
- Os oes gennych chi newidiadau blas, rhwch gynnig ar wahanol fwydydd neu bwyteu y bwydydd sy'n blasu orau i chi nes bod pethau'n gwella.
- Pan fyddwch chi'n newynog, gwnewch yn siŵr eich bod chi'n bwyta'n dda. Ceisiwch yfed digon o hylif bob amser.
- Cadwch ddyddiadur pob dydd o beth ydych chi'n ei fwyta a phryd. Yna gallwch weld a oes gennych fwy o egni wedi rhai bwydydd penodol.

## **Gweithgarwch corfforol**

Os oes gennych flinder, efallai byddwch yn dod yn llai egniol. Pan nad yw eich cyhyrau yn cael eu defnyddio'n rheolaidd, maent yn dod yn fwy gwan. Gall gweithgaredd corfforol helpu i leihau blinder. Gall bod yn egniol helpu:

- rhoi hwb i'ch archwaeth - dyma pryd rydych chi'n teimlo eich bod chi eisiau bwyta bwyd
- rhoi mwy o egni i chi
- magu cryfder eich cyhyrau
- gwella'ch cwsg.

Cyn i chi ddechrau gwneud unrhyw weithgaredd corfforol neu gynyddu faint rydych yn ei wneud, mae'n bwysig cael cyngor gan weithiwr gofal iechyd proffesiynol. Gallant eich cyngori ar y math a'r swm sy'n ddiogel i chi. Gall eich arbenigwr cancer neu feddyg teulu hefyd eich cyfeirio at ffisiotherapydd. Gall ffisiotherapydd eich helpu i adeiladu eich ffitrwydd corfforol a chryfder eich cyhyrau. Gall ffisiotherapyddion cancer arbenigol fod ar gael mewn rhai ardaloedd.

## **Syniadau ar gyfer cadw'n heini**

- Peidiwch ag ymarfer corff os ydych yn teimlo'n sâl, mewn poen neu os oes gennych unrhyw symptomau eraill sy'n eich poeni, megis teimlo'n fyr eich gwynt. Rhowch wybod i'ch meddyg teulu neu'ch meddyg cancer os ydych chi'n teimlo fel hyn.
- Gosodwch nodau cyraeddadwy syml i chi'ch hun. Peidiwch â cheisio gwneud gormod yn rhy fuan.
- Cynlluniwch rywfaint o weithgaredd yn eich diwrnod. Er enghraifft, cerddwch i'r siopau yn lle gyrru, os gallwch chi.
- Rhowch gynnig ar ychydig o ymarfer corff ysgafn, rheolaidd, fel cerdded. Neu ymarferion cryfhau syml, fel dringo grisiau.
- Gwnewch rywbeth rydych chi'n ei fwynhau, fel garddio.

## **Cwsg**

Gallai eich blinder wneud i chi deimlo fel cysgu drwy'r amser. Ond mae'n bwysig cadw at drefn gysgu. Ceisiwch gysgu rhwng 6 ac 8 awr bob nos. Gallai cwsg o ansawdd da helpu gyda blinder. Gallai hefyd leihau'ch angen i gysgu yn ystod y dydd.

Awgrymiadau ar gyfer gwell cwsg:

- Ewch i'r gwely a deffro tua'r un amser bob dydd.
- Ceisiwch beidio â chysgu'n hwyr i'r dydd ar ôl noson ddi-gwsg. Gall hyn arwain at batrwm cwsg dryslyd.
- Ceisiwch wneud ychydig o ymarfer ysgafn fel cerdded. Gall hyn eich helpu i deimlo'n naturiol flinedig ac yn barod am gwsg.
- Cadwch eich meddwl yn brysur gyda gweithgareddau fel darllen, gemau neu bosau. Gall hyn hefyd eich helpu i deimlo'n naturiol barod am gwsg.
- Byddwch yn ymwybodol o sut mae pendwmpian yn effeithio arnoch. Mae rhai pobl yn canfod bod pendwmpian yn ystod y dydd yn eu helpu i gysgu'n well gyda'r nos. Nid yw eraill yn cysgu cystal ar eu hôl.
- Rhowch gynnig ar drefn ymlacio cyn mynd i'r gwely. Gallai bath neu gawod gynnes, darllen neu wrando ar gerddoriaeth ymlaciol fod o gymorth.
- Gall steroidau achosi problemau cysgu. Os ydych yn cymryd steroidau, holwch eich meddyg a allwch eu cymryd yn gynharach yn y dydd.
- Gall alcohol a chaffein eich atal rhag cwmpo i gysgu. Ceisiwch gwtogi ar alcohol. A cheisiwch osgoi caffein yn agos at amser gwely.

## Cymorth emosiynol

### Cyngor

Gall blinder effeithio ar eich emosiynau. Gall wneud i chi deimlo yn fwy pryderus neu mewn hwyliau is. Os ydych chi'n cael trafferth ymdopi yn emosiynol, efallai byddai gweld cwnselydd o gymorth i chi. Mae cwnselwyr wedi eu hyfforddi i wrando. Gallant eich helpu i ddelio ag emosiynau anodd.

Mae gan lawer o ysbytai gwngselwyr sydd wedi'u hyfforddi'n arbennig i ddarparu cymorth emosiynol i bobl sydd wedi'u heffeithio gan ganser. Gall eich meddyg canser neu nyrs arbenigol ddweud wrthyich pa wasanaethau sydd ar gael. Gallant hefyd eich atgyfeirio. Mae hefyd gan rai meddygfeydd gwngselwyr, neu gallant eich atgyfeirio i weld un.

Efallai y bydd angen i chi dalu am rai cwnselwyr.

### Grwpiau cefnogaeth

Mae rhai pobl yn teimlo ei fod yn helpu i siarad gyda phobl eraill sydd â phrofiad o flinder. Mae gan y rhan fwyaf o leoedd yn y Deyrnas Unedig grwpiau cymorth. Weithiau mae gweithiwr gofal iechyd proffesiynol yn eu harwain. Efallai y bydd aelodau eraill o'r grŵp mewn sefyllfa debyg i chi.

Gallwch ffonio ein Llinell Gymorth Macmillan ar **0808 808 00 00** i gael gwybod am grwpiau cymorth yn eich ardal. Gallwn hefyd geisio canfod os oes grŵp cefnogaeth ble mae pobl yn defnydio'r yr un iaith â chi.



## Cymorth ar-lein

Mae llawer o bobl yn cael cymorth ar y rhyngwrwd. Mae grwpiau cymorth ar-lein ar gyfer pobl yr effeithir arnynt gan ganser yn cynnwys:

- safleoedd rhwydweithio cymdeithasol
- fforymau
- ystafelloedd sgwrsio
- blogiau.

Gallwch ddefnyddio'r rhain i ofyn cwestiynau, cael cymorth, a rhoi cyngor eich hun. Mae Macmillan Online Community yn fforwm canser ar-lein lle gallwch siarad â phobl a rhannu eich profiad. Mae yna lawer o wahanol grwpiau. Er enghraifft, mae gennym grwpiau ar gyfer:

- mathau penodol o ganser
- aelodau o'r teulu a ffrindiau
- Pobl LHDTC+
- materion ymarferol.

## Therapiau cyflenwol

Mae therapïau cyflenwol yn weithgareddau a all wneud i chi deimlo'n well. Nid ydynt yn trin canser. Ond gallant eich helpu i ymdopi â'i symptomau neu â sgîl-effeithiau eich triniaeth canser.

Mae gwahanol therapïau cyflenwol a allai helpu gyda blinder, megis:

- Technegau ymlacio – math o therapi cyflenwol a all dawelu'r meddwl a lleihau tensiwn yn y cyhyrau.
- Therapi tylino – therapi cyflenwol sy'n defnyddio cyffyrddiad a phwysau ysgafn i leddfu tensiwn.
- loga – math o ymarfer corff sy'n defnyddio ymestyn ysgafn, anadlu dwfn a symud.

Cyn i chi ddefnyddio therapi cyflenwol, siaradwch gyda'ch meddyg neu nyrs arbenigol. Gallai rhai therapïau effeithio ar eich triniaeth canser.

Efallai bydd rhai o'r therapïau hyn ar gael ar y GIG. Gall eich meddyg teulu roi rhagor o wybodaeth i chi. Efallai y byddwch hefyd yn gallu cael mynediad atynt trwy grŵp cymorth canser.

Er mwyn cadw'n ddiogel, mae'n bwysig gwirio cymwysterau a phrofiad therapydd o drin pobl â chanser bob amser. Os oes angen help arnoch gyda hyn, gofynnwch i'ch meddyg neu nyrs, neu ffoniwch Linell Gymorth Macmillan ar **0808 808 0000**.

## Awgrymiadau ar gyfer rheoli gweithgareddau dydd i ddydd

Os ydych angen help gyda phethau gartref, efallai y gallwch ofyn i'r teulu, ffrindiau neu gymdogion. Gall cael rhwydwaith o gefnogaeth wneud gwahaniaeth mawr. Efallai na fydd eich teulu a'ch ffrindiau yn sylweddoli cymaint sydd angen help arnoch. Neu efallai eu bod yn aros i chi ofyn am help.

Mae yna bethau y gallwch eu gwneud a allai helpu gyda thasgau bob dydd.

### Cadw tŷ

- Gwasgarwch y tasgau ar hyd yr wythnos. Gwnewch ychydig o waith tŷ pob dydd, yn hytrach na gwneud llawer ar un tro.
- Os yw'n bosibl, gofynnwch i bobl eraill wneud gwaith trwm megis garddio.
- Eisteddwch i lawr i wneud rhai tasgau os medrwch.

### Siopa

- Gwnewch restr cyn i chi ddechrau fel nad ydych yn gwastraffu egni nac amser.
- Os yw'n bosibl, ewch i siopa gyda ffrind neu aelod o'r teulu i gael help ychwanegol.
- Mae'r rhan fwyaf o archfarchnadoedd yn cynnig siopa ar-lein y gellir ei ddanfôn i'ch cartref.
- Defnyddiwch droli siopa fel nad oes angen i chi gario basged drom. Gallai bag siopa ar olwynion fod o gymorth gyda siopa a chael pethau adref.
- Ewch i siopa ar adegau llai prysur.
- Gofynnwch i staff y siop eich helpu i bacio a mynd a'r neges i'r car.

### Paratoi prydau

- Pan fyddwch yn llai blinedig, paratowch brydau ychwanegol neu ddyblu dognau i'w rhewi at pan fyddwch eu hangen.
- Ceisiwch gael prydau parod pan fyddwch fwyaf blinedig.
- Os medrwch, eisteddwch i lawr wrth baratoi prydau.

### Ymolchi a gwisgo

- Eisteddwch i lawr yn y bath yn hytrach na sefyll mewn cawod os medrwch. Gall hyn helpu i ddefnyddio llai o egni.
- Eisteddwch yn y gawod i osgoi sefyll yn rhy hir. Efallai y gall therapydd galwedigaethol gael sedd gawod i chi.
- Gwisgwch ddillad sy'n hawdd i'w gwisgo a'u tynnu.
- Eisteddwch i lawr pan fyddwch chi'n gwisgo.

### Therapyddion galwedigaethol

Mae therapyddion galwedigaethol yn helpu pobl sy'n cael anhawster symud o gwmpas neu wneud tasgau bob dydd. Efallai y gallant ymweld â chi gartref i'ch helpu i ddod o hyd i ffyrdd o wneud pethau'n haws. Gall eich meddyg canser, nyrs arbenigol neu feddyg teulu eich atgyfeirio at therapydd galwedigaethol.

## Gofal plant

Os oes gennych deulu, efallai byddwch yn ei chael yn anodd gofalu amdanynt wrth ymdopi â blinder. Gall beri gofid pan rydych yn methu â gwneud eich gweithgareddau teuluol arferol. Mae yna bethau y gallech chi eu gwneud i wneud gofal plant yn haws:

- Eglurwch i unrhyw blant eich bod chi'n teimlo'n flinedig yn aml ac na fyddwch chi'n gallu gwneud cymaint â nhw ag o'r blaen.
- Cynlluniwch weithgareddau gyda nhw y gallwch chi eu gwneud ar eich eistedd. Megis gemau bwrdd neu bosau.
- Ceisiwch gynllunio gweithgareddau lle mae llefydd i chi eistedd i lawr tra bo'r plant yn chwarae.
- Ceisiwch osgoi cario plant bach. Yn hytrach, defnyddiwch bram neu gadair wthio.
- Ceisiwch gynnwys plant mewn rhai tasgau cartref.
- Gofynnwch am help gan deulu a ffrindiau a'i dderbyn.

## Gyrru

Os ydych chi'n teimlo'n flinedig iawn, gall gyrru fod yn anodd a pheryglus. Efallai y byddwch yn llai gwyladwrus nag arfer, a llai abl i ganolbwyntio. Efallai y bydd eich amser ymateb wedi ei leihau hefyd. Efallai bydd y cynghorion hyn yn ddefnyddiol i chi:

- Peidiwch â gyrru os ydych yn teimlo'n flinedig iawn.
- Os yn bosibl, gofynnwch i aelod o'r teulu neu ffrind eich gyrru.
- Os oes angen i chi gyrraedd apwyntiadau ysbyty, gofynnwch i'ch nyrs neu feddyg a oes unrhyw gludiant ysbyty ar gael.
- Os ydych yn teimlo'ch hun yn syrthio i gysgu wrth yrru, stopiwch mewn lle diogel a chymryd seibiant. Ceisiwch osgoi gyrru ar adegau pan fo ffyrdd ar eu prysuraf.

## Ymdopi gyda blinder yn y gwaith

Efallai y gwelwch fod blinder yn effeithio ar y ffordd yr ydych yn gweithio.

Mae unrhyw un gyda chanser wedi eu diogelu gan Ddeddf Cydraddoldeb 2010. Mae hyn yn golygu na ddylai cyflogwyr drin pobl gyda chanser yn annheg. Mae hefyd yn golygu bod disgwyl i gyflogwyr wneud addasiadau rhesymol yn y gwaith, i gefnogi pobl gyda chanser. Mae addasiadau rhesymol yn newidiadau i'ch gwaith y gall eich cyflogwr eu gwneud i'ch galluogi i aros yn y gwaith neu ddychwelyd i'r gwaith. Mae cyfreithiau sy'n gwarchod pobl rhag gwahaniaethu yn dweud bod yn rhaid i'ch cyflogwr wneud y newidiadau hyn mewn sefyllfaoedd penodol.

Os ydych chi eisiau parhau i weithio, siaradwch â'ch rheolwr yn agored am ffyrdd o wneud eich gwaith yn llai blinedig. Mae hyn yn rhan o wneud addasiadau rhesymol. Gallai newidiadau gynnwys:

- gorffwys yn rheolaidd neu gysgu am gyfnod byr – efallai y bydd hyn yn ddefnyddiol i chi ar ôl gweithgaredd neu bryd o fwyd
- gweithio o gartref os yn bosibl
- osgoi tasgau corfforol
- cynllunio gwaith o amgylch adegau pan fydd gennych fwy o egni.

Gall defnyddio dyddiadur blinder eich helpu i weld pa ddyddiau neu adegau rydych wedi blino fwyaf. Gall hyn eich helpu i benderfynu pryd sydd orau i chi weithio neu orffwys.

Gallai egluro effeithiau blinder i'ch cydweithwyr hefyd eich helpu i reoli eich blinder yn y gwaith. Gall fod yn anodd i rai pobl ddeall pa mor flinedig ydych chi, yn enwedig os ydych yn edrych yn dda.

Efallai y bydd yn ddefnyddiol i chi siarad â'r Adran Gwaith a Phensiynau. Gallant ddweud wrthych am fudd-daliadau y gallech fod â hawl i'w hawlio.

I gael rhagor o wybodaeth am fudd-daliadau, gweler ein taflen ffeithiau 'Cymorth ariannol – budd-daliadau' yn [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## Gofalu am rywun sydd â blinder

Mae llawer o bobl yn cefnogi aelod o'r teulu, partner, ffrind neu gymydog sydd â blinder. Gall gofalu am rywun â blinder olygu llawer o bethau. Er enghraifft: helpu gyda gofal personol, darparu cludiant neu drefnu apwyntiadau.

Os ydych yn gofalu am rywun â blinder, mae llawer o bethau syml y gallwch eu gwneud i helpu:

- Cydnabyddwch ei bod yn anodd ymdopi â blinder.
- Defnyddiwch ddyddiadur blinder i gynllunio. Bydd hyn yn helpu'r ddau ohonoch i weld pan fydd gan y person â blinder yr egni i wneud pethau.
- Ceisiwch helpu'r person rydych yn gofalu amdanynt i fod yn fwy actif neu wneud newidiadau i'w diet i'w helpu i leihau eu blinder.

Gallwch hefyd fynd i apwyntiadau ysbyty gyda'r person rydych yn gofalu amdanynt. Gallech eu helpu i esbonio i'r tîm gofal iechyd sut mae'r blinder yn effeithio ar y ddau ohonoch. Gallech hefyd ddangos dyddiadur blinder y person iddynt a gofyn am eu cyngor ynghylch beth arall y gallwch ei wneud i helpu.

### Gofalu amdanoch eich hun

Pan rydych yn gofalu am rywun arall, mae'n bwysig eich bod yn gofalu am eich hun hefyd. Sicrhewch eich bod yn dal i fyny eich apwyntiadau iechyd eich hun. Mae hyn yn cynnwys unrhyw frechiadau rydych eu hangen, megis brechiad y fflw. Os ydych yn cymryd unrhyw feddyginiaethau yn rheolaidd, mae'n bwysig bod gennych gyflenwad o'r rhain.

Os ydych yn gofalu am rywun, gallwch ofyn i'r gwasanaethau cymdeithasol i oedolion yn eich cyngor lleol edrych ar eich anghenion i weld beth allai eich helpu. Gelwir hyn yn asesiad gofalwr.

Gallai'r awgrymiadau canlynol helpu:

- Siaradwch â'ch meddyg teulu os ydych chi'n cael problemau bwyta neu gysgu, yn cael trafferth gyda theimladau anodd neu'n ei chael hi'n anodd ymdopi.
- Derbyniwch help gan eraill neu gofynnwch am help.
- Gwnewch yn siŵr bod gennych amser i ffwrdd i ymlacio. Gwnewch rywbeth rydych chi'n ei fwynhau fel darllen, mynd am dro neu fynd am bryd o fwyd.
- Ceisiwch fwyta bwyd iach ac eistedd i lawr i fwyta. Ceisiwch fynd allan o'r tŷ bob dydd a gwnewch ychydig o ymarfer corff ysgafn fel cerdded. Gall hyn eich helpu i deimlo'n llai blinedig a dan straen.

Gallwch ffonio ein Llinell Gymorth Macmillan ar **0808 808 00 00** i gael gwybod am grwpiau cymorth yn eich ardal. Gallwn geisio canfod os oes grŵp cefnogaeth ble mae pobl yn siarad yr un iaith â chi.

## Cael y gofal a'r cymorth cywir i chi

Os oes gennych ganser a ddim yn siarad Saesneg, efallai eich bod yn poeni y bydd hyn yn effeithio ar eich triniaeth a'ch gofal canser. Ond dylai eich tîm gofal iechyd gynnig gofal, cymorth a gwybodaeth i chi sy'n bodloni'ch anghenion.

Gwyddom y gall pobl wynebu heriau ychwanegol weithiau wrth gael y cymorth cywir. Er enghraifft, os ydych yn gweithio neu os oes gennych deulu, gall fod yn anodd dod o hyd i amser i fynd i apwyntiadau ysbyty. Efallai y bydd gennych bryderon hefyd am arian a chostau cludiant. Gall hyn i gyd fod yn straen ac yn anodd ymdopi ag ef.

Rydym hefyd yn cynnig Grantiau Macmillan i bobl â chanser. Mae'r rhain yn daliadau untro y gellir eu defnyddio ar gyfer pethau fel parcio mewn ysbyty, costau teithio, gofal plant neu filiau gwresogi.

Gall ein llinell gymorth am ddim **0808 808 00 00** gynnig cyngor, yn eich iaith, am eich sefyllfa. Gallwch siarad â nyrsys, pobl sy'n cynnig canllawiau ariannol, cynghorwyr hawliau lles a chynghorwyr cymorth gwaith.

## Sut y gall Macmillan eich helpu chi

Yn Macmillan, rydym yn gwybod sut y gall diagnosis canser effeithio ar bopeth, ac rydym yma i'ch cefnogi.

### Llinell Gymorth Macmillan

Mae gennym ni gyfieithwyr, felly gallwch chi siarad â ni yn eich iaith. Dywedwch wrthym, yn Saesneg, yr iaith rydych am ei defnyddio. Gallwn helpu gyda chwestiynau meddygol, rhoi gwybodaeth i chi am gymorth ariannol, neu fod yno i wrando os oes angen rhywun i siarad â chi. Mae'r llinell ffôn gyfrinachol am ddim ar agor 7 diwrnod yr wythnos, 8am i 8pm. Ffoniwch ni ar **0808 808 00 00**.

## Gwefan Macmillan

Mae ein gwefan yn cynnwys llawer o wybodaeth yn Saesneg am ganser. Mae rhagor o wybodaeth mewn ieithoedd eraill hefyd ar [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

Gallwn hefyd drefnu cyfieithiadau ar eich cyfer chi yn unig. E-bostiwch ni ar [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk) a dywedwch beth rydych ei angen.

## Canolfannau gwybodaeth

Mae ein canolfannau gwybodaeth a chymorth wedi eu lleoli mewn ysbytai, llyfrgelloedd a chanolfannau symudol. Ymwelwch ag un i gael y wybodaeth sydd ei hangen arnoch a siaradwch â rhywun wyneb yn wyneb. Cewch hyd i'ch canolfan agosaf ar [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) neu ffoniwch ni ar **0808 808 00 00**.

## Grwpiau cefnogaeth lleol

Mewn grŵp cefnogaeth, gallwch siarad â phobl eraill wedi'u heffeithio gan ganser. Gallwch ddysgu am grwpiau cefnogaeth yn eich ardal ar [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) neu ffoniwch ni ar **0808 808 00 00**.

## Cymuned Ar-lein Macmillan

Gallwch hefyd siarad â phobl eraill sydd wedi'u heffeithio gan ganser ar-lein ar [macmillan.org.uk/community](https://www.macmillan.org.uk/community) Gallwch gael mynediad iddo ar unrhyw adeg o'r dydd neu'r nos. Gallwch rannu'ch profiadau, gofyn cwestiynau, neu ddarllen yr hyn mae pobl wedi eu postio.

## Mwy o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

### Ymdopi â chanser

- Canser a'r coronafeirws
- Gofal Canser yn y DU
- Hawlio budd-daliadau pan mae gennych chi ganser
- Problemau bwyta a chanser
- Diwedd oes
- Gofal iechyd ar gyfer ffoaduriaid a phobl sy'n ceisio lloches
- Bwyta'n iach
- Help gyda chostau pan fydd gennych chi ganser
- Os cewch ddiagnosis o ganser
- Pobl LHDTTC+ a chanser
- Sepsis a chanser

- Sgîl-ffeithiau triniaeth canser
- Blinder (lludded) a chanser

### Mathau o ganser

- Canser y fron
- Canser ceg y groth
- Canser y coluddyn mawr
- Canser yr ysgyfaint
- Canser y brostad

### Triniaethau

- Cemotherapi
- Radiotherapi
- Llawdriniaeth

I weld y wybodaeth hon, ewch i [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

## Cyfeiriadau a diolchiadau

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

Mae'r wybodaeth a gynhwysir yn seiliedig ar ein cynnwys blinder (lludded) sydd ar gael yn Saesneg ar ein gwefan.

Mae'r wybodaeth hon wedi'i hadolygu gan arbenigwyr perthnasol a'i chymeradwyo gan ein Prif Olygydd Meddygol, yr Athro Tim Iveson, Oncolegydd Meddygol Ymgynghorol.

Diolch hefyd i'r bobl sydd wedi eu heffeithio gan ganser a adolygodd y 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 ar [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

**Adolygwyd y cynnwys: 2023 Adolygiad arfaethedig nesaf: 2027**

MAC15754\_Welsh

### **Siaradwch â Macmillan yn eich iaith**

Gallwch ffonio Macmillan am ddim ar 0808 808 00 00 a siarad â ni yn eich iaith eich hun trwy gyfieithydd. Gallwch siarad â ni am eich pryderon a'ch cwestiynau meddygol. Dywedwch eich iaith yn Saesneg pan fyddwch yn ffonio. Rydym ar agor 7 diwrnod yr wythnos rhwng 8am a 8pm.

Rydym yn gwneud pob ymdrech i sicrhau bod yr wybodaeth a ddarparwn yn gywir ac yn gyfredol ond ni ddylid dibynnu arni yn lle cyngor proffesiynol arbenigol sydd wedi'i deilwra i'ch sefyllfa. Cyn belled ag y caniateir gan y gyfraith, nid yw Macmillan yn derbyn atebolrwydd mewn perthynas â defnyddio unrhyw wybodaeth a gynhwysir yn y cyhoeddiad hwn neu wybodaeth trydydd parti neu wefannau a gynhwysir neu y cyfeirir atynt ynddo.

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## Tiredness (fatigue) and cancer

This information is about fatigue. Fatigue means feeling very tired. It can be caused by cancer or cancer treatments.

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 **0808 808 00 00**, 7 days a week, 8am to 8pm. We have interpreters, so you can talk to us in your own language. When you call us, please tell us in English which language you need.

There is more cancer information in other languages at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

### This information is about:

- What is fatigue?
- The effects of fatigue
- What causes fatigue?
- Getting a cancer diagnosis
- Getting help with fatigue
- Ways to manage fatigue
- Emotional support
- Tips for managing everyday activities
- Coping with fatigue at work
- Caring for someone with fatigue
- Getting the right care and support for you
- How Macmillan can help you
- More information in your language
- References and thanks

## What is fatigue?

Fatigue is when you feel very tired most or all of the time. It is a common problem for people with cancer. Fatigue in people with cancer is sometimes called cancer-related fatigue or [CRF].

Fatigue caused by cancer is different from the tiredness that someone without cancer can get. People with cancer may get tired more quickly after activity. Resting or sleeping does not help to relieve the tiredness.

For most people, fatigue gets better after treatment finishes. But for some it may continue for months or even years.

## The effects of fatigue

Fatigue can affect you in different ways. Some of the common effects of fatigue are:

- difficulty doing simple things, such as brushing your hair or getting dressed
- feeling you have no energy or strength
- difficulty concentrating and remembering things
- difficulty thinking, speaking or making decisions
- feeling breathless after light activity
- feeling dizzy or lightheaded
- difficulty sleeping (insomnia) or sleeping more than usual
- losing interest in sex
- feeling more emotional than usual.

It can be frustrating and overwhelming when you feel tired most of the time. It is important to tell your doctors and nurses about how it makes you feel. There are ways they may be able to help. There are also things you can do for yourself that may help. For example, being physically active can help your fatigue.

## What causes fatigue?

We do not fully understand what causes cancer-related fatigue. There may be many reasons for it. It may be caused by:

### **Cancer**

For some people cancer may cause fatigue.

Some cancers cells can irritate the lining of the tummy. This can cause the tummy to make too much fluid. Too much fluid in the tummy is called ascites. Ascites can cause discomfort and fatigue.

You may feel tired because the cancer has reduced the number of red blood cells in the body. Cells are the tiny building blocks that make up the organs and tissues of our body. A reduced number of red blood cells is called anaemia.

Hormones are a substance made by the body that control how organs work. Some cancers, such as breast and prostate cancer, can change the level of hormones in your body. This change can affect the way the body uses energy and may cause fatigue.

Cancer may affect the levels of cytokines in the body. Cytokines are a type of protein. They help control some of the things that cells do. Cytokines may be involved in cancer-related fatigue.

### **Cancer treatments**

Doctors are still learning about why cancer treatments can cause fatigue. It might be because:

- the body needs extra energy to repair and heal
- there is a build-up of chemicals as the cancer cells are destroyed
- the body's immune system is affected

These cancer treatments may make you feel tired:

- **Surgery** – Surgery is a way of treating cancer by removing all or part of the cancer. This is also known as having an operation. Many people feel tired after surgery. It usually improves after a few weeks. Avoid doing too much for a while. You may have been anxious before your operation and not been sleeping well. Some medicines for pain can make you feel tired.
- **Chemotherapy and radiotherapy** – Chemotherapy is a cancer treatment that uses drugs to kill cancer cells. Radiotherapy is a cancer treatment that uses high energy rays, such as x-rays, to kill cancer cells. These treatments can cause fatigue. Fatigue usually improves 6 to 12 months after treatment ends. But sometimes it can last longer. Sometimes these treatments may cause long-term effects such as breathlessness (uncomfortable or fast breathing) or heart problems. These are likely to make you feel more tired. Chemotherapy and radiotherapy may also cause anaemia.
- **Hormonal therapy** – A cancer treatment that works by affecting hormones in the body. Some of these therapies can cause fatigue.
- **Targeted therapy** - A cancer treatment that uses drugs that target and attack cancer cells. Some of these therapies can cause fatigue.
- **Immunotherapy** - The immune system protects the body against illness and infection. Immunotherapies are treatments that use the immune system to find and attack cancer cells. Some of these therapies can cause fatigue.

### **Anaemia**

Anaemia is when you have a low number of red blood cells. Red blood cells contain a protein called haemoglobin (Hb), which carries oxygen around the body. If you do not have enough red blood cells, this reduces the amount of oxygen your body gets. This can make you feel tired. If you have anaemia, you may also feel:

- breathless
- dizzy and light-headed
- tight in the chest.

Anaemia may be caused by chemotherapy or radiotherapy. Your doctor can check if you have anaemia. If you do have it, you may need treatment to make you feel better.

### **Eating problems**

If you are not eating the same amount of food as you would normally, this may cause you to have less energy and feel tired. Some people lose weight even if they are eating a lot. This is because of the effect of the cancer on the body. It is important to tell your nurse or doctor if you are having problems eating.

If you feel sick and cannot eat, your doctor may be able to give you medicine to help. If you cannot take medicine for nausea, or cannot keep it down due to vomiting, speak to your doctor or nurse. There are other ways of taking anti-sickness medicines.

### **Pain**

Pain can cause fatigue. If you have pain, painkillers and other treatments can help to relieve it. If your pain is relieved, this can also help your fatigue.

### **Other medical problems**

Other medical problems may also make fatigue worse. If you are taking medicines for other conditions, these can sometimes make you feel tired too. Other medical problems that effect fatigue are:

- diabetes - a condition where the amount of sugar in the blood is too high because the body does not use it properly.
- thyroid problems - the thyroid is a gland in the neck. It makes hormones that help control the way your body functions.
- heart problems - such as heart failure.

### **Sleeping problems**

Sleep problems when you have cancer are very common. Sleep is important for:

- physical health
- emotional wellbeing
- restoring energy
- concentration and memory.

Trouble sleeping (insomnia) over a long period of time can cause fatigue, low mood and difficulties with concentration.

### **Emotional effects of cancer**

Fatigue can be caused by the emotional effects of cancer. People feel different emotions when they have cancer. You might feel worried, sad or angry. There is no right or wrong way to feel.

There are different types of emotional support you may find helpful, including talking and complementary therapies.

## Getting a fatigue diagnosis

Before your fatigue can be treated, it is important it is properly assessed. Tell a member of your healthcare team if you have fatigue at any time.

Your cancer doctor, specialist nurse or GP will ask you some questions about your fatigue. Or they may use a questionnaire that asks you about the cancer, how you are feeling and how you cope with everyday activities.

Your doctor will check for any causes of fatigue that can be treated, such as anaemia. They may examine you and give you some blood tests. They might also look at the medicines you are taking to see if adjusting them could help.

## Getting help with fatigue

### Drug treatments for fatigue

There are not any drug treatments to help prevent or improve fatigue yet. Steroid drugs can sometimes be helpful. But they can have side effects, so you should talk to your doctor about whether they are right for you.

Research trials are carried out to try to find new and better drug treatments. This includes drug treatments for fatigue. Many hospitals now take part in these trials. Speak to your doctor about whether you could take part in a research trial on treating fatigue.

### Getting support

There are members of your healthcare team who can help you manage your fatigue:

- **Cancer doctor or GP** – can help find out what is causing your fatigue and ways to manage it.
- **Clinical nurse specialist** – can assess and provide information and support about practical ways to manage fatigue. For example, if there are any support groups or activities such as exercise classes near where you live.
- **Physiotherapist** – can give advice on exercise and moving around. They can help you manage other symptoms such as breathlessness.
- **Occupational therapist** – can provide information, support and aids to help with everyday activities such as washing and dressing.
- **Social worker** – can help with practical and financial problems. They may help with arranging a carer to help at home.
- **Counsellor** – can listen and support you with any worries or concerns.

## Ways to manage fatigue

There are different things you can do to manage your fatigue. Some of these may reduce your fatigue. Others may help you to cope better.

## **Planning ahead**

If you have fatigue, planning ahead is important. This helps to make sure you can still do the things you most want to do. For example, you could:

- use a diary to record when you feel your best and when you feel most tired
- try to plan bigger tasks for times when you are likely to feel less tired
- plan enough time to rest after a period of activity.

Make sure you look after your own needs, even if you have others to think about.

## **Healthy diet and weight**

- Eating well and keeping to a healthy weight can help increase your energy. If you have a reduced appetite or other problems eating, ask to see a dietitian at the hospital. They are an expert in food and nutrition. They can give you advice on what is best to eat.
- If you have taste changes, try different foods or eat foods that taste best to you until things improve.
- When you are hungry, make sure you eat well. Always try to drink plenty of fluids.
- Keep a diary each day of what you eat and when. Then you can see if you have more energy after certain foods.

## **Physical activity**

If you have fatigue, you may become less active. When your muscles are not being used regularly, they become weaker. Physical activity can help reduce fatigue. Being active may help to:

- boost your appetite - this is when you feel you want to eat food
- give you more energy
- build up your muscle strength
- improve sleep.

Before you start doing any physical activity or increase the amount you do, it is important to get advice from a healthcare professional. They can advise you on the type and amount that is safe for you. Your cancer specialist or GP can also refer you to a physiotherapist. A physiotherapist can help you build up your physical fitness and muscle strength. Specialist cancer physiotherapists may be available in some areas.

## **Tips for keeping active**

- Do not exercise if you feel unwell, are in pain or have any other symptoms that worry you, such as feeling breathless. Let your GP or cancer doctor know if you feel like this.
- Set yourself simple achievable goals. Try not to do too much too soon.
- Plan some activity into your day. For example, walk to the shops instead of driving, if you can.
- Try some regular, gentle exercise, such as walking. Or simple strengthening exercises, such as climbing stairs.
- Do something you enjoy, such as gardening.

## **Sleep**

Your fatigue may make you feel like you want to sleep all the time. But it is important to keep to a sleep routine. Try to sleep between 6 and 8 hours each night. Good quality sleep may help with fatigue. It may also reduce your need to sleep during the day.

Tips for a better night's sleep:

- Go to bed and wake up at about the same time every day.
- Try not to sleep late into the day after a sleepless night. This can lead to a disrupted sleep pattern.
- Try to do gentle exercise like walking. This can help you feel naturally tired and ready for sleep.
- Keep your mind occupied with activities like reading, games or puzzles. This can also help you feel naturally ready to sleep.
- Be aware of how naps affect you. Some people find that daytime naps help them to sleep better at night. Others sleep less well after them.
- Try out a relaxing routine before bed. A warm bath or shower, reading or listening to soothing music might help.
- Steroids can cause sleep problems. If you are taking steroids, ask your doctor if you can take them earlier in the day.
- Alcohol and caffeine can stop you from falling asleep. Try to cut down on alcohol. And avoid caffeine close to bedtime.

## **Emotional support**

### **Counselling**

Fatigue can affect your emotions. It can make you feel more anxious or low in mood. If you are struggling emotionally, you may find counselling helpful. Counsellors are trained to listen. They can help you to deal with difficult emotions.

Many hospitals have counsellors who are specially trained to provide emotional support to people affected by cancer. Your cancer doctor or specialist nurse can tell you what services are available. They can also refer you. Some GPs also have counsellors in their practice, or they can refer you to one.

You may need to pay for some counsellors.

## **Support groups**

Some people find it helps to talk to other people who have had fatigue. Most places in the UK have support groups. A healthcare professional sometimes leads them. Other members of the group may be in a similar position to you.

You can call our Macmillan Support Line on **0808 808 00 00** to find out about support groups in your area. We can also try to find out if there is a support group where people use the same language as you.

## **Online support**

Many people get support on the internet. Online support groups for people affected by cancer include:

- social networking sites
- forums
- chat rooms
- blogs.

You can use these to ask questions, get support, and give advice yourself. The [Macmillan Online Community] is an online cancer forum where you can talk to people and share your experience. There are many different groups. For example, we have groups for:

- specific cancer types
- family members and friends
- LGBTQ+ people
- practical issues.

## **Complementary therapies**

Complementary therapies are activities that can make you feel better. They do not treat cancer. But they can help you to cope with its symptoms or with the side effects of your cancer treatment.

There are different complementary therapies that may help with fatigue, such as:

- Relaxation techniques – a type of complementary therapy that can calm the mind and reduce muscle tension.
- Massage therapy – a complementary therapy that uses touch and gentle pressure to relieve tension.
- Yoga – a type of exercise using gentle stretching, deep breathing and movement.

Before you use a complementary therapy, talk to your specialist doctor or nurse. Some therapies may affect your cancer treatment.

Some of these therapies may be available on the NHS. Your GP can give you more information. You may also be able to access them through a cancer support group.



To stay safe, it is important to always check a therapist's qualifications and experience treating people with cancer. If you need help with this, ask your doctor or nurse, or call the Macmillan Support Line on **0808 808 0000**.

## **Tips for managing everyday activities**

If you need help with things at home, you may be able to ask family, friends and neighbours. Having a support network can make a big difference. Your family and friends may not realise how much you need help. Or they may be waiting for you to ask for help.

There are things you can do that may help with everyday tasks.

### **Housekeeping**

- Spread tasks out over the week. Do a little housework each day rather than lots at one time.
- If possible, ask other people to do heavy work such as gardening.
- Sit down to do some tasks if you can.

### **Shopping**

- Make a list before you start so you do not waste energy or time.
- If possible, go grocery shopping with a friend or family member for extra help.
- Most large supermarkets offer online shopping which can be delivered to your home.
- Use a shopping trolley so you do not need to carry a heavy basket. A wheeled shopping bag may help with shopping and getting things home.
- Shop at less busy times.
- Ask shop staff for help with packing and taking groceries to the car.

### **Preparing meals**

- Prepare extra meals or double portions when you are feeling less tired and freeze them for when you need them.
- Try having ready-made meals when you are most tired.
- If you can, sit down while preparing meals.

### **Washing and dressing**

- Sit down in the bath rather than standing in a shower if you can. This may help to use less energy.
- Sit down in the shower to avoid standing for too long. An occupational therapist may be able to get you a shower seat.
- Wear clothes that are easy to put on and take off.
- Sit down when you are getting dressed.

## **Occupational therapists**

Occupational therapists help people who have difficulty moving around or doing everyday tasks. They may be able to visit you at home to help you find ways to do things more easily. Your cancer doctor, specialist nurse or GP can refer you to an occupational therapist.

## **Childcare**

If you have a family, you might find it difficult to look after them while coping with fatigue. It can be upsetting when you are unable to do your usual family activities. There are things you could do to make childcare easier:

- Explain to any children that you feel tired often and will not be able to do as much with them as before.
- Plan activities with them that you can do sitting down. Such as board games or puzzles.
- Try to plan activities where there are places for you to sit down while the children play.
- Avoid carrying small children. Use a pram or pushchair instead.
- Try to involve children in some household tasks.
- Ask for and accept help from family and friends.

## **Driving**

If you feel very tired, driving can be difficult and dangerous. You may be less alert than normal and less able to concentrate. Your reaction time may also be reduced. You might find these tips helpful:

- Do not drive if you feel very tired.
- If possible, ask a family member or friend to drive you.
- If you need to get to hospital appointments, ask your nurse or doctor if there is any hospital transport available.
- If you feel yourself falling asleep while driving, stop in a safe place and take a break. Try to avoid driving at times when roads are busiest.

## **Coping with fatigue at work**

You may find that fatigue affects the way you work.

Anyone with cancer is protected by the Equality Act 2010. This means that employers should not treat people with cancer unfairly. It also means that employers are expected to make reasonable adjustments at work to support people with cancer. Reasonable adjustments are changes to your work that your employer can make to allow you to stay at work or return to work. Laws that protect people from discrimination say that your employer must make these changes in certain situations.

If you want to keep working, talk to your manager openly about ways to make your work less tiring. This is part of making reasonable adjustments. Changes could include:

- regular rests or short naps – you may find this useful after an activity or meal
- working from home if possible
- avoiding physical tasks
- planning work around times when you have more energy.

Using a fatigue diary may help you to see what days or times you are most tired. This can help you decide when it is best for you to work or rest.

Explaining the effects of fatigue to your colleagues might also help you to manage your fatigue at work. It may be difficult for some people to understand how tired you are, especially if you look well.

You may find it helpful to talk to the Department for Work and Pensions. They can tell you about benefits that you may be entitled to claim.

For more information about benefits, please see our fact sheet 'Financial support – benefits' at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

## **Caring for someone with fatigue**

Many people give support to a family member, partner, friend, or neighbour who has fatigue. Caring for someone with fatigue can mean many things. For example: helping with personal care, providing transport or organising appointments.

If you are caring for someone with fatigue, there are many simple things that you can do to help:

- Acknowledge that fatigue is difficult to cope with.
- Use a fatigue diary to plan. This will help you both to see when the person with fatigue has the energy to do things.
- Try to help the person you care for be more active or make changes to their diet to help them reduce their fatigue.

You can also go to hospital appointments with the person you care for. You could help them explain to the healthcare team how the fatigue is affecting you both. You could also show them the person's fatigue diary and ask their advice about what else you can do to help.

### **Looking after yourself**

When you are caring for someone else it is important to look after yourself too. Make sure you keep up with your own health appointments. This includes any vaccinations you need, such as the flu jab. If you are taking any medicines regularly, it is important you have a supply of these.

If you look after someone, you can ask the adult social services at your local council to look at your needs to see what might help you. This is called a carer's assessment.

The following tips may help:

- Talk to your GP if you are having problems eating or sleeping, are struggling with difficult feelings or are finding it hard to cope.
- Accept help from others or ask for help.
- Make sure you have time off to relax. Do something you enjoy like reading, going for a walk or going for a meal.
- Try to eat healthy food and sit down to eat.  
Try to get out of the house every day and do some gentle exercise like walking. This can help you feel less tired and stressed.

You can call our Macmillan Support Line on **0808 808 00 00** to find out about support groups in your area. We can try to find out if there is a support group where people speak the same language as you.

## Getting the right care and support for you

If you have cancer and do not speak English, you may be worried that this will affect your cancer treatment and care. But your healthcare team should offer you care, support and information that meets your needs.

We know that sometimes people may face extra challenges in getting the right support. For example, if you work or have a family it can be hard to find time to go to hospital appointments. You might also have worries about money and transport costs. All of this can be stressful and hard to cope with.

We also offer Macmillan Grants to people with cancer. These are one-off payments that can be used for things like hospital parking, travel costs, childcare or heating bills.

Our free support line **0808 808 00 00** can offer advice, in your language, about your situation. You can speak to nurses, financial guides, welfare rights advisers and work support advisers.

## How Macmillan can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we are here to support you.

### Macmillan Support Line

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 help with medical questions, give you information about financial support, or be there to listen if you need someone to talk to. The free, confidential phone line is open 7 days a week, 8am to 8pm. Call us on **0808 808 00 00**.

### Macmillan website

Our website has lots of information in English about cancer. There is also more information in other languages at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

We can also arrange translations just for you. Email us at [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk) to tell us what you need.

### Information centres

Our information and support centres are based in hospitals, libraries and mobile centres. Visit one to get the information you need and speak with someone face to face. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us on **0808 808 00 00**.

### Local support groups

At a support group, you can talk to other people affected by cancer. Find out about support groups in your area at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us on **0808 808 00 00**.

### Macmillan Online Community

You can also talk to other people affected by cancer online at [macmillan.org.uk/community](https://www.macmillan.org.uk/community) You can access it at any time of day or night. You can share your experiences, ask questions, or just read through people's posts.

## More information in your language

We have information in your language about these topics:

### Coping with cancer

- Cancer and coronavirus
- Cancer care in the UK
- Claiming benefits when you have cancer
- Eating problems and cancer
- End of life
- Healthcare for refugees and people seeking asylum
- Healthy eating
- Help with costs when you have cancer
- If you are diagnosed with cancer
- LGBTQ+ people and cancer
- Sepsis and cancer

- Side effects of cancer treatment
- Tiredness (fatigue) and cancer

### Types of cancer

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

### Treatments

- Chemotherapy
- Radiotherapy
- Surgery

To see this information, go to [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

## References and thanks

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

The information included is based on our tiredness (fatigue) content available in English on our website.

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

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](mailto:cancerinformationteam@macmillan.org.uk)

**Content reviewed: 2023 Next planned review: 2027**

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### **Speak to Macmillan in your language**

You can call Macmillan free on 0808 808 00 00 and speak to us in your language through an interpreter. You can talk to us about your worries and medical questions. Just tell us your language in English when you call. We are open 7 days a week, 8am to 8pm.

We make every effort to ensure that the information we provide is accurate and up-to-date but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication or third party information or websites included or referred to in it.

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*Patient Information Forum*