



Problemau bwyta a chanser: Cymraeg Eating problems and cancer: Welsh

Gall cancer achosi problemau â bwyta ac yfed. Mae'r wybodaeth hon yn ymwneud â'r gwahanol broblemau a all ddigwydd a ffyrdd o ddelio gyda nhw.

Os oes gennych unrhyw gwestiynau am y wybodaeth hon, gofynnwch i'ch tîm cancer yn yr ysbyty lle rydych yn cael triniaeth.

Gallwch hefyd ffonio Cymorth Cancer Macmillan ar radffôn **0808 808 00 00**, 7 diwrnod yr wythnos rhwng 8am ac 8pm. Mae gennym gyfieithwyr, fel y gallwch siarad â ni yn eich iaith eich hun. Pan fyddwch yn ein ffonio, dywedwch wrthym yn Saesneg pa iaith sydd ei hangen arnoch.

Mae rhagor o wybodaeth am ganser yn yr iaith hon ar ein gwefan. Ewch i macmillan.org.uk/translations

Gallwch hefyd [ddarllen yr wybodaeth hon yn Saesneg](#).

Mae'r wybodaeth hon yn trafod:

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Sut gall cancer a thriniaethau cancer effeithio ar fwyta

Problemau bwyta a achosir gan ganser

Gan ddibynnu ar ble mae'r cancer yn eich corff, gall problemau gynnwys:

- teimlo'n sâl
- bod yn sâl
- poen
- problemau gyda threuliad
- colli pwysau.

Problemau bwyta a achosir gan driniaethau cancer

Gall triniaethau cancer weithiau achosi problemau gyda bwyta, yfed neu eich treuliad.

Efallai bydd rhai problemau bwyta yn rhai mân, tra gall eraill effeithio'n fwy arnoch. Efallai y bydd problemau'n stopio pan fyddwch chi'n gorffen eich triniaeth, neu weithiau gallant barhau'n hirach.

Siaradwch gyda'ch tîm cancer, nyrs neu feddyg teulu os oes gennych broblemau gyda bwyta. Gallant roi cyngor a chefnogaeth i chi, a gallant eich cyfeirio at ddietegydd. Mae dietegwyr yn weithwyr gofal iechyd cymwys. Maent yn arbenigwyr mewn rhoi gwybodaeth a chyngor am fwyd ac atchwanegiadau bwyd.

Risg o haint (imiwnedd isel)

Gall cancer a thriniaethau cancer effeithio ar eich system imiwnedd weithiau. Gelwir hyn yn imiwnedd isel. Mae'n golygu bod mwy o risg i chi ddal haint. Mae haint yn salwch a achosir gan germau.

Ni fydd angen i'r rhan fwyaf o bobl newid eu diet ond efallai y bydd eich meddyg yn gofyn i chi osgoi bwydydd a all gynnwys bacteria niweidiol. Mae hyn i'ch atal rhag cael haint gastrig (y bol). Bydd hefyd angen i chi fod hyd yn oed yn fwy gofalus wrth baratoi, storio ac ailgynhesu bwyd. Bydd eich nyrs cancer yn siarad â chi am hyn. Mae gennym ragor o wybodaeth yn eich iaith yn y daflen ffeithiau 'Bwyta'n iach'. Ewch i [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

Dietau arbennig

Efallai y bydd angen i rai pobl ddilyn diet arbenigol. Er enghraifft, os ydych chi wedi cael llawdriniaeth stumog neu goluddyn neu os oes gennych chi ddiabetes. Gall eich dietegydd roi cyngor i chi ar hyn.

Os ydych yn rhy flinedig i goginio neu fwyta

Mae teimlo'n flinedig yn gyffredin gyda chanser a thriniaeth canser. Efallai y byddwch yn ei chael yn anodd coginio eich prydau neu hyd yn oed yn teimlo'n rhy flinedig i'w bwyta.

Beth gallwch chi ei wneud

Gwnewch yn siŵr bod gennych ddigon o fwyd yn y tŷ sy'n hawdd i'w baratoi. Gallech ddefnyddio prydau parod, prydau wedi rhewi a bwyd tun.

- Ceisiwch gynllunio ymlaen llaw. Os oes gennych rewgell, paratowch fwyd tra byddwch yn teimlo'n well, a'i rewi ar gyfer pan fyddwch wedi blino.
- Gofynnwch i ffrindiau neu deulu helpu gyda siopa neu goginio.
- Ceisiwch fwyta prydau llai yn aml trwy gydol y dydd, yn hytrach na 3 pryd mawr.
- Rhowch gynnig ar ddiod maethlon, gyda ffrwythau (ffres neu wedi'u rhewi) wedi'u cymysgu â llaeth, sudd ffrwythau, hufen iâ neu iogwrt.
- Gall eich meddyg, nyrs neu ddietegydd ragnodi diodydd gydag atchwanegiadau sy'n ychwanegu egni neu brotein ychwanegol (neu'r ddau) at eich diet.
- Os ydych chi angen help gyda choginio neu fwyta adref, rhowch wybod i'ch meddyg teulu neu ddietegydd. Efallai y byddant yn gallu trefnu i brydau gael eu hanfon atoch i'ch cartref neu rywun i'ch helpu i baratoi prydau yn eich cartref.

Gofalu am eich ceg

Gall rhai triniaethau canser wneud eich ceg neu wddf yn ddolurus neu yn sych. Gallant hefyd achosi haint yn y geg a newidiadau blas. Mae unrhyw broblemau yn y geg fel arfer yn rhai dros dro ond gallant weithiau fod yn barhaol. Mae'n bwysig iawn edrych ar ôl eich ceg yn ystod triniaeth.

Cadw eich ceg yn iach

- Efallai bydd angen i chi weld eich deintydd cyn dechrau'r driniaeth am ganser. Gallant ddweud wrthyh beth yw'r past dannedd gorau i'w ddefnyddio yn ystod triniaeth.
- Glanhewch eich ceg, tafod a dannedd yn ysgafn bob bore a nos, gyda brws dannedd plant meddal. Ceisiwch osgoi defnyddio deintbigau a holwch eich meddyg cyn defnyddio edau ddannedd.
- Os ydych yn gwisgo dannedd gosod, rhowch nhw i socian mewn toddiant glanhau dannedd gosod dros nos. Peidiwch â'u gwisgo am gyn hired ag y medrwch yn ystod y dydd fel nad ydynt yn rhwbio ar gig y dannedd.
- Yfwch ddigon o hylif, yn enwedig dŵr.
- Dilynwch unrhyw gyngor a gewch gan eich meddyg neu nyrs ynghylch sut i ofalu am eich ceg.

Problemau'r geg a'r llwnc

Ceg ddolurus

Gall rhai triniaethau canser wneud eich ceg neu wddf yn ddolurus.

Beth allwch chi ei wneud

- Os yw eich ceg yn ddolurus, rhowch wybod i'ch meddyg neu nyrs. Gallant wirio os oes gennych chi haint yn eich ceg.
Gall eich meddyg ragnodi gel anesthetig neu olchiad ceg os oes angen.
Gwiriwch gyda'ch meddyg neu nyrs cyn prynu eich rhai eich hun oherwydd gallant fod yn rhy gryf.
- Os nad yw'ch ceg yn rhy ddolurus, gall golch ceg dŵr halen helpu.
- Efallai bydd bwyd a diod lled oer yn well na rhai poeth iawn neu oer iawn.
- Ychwanegwch rew mâl at ddioddydd neu gwnewch dalpiau rhew gyda sudd – gall sugno ar giwbiau rhew leddfu eich ceg. Gall hufen iâ helpu hefyd.
- Gall rhai mathau o sudd ffrwythau losgi os ydynt yn asidig. Rhowch gynnig ar sudd llai asidig fel sudd gellyg neu gyrens duon.
- Yfwch trwy welltyn.
- Dylech osgoi bwydydd hallt neu sbeislyd – efallai y byddant yn llosgi.
- Dylech osgoi bwydydd garw neu ansoddedig fel bara crystiog, tost neu lysiau amrwd.
- Cadwch eich bwyd yn llaith gyda sawsiau a grefi.
- Gall cymryd poenladdwyr cyn bwyta eich helpu i lyncu'n haws.

Ceg sych

Gall radiotherapi i'r pen neu'r gwddf ddifrodi eich chwarennau poerol ac achosi ceg sych. Gall rhai cyffuriau canser a meddyginiaethau eraill wneud eich ceg yn sych hefyd.

Beth gallwch chi ei wneud

- Rhowch wybod i'ch meddyg neu nyrs – gallant roi cegolchion, losennau, chwistrellau neu geliau poer artiffisial i helpu.
- Cariwch ddiod gyda chi bob amser a chymerwch lymed yn aml, gan gynnwys pan ewch i'r gwely neu pan ewch allan. Cymerwch lymeidiau o ddŵr gyda'ch prydau.
- Osgowch alcohol a cheisiwch gyfyngu ar ddiodydd sy'n cynnwys caffeine.
- Chwistrellwch eich ceg gyda dŵr oer i'w chadw'n wlyb.
- Sugnwch ar dalpiau rhew neu lolipops rhew.
Defnyddiwch sawsiau a grefi, mayonnaise, menyn neu olew ychwanegol i feddalu'ch bwyd.
- Dylech osgoi siocled, toesenni, menyn cnau a bwydydd sych eraill os ydynt yn anodd eu bwyta.
- Rhowch gynnig ar gnoi gwm – gall hyn weithiau gynyddu poer.
- Defnyddiwch eli gwefusau neu Vaseline® ar wefusau sychion.
- Dywedwch wrth eich nyrs os oes haen wen yn datblygu ar eich tafod.
Efallai y bydd angen triniaeth arnoch ar gyfer hyn.

Blasau yn newid

Gall triniaeth canser newid sut rydych yn blasu bwydydd ac efallai na fyddwch yn mwynhau rhai bwydydd mwyach neu'n gweld bod pob bwyd yn blasu'r un peth. Fel arfer ni fydd y newidiadau hyn yn parhau'n hir iawn.

Beth gallwch chi ei wneud

- Defnyddiwch sbeisys, perllysiau a sesnin i roi blas ar fwyd. Ond byddwch yn ofalus os yw eich ceg yn ddolurus, gan y gall rhai sbeisys a sesnin wneud hyn yn waeth.
- Ceisiwch fwyta bwydydd siarp, megis ffrwythau ffres a sudd ffrwythau. Ond byddwch yn ofalus os yw eich ceg yn ddolurus, gan y gallai'r rhain frifo'ch ceg.
- Efallai y bydd bwydydd oer yn blasu'n well na bwydydd poeth.
- Efallai y bydd cigoedd oer yn blasu'n well gyda phicl neu gatwad.
- Os oes gennych flas metel wrth fwyta cig coch, rhowch gynnig ar gig gwyn, pysgod neu brydau llysieuol gan ddefnyddio ffa a chorbys.
- Gall hefyd helpu blas metel yn eich ceg os ydych chi'n defnyddio cyllyll, ffyrac a llwyau plastig, pren neu bambŵ.
- Gall prydau pysgod, cyw iâr ac wyau flasau'n well pan maent wedi eu coginio neu eu marineiddio mewn saws.
- Os nad ydych chi'n hoffi te neu goffi mwyach, rhowch gynnig ar de ffrwythau neu lysieuol, llaeth neu ddiod oer.
- Ceisiwch frwsio eich dannedd cyn prydau.

Problemau cnoi a llyncu

Gall rhai mathau o ganser a thriniaethau canser achosi problemau wrth gnoi a llyncu. Dywedwch wrth eich meddyg, nyrs, therapydd iaith a lleferydd neu ddietegydd os ydych yn cael unrhyw broblemau yn llyncu. Os yw yfed yn gwneud i chi besychu, rhowch wybod i'ch meddyg neu nyrs ar unwaith.

Beth gallwch chi ei wneud

- Gallai cymryd poenladdwyr 30 munud cyn prydau helpu os yw cnoi neu llyncu yn brifo. Gall eich meddyg roi cyngor i chi.
- Dewiswch fwydydd sy'n hawdd i'w llyncu, fel wyau wedi'u sgramblo, tofu neu iogwrt neu gwstard.
- Meddalwch fwydydd gyda sawsiau neu grefi.
- Coginiwch fwyd yn araf am gyfnod hir i'w wneud yn fwy meddal a defnyddiwch flendiwr i'w falu a'i wneud yn haws i'w fwyta.
- Torrwch gig a llysiau yn ddarnau mân.
- Torrwch y crystyn oddi ar fara.
- Os ydych chi'n teimlo fod bwydydd yn mynd yn sownd yn eich gwddf, gall ddiodydd pefriog helpu.
- Mae gan rai cwmnïau dosbarthu bwydydd ddewis o ddiodydd ysgafn ar eu bwydlen.
- Os ydych chi'n cael anhawster bwyta digon, mae yna atchwanegiadau bwyd y medrwch eu cael fel diod rhwng prydau. Bydd eich meddyg neu ddietegydd yn gallu esbonio pa un allai fod orau i chi.

Teimlo'n sâl, dŵr poeth a chamdreuliad

Teimlo'n sâl

Gall rhai triniaethau canser a meddyginiaethau eraill, fel poen-laddwyr a chyffuriau gwrthfotig, wneud i chi deimlo'n sâl. Gall problemau fel rhwymedd neu ddifrod i'r iau hefyd achosi salwch.

Gall eich meddyg roi cyffuriau atal salwch i chi i helpu gyda salwch. Os nad yw hyn yn helpu, dywedwch wrth eich meddyg, gan fod yna sawl math y gallwch eu trïo.

Beth gallwch chi ei wneud

Dilynwch y cyfarwyddiadau a roddir i chi ynghylch pryd i gymryd y cyffuriau atal salwch.

- Gall bwyd sych, fel cracers neu fisgedi plaen, eich helpu i deimlo'n llai sâl ben bore.
- Os yw'n bosibl, gadewch i rywun goginio eich prydau. Weithiau gall arogl bwyd wneud i chi deimlo'n sâl.
- Dylech osgoi bwyta bwydydd seimllyd, brasterog neu wedi ffrio.
- Ceisiwch fwyta bwydydd ysgafn fel cawl tenau.
- Rhowch gynnig ar fwyta mewn ystafell lle mae digon o awyr iach.
- Eisteddwch i fyny wrth y bwrdd i fwyta, ac arhoswch felly am gyfnod byr wedi bwyta.
- Gall bwyd neu ddioddydd sy'n cynnwys sinsir neu fintys helpu gyda chyfog. Gallech roi cynnig ar de sinsir neu fintys, sinsir crisialog, neu fisgedi sinsir.
- Gallai sipian diod pefriog, fel lemonêd, diod sinsir neu ddŵr pefriog helpu.
- Ceisiwch gael diodydd rhwng prydau yn hytrach na gyda'ch bwyd.
- Gwisgwch Sea Bands® aciwbwysau ar eich arddyrnau. Mae'r bandiau'n rhoi pwysau ar eich arddwrn. Credir bod hyn yn newid y llwybrau cyfathrebu rhwng yr ymennydd a'r stumog sy'n achosi cyfog a chwydu. Gallwch eu cael o'ch fferyllfa. Holwch eich meddyg neu nyrs cyn eu defnyddio.
- Gall technegau ymlacio ac ymarferion anadlu eich helpu i deimlo'n llai sâl.

Gadewch i'ch meddyg wybod os ydych yn cael problemau pasio pŵ (yn rhwym), gan y gall hyn wneud i chi deimlo'n sâl. Efallai byddwch angen ychydig o feddyginiaeth i helpu.

Dŵr poeth a chamdreuliad

Dŵr poeth yw teimlad o losgi yn y frest. Mae camdreuliad yn deimlad anghyfforddus yn rhan uchaf yr abdomen (bol). Mae'n digwydd fel arfer wedi prydau. Gall hyn fod oherwydd triniaeth canser neu gyffur arall sy'n llidio leinin y stumog.

Beth gallwch chi ei wneud

- Siaradwch â'ch meddyg, gallant roi meddyginiaethau i helpu.
- Gwnewch nodyn o ba fwydydd sy'n gwneud i chi deimlo'n anghyfforddus fel y gallwch eu hosgoi.
Osgowch siocled, alcohol, bwyd sbeislyd, bwyd brasterog, diodydd pefriog a gwm cnoi.
- Os byddwch chi'n cael diffyg traul yn y nos, osgowch fwyta pryd o fwyd neu yfed te neu goffi am 3 i 4 awr cyn i chi fynd i'r gwely.
- Gall gwydraid o laeth neu ychydig o iogwrt leddfu symptomau.
- Ceisiwch osgoi prydau mawr a bwyta'n hwyr yn y nos. Yn lle hynny, ceisiwch fwyta prydau bach yn rheolaidd a bwyta'n araf.
- Gorffwyswch am 45–60 munud wedi i chi fwyta. Ceisiwch beidio â gorwedd i lawr ar ôl pryd.
- Gwisgwch ddillad llac o amgylch eich canol.
- Ceisiwch gadw'ch pwysau'n iach.
- Os ydych yn ysmegu, ceisiwch stopio neu gwtogi.

Newidiadau i'r coluddyn sy'n effeithio ar eich diet

Rhwymedd

Mae rhwymedd yn golygu nad ydych chi'n gallu gwneud pŵ mor aml ag yr ydych chi fel arfer. Gall ddod yn anodd neu'n boenus i chi wneud pŵ. Gall rhai cyffuriau canser a meddyginiaethau eraill, fel lladdwyr poen a rhai cyffuriau gwrth-salwch, achosi rhwymedd. Siaradwch gyda'ch meddyg os ydych yn rhwym. Efallai y bydd yn rhoi meddyginiaeth o'r enw carthyddion i chi.

Beth gallwch chi ei wneud

- Bwytwch fwyd gyda llawer o ffibr ynddynt. Mae'r rhain yn cynnwys ffrwythau a llysiau ffres, bara, brawd a phasta gwenith cyflawn, grawnfwyd gwenith cyflawn, miwslï, ceirch, ffa, ffacbys, pys a reis brown.
- Yfwch lawer o ddiodydd poeth ac oer. Ceisiwch yfed 2 litr y dydd (3½ peint). Mae hyn yn bwysig os ydych chi'n bwyta mwy o ffibr.
- Gallai bwyta eirin sychion a'u sudd, bricyll sych neu surop ffigys helpu.
- Rhowch gynnig ar ymarfer corff ysgafn, rheolaidd, fel cerdded.

Os oes gennych ganser y coluddyn, mae'n bwysig siarad gyda'ch dietegydd, meddyg neu nyrs cyn newid eich diet.

Dolur rhydd

Mae hyn pan fyddwch angen cael pŵ yn amlach nag arfer, ac mae'r pŵ yn fwy meddal nag arfer. Os oes gennych stoma, gall fod yn fwy actif nag arfer. Mae stoma yn agoriad sy'n cael ei wneud trwy wal y bol (yr abdomen). Mae'n cysylltu'r coluddyn ag wyneb y bol.

Gall llawer o driniaethau canser achosi dolur rhydd. Gall meddyginiaethau fel cyffuriau gwrthfiotig neu gael haint achosi hyn hefyd. Gall dolur rhydd fod yn sgil-effaith dros dro, ysgafn neu gall fod yn fwy difrifol. Dywedwch wrth eich meddyg bob amser os oes gennych ddolur rhydd neu os yw'n gwaethygu.

Os oes gennych ddolur rhydd ar ôl llawdriniaeth ar gyfer canser y coluddyn, siaradwch â'ch meddyg neu nyrs cyn newid eich diet.

Beth gallwch chi ei wneud

- Yfwch ddigon (o leiaf 2 litr neu 3½ pint y dydd).
- Bwytwch brydau bach yn fwy rheolaidd, yn hytrach na chael 3 pryd mawr y dydd.
- Bwytwch fwydydd ysgafn, fel pysgod, cyw iâr ac wyau wedi eu coginio'n dda, bara gwyn, pasta a reis.
- Bwytwch eich prydau'n araf.
- Bwytwch lai o ffibr (fel grawnfwydydd, ffrwythau a llysiau amrwd) nes i'r dolur rhydd wella.
- Ceisiwch osgoi bwydydd seimllyd a brasterog fel sglodion a byrgers.
- Osgowch fwydydd sbeislyd.

Os nad yw newid yr hyn a fwytwch yn helpu gyda'r dolur rhydd, efallai byddwch angen tabledi atal dolur rhydd. Mae'n bwysig cymryd y tabledi yn union fel mae eich meddyg yn egluro.

Weithiau gall y dolur rhydd fod yn ddifrifol. Os oes gennych ddolur rhydd fwy na 4 gwaith mewn 24 awr, ac os nad yw meddyginiaeth gwrth-ddolur rhydd wedi gweithio yn ystod yr amser hwn, neu os oes gennych ddolur rhydd yn ystod y nos, cysylltwch â'r ysbyty ar unwaith.

Gwynt

Gall gwynt wneud i chi deimlo'n chwyddedig a gwneud i chi basio nwy. Gall gael ei achosi gan:

- Radiotherapi i'r pelfis (ardal isaf y bol)
- Rhai mathau o lawdriniaeth ar y coluddyn.
- Rhai mathau o feddyginiaethau
- Rhwymedd.

Os yw'r gwynt yn boenus, neu os ydych yn cael anhawster ymdopi, siaradwch â'ch meddyg neu nyrs.

Beth gallwch chi ei wneud

- Yfwch a bwyteuach yn araf. Cymerwch gegaid fach a chnoi bwyd yn dda.
- Dylech osgoi ffa, corbys, picls, bresych, brocoli, india corn, nionod a diodydd pefriog.
- Triwch ychwanegu dwy lwy de o ddŵr mintys poeth mewn gwydriad o ddŵr cynnes. Gallwch ei felysu gyda mêl. Neu gallech roi cynnig ar de mintys.
- Gall eich meddyg teulu roi capsiwlau mintys poeth i chi a allai helpu.
- Gall tabledi siarcol helpu – gallwch gael rhai gan eich fferyllfa.
- Gall ymarfer ysgafn, yn arbennig cerdded, helpu.
- Ceisiwch sicrhau eich bod yn cael pŵ yn rheolaidd – gall gwynt fod yn arwydd o rwymedd.

Newidiadau i'ch chwant am fwyd a'ch pwysau

Os ydych yn ei chael yn anodd bwyta, neu os ydych yn colli pwysau, mae'n bwysig siarad gyda dietegydd. Gallant drafod sut i fagu pwysau ac osgoi colli pwysau gyda chi.

Os nad ydych chi'n teimlo'n llwglyd (diffyg archwaeth)

Yn ystod triniaeth am ganser, efallai y byddwch yn colli eich archwaeth ac na fyddwch yn teimlo'n llwglyd. Gallai hyn fod oherwydd eich bod yn teimlo'n sâl, bod bwyd a diod yn blasu'n wahanol, neu oherwydd eich bod yn teimlo'n rhy flinedig.

Dyma ambell awgrym a allai helpu:

- Bwyteuach brydau llai, ond yn amlach.
- Cadwch fyrbrydau, fel creision, cnau, ffrwythau sych, caws, craceri ac iogwrt ar gyfer pryd y byddwch yn teimlo y gallwch fwyta.
- Bwyteuach fwyd ar blât bach.
- Bwyteuach brydau yn araf, cnowch y bwyd yn dda ac ymlaciwch am beth amser ar ôl bob pryd.
- Cymerwch ddiodydd maethlon yn ogystal â phrydau bach. Gallech gael smwddi ffrwythau gydag iogwrt neu hufen iâ. Neu ysgytlaeth gyda llefrith braster llawn ac ychydig o hufen.
- Gall yfed ychydig bach o alcohol yn syth cyn, neu gyda, bwyd helpu eich archwaeth. Holwch eich meddyg i weld a fedrwch gael alcohol.
- Efallai bydd eich meddyg yn rhoi meddyginiaeth i chi a all helpu i gynyddu eich archwaeth.

Ar ddyddiau pan fo'ch archwaeth yn well, ceisiwch fwyta mor dda ag y gallwch a mwynhau'ch hoff brydau. Os ydych wedi cael triniaeth am ganser y coluddyn, siaradwch â'ch dietegydd, nyrs neu feddyg canser am eich diet.

Osgoi colli pwysau

Os ydych chi'n colli pwysau neu'n ei chael yn anodd bwyta, gallwch ychwanegu mwy o galoriau (egni) a phrotein yn eich diet heb orfod bwyta mwy o fwyd.

- Ychwanegwch lefrith braster llawn, surop, mêl neu siwgr i frecwast a phwdinau.
- Ceisiwch ychwanegu hufen neu gorbys, ffa a nwdls i gaserolau a chawl.
- Gellir ychwanegu caws wedi'i gratio neu olew olewydd i gawl poeth.
- Gellir hefyd ychwanegu hufen, caws a menyn i datws stwnsh neu sawsiau. Defnyddiwch ddigon o fenyn ac ychwanegwch mayonnaise neu hufen salad ar frechdanau.
- Ychwanegwch fenyn cnau (neu daeniad cnau arall), taeniad siocled, tahini, mêl neu jam i fara, tost, cracers a bisgedi.

Atchwanegiadau bwyd

Efallai y bydd eich meddyg yn awgrymu eich bod yn cael atchwanegiadau bwyd. Gall y rhain ychwanegu calorïau (ynni) neu brotein ychwanegol at eich diet. Mae rhai yn ddiodydd ac eraill yn bowdrau y gallwch ychwanegu at eich bwyd neu ddiod. Gallwch eu hychwanegu at eich bwydydd bob dydd neu eu cael yn ogystal â'ch diet arferol. Mewn rhai sefyllfaoedd, gellir defnyddio atchwanegiadau i gymryd lle prydau bwyd.

Mae yna rai bwydydd sy'n seiliedig ar atchwanegiadau hefyd, fel pwdinau parod.

Efallai bydd eich meddyg neu ddietegydd angen rhagnodi rhai atchwanegiadau, ond gallwch brynu eraill o'r fferyllfa neu'r archfarchnad. Gallwch ofyn i'ch meddyg neu ddietegydd am atchwanegiadau bwyd. Dim ond os ydynt yn argymhell i chi wneud hynny y dylech ddefnyddio atchwanegiadau. Mae'n bwysig dilyn cyngor eich meddyg neu ddietegydd wrth ddefnyddio atchwanegiadau protein uchel neu enni uchel.

Os oes gennych ddiabetes, dylech gael cyngor oddi wrth eich meddyg teulu, nyrs cancer neu ddietegydd, cyn i chi ddefnyddio atchwanegiadau bwyd.

Cael y gofal a'r cymorth cywir i chi

Os oes gennych ganser ac nad ydych yn siarad Saesneg, efallai eich bod yn poeni y bydd hyn yn effeithio ar eich triniaeth a'ch gofal cancer. 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 o ran cael y cymorth cywir. Er enghraifft, os ydych chi'n gweithio neu os oes gennych chi deulu efallai y byddwch chi hefyd yn poeni am arian a chostau cludiant. Gall hyn i gyd fod yn straen ac yn anodd ymdopi ag ef.

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 gyfieithwyr, felly gallwch siarad gyda ni yn eich iaith chi.

Dywedwch wrthym, yn Saesneg, pa iaith rydych am ei defnyddio.

Gall ein hymgynghorwyr arbenigol ar Linell Gymorth Macmillan helpu gyda chwestiynau meddygol neu fod yno i wrando os ydych angen rhywun i siarad â nhw. Gallwn hefyd siarad â chi am eich pryderon ariannol ac argymell sefydliadau defnyddiol eraill a all helpu. 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 mwy o wybodaeth hefyd mewn ieithoedd eraill ar

macmillan.org.uk/translations

Efallai y byddwn hefyd yn gallu trefnu cyfieithiadau ar eich cyfer chi yn unig. E-bostiwch informationproductionteam@macmillan.org.uk i ddweud wrthym beth sydd ei angen arnoch iawn.

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 siarad â rhywun wyneb yn wyneb. Cewch hyd i'ch canolfan agosaf ar macmillan.org.uk/informationcentres neu ffoniwch ni ar

0808 808 00 00.

Grwpiau cefnogaeth lleol

Mewn grŵp cefnogaeth, gallwch siarad â phobl eraill sydd wedi'u heffeithio gan ganser. Gallwch ddysgu am grwpiau cefnogaeth yn eich ardal ar

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 yn macmillan.org.uk/community

Gallwch ei defnyddio ar unrhyw adeg o'r dydd neu'r nos. Gallwch rannu'ch profiadau, gofyn cwestiynau, neu ddarllen yr hyn mae pobl wedi eu postio.

Rhagor o wybodaeth yn eich iaith

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

Arwyddion a symptomau cancer

- Cardiau arwyddion a symptomau

Os cewch ddiagnosis o ganser

- Gofal cancer yn y DU
- Gofal iechyd ar gyfer ffoaduriaid a phobl sy'n ceisio lloches
- Os cewch ddiagnosis o ganser

Mathau o ganser

- Canser y coluddyn
- Canser y fron
- Canser ceg y groth
- Canser yr ysgyfaint
- Canser y prostad

Triniaeth ar gyfer cancer

- Cemotherapi
- Radiotherapi
- Sepsis a chanser
- Sgîl-ffeithiau triniaeth cancer
- Llawdriniaeth

Byw â chanser

- Hawlio budd-daliadau pan mae gennych ganser
- Problemau bwyta a chanser
- Bwyta'n iach
- Help gyda chostau pan mae gennych chi ganser
- Pobl LHDTTC+ a chanser
- Blinder (lludded) a chanser

Diwedd oes

- Diwedd oes

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

I gael rhagor o gymorth i ddeall gwybodaeth, ewch i macmillan.org.uk/understandinginformation

Cyfeiriadau a diolchiadau

Mae'r wybodaeth hon wedi ei hysgrifennu a'i golygu gan dîm Datblygu Gwybodaeth Cancer Cymorth Cancer Macmillan. Mae wedi'i gyfieithu'n broffesiynol.

Mae'r wybodaeth sydd wedi'i chynnwys yn seiliedig ar ein cynnwys Deiet a cancer sydd ar gael yn Saesneg ar ein gwefan.

Mae'r wybodaeth hon wedi'i hadolygu gan arbenigwyr perthnasol a'i chymeradwyo gan aelodau o Ganolfan Arbenigedd Clinigol Macmillan neu uwch glinigwyr neu arbenigwyr eraill.

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

Mae ein holl wybodaeth yn seiliedig ar y dystiolaeth orau sydd ar gael. Am ragor o wybodaeth am y ffynonellau a ddefnyddiwn, cysylltwch â ni yn

informationproductionteam@macmillan.org.uk

Adolygwyd y cynnwys: 2025

Adolygiad arfaethedig nesaf: 2028

MAC15753_Welsh_E05

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 sydd wedi'u cynnwys neu y cyfeirir atynt ynddo.

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Eating problems and cancer: English

Cancer can cause problems with eating and drinking. This information is about the different problems that can happen and ways of dealing with them.

If you have any questions about this information, ask your doctor, nurse or dietician 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.

There is more cancer information in this language and other languages at macmillan.org.uk/translations

This information is about:

- How cancer can affect eating
- If you are too tired to cook or eat
- Looking after your mouth
- Mouth and throat problems
- Feeling sick, heartburn and indigestion
- Bowel changes that affect your diet
- Changes to your appetite and weight
- Getting the right care and support for you
- How Macmillan can help you
- More information in your language
- References and thanks

How cancer and cancer treatments can affect eating

Eating problems caused by cancer

Depending on where the cancer is in your body, problems can include:

- feeling sick
- being sick
- pain
- problems with digestion
- weight loss.

Eating problems caused by cancer treatments

Cancer treatments can sometimes cause problems with eating, drinking or your digestion.

Some eating problems may be minor, while others may affect you more. Problems may stop when you finish treatment or sometimes they can last longer.

Talk to your cancer team, nurse or GP if you have problems with eating. They can give you advice and support and they can refer you to a dietitian. Dietitians are qualified health professionals. They are experts in giving information and advice about food and food supplements.

Risk of infection (low immunity)

Cancer and cancer treatments can sometimes affect your immune system. This is called having low immunity. It means you are more at risk of getting an infection. An infection is an illness caused by germs.

Most people will not need to change their diet but your doctor may ask you to avoid foods that can contain harmful bacteria. This is to stop you getting a gastric (tummy) infection. You will also need to be even more careful when preparing, storing and reheating food. Your cancer nurse will talk to you about this. We have more information in your language in the fact sheet 'Healthy eating.' Visit [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

Special diets

Some people may need to follow a special diet. For example, if you have had stomach or bowel surgery or if you have diabetes. Your dietitian can give you advice on this.

If you are too tired to cook or eat

Feeling very tired is common with cancer and cancer treatment. You may find it hard to cook your meals or you may feel too tired to eat them.

What you can do

- Make sure you have enough food at home that is easy to make. You could use ready-made meals, frozen meals and tinned food.
- Try to plan ahead. If you have a freezer, prepare food while you are feeling better, and freeze it for when you are tired.
- Ask family or friends to help with shopping or cooking.
- Try eating smaller meals often throughout the day, rather than 3 big meals.
- Try a nourishing drink, with fruit (fresh or frozen) blended with milk, fruit juice, ice cream or yoghurt.
- Your doctor, nurse or dietician may prescribe supplement drinks that add extra energy or protein (or both) to your diet.
- If you need help at home with cooking or eating, tell your GP or dietitian. They may be able to arrange for meals to be delivered to your home, or someone to help prepare meals at home.

Looking after your mouth

Some cancer treatments can make your mouth or throat sore or dry. They may also cause a mouth infection and taste changes. Any mouth problems usually temporary but can sometimes be permanent. It is very important to look after your mouth during treatment.

Keeping your mouth healthy

- You may need to see your dentist before cancer treatment starts. They can tell you the best toothpaste to use during treatment.
- Clean your mouth, tongue and teeth gently each morning and evening, with a soft children's toothbrush. Avoid using toothpicks and check with your doctor before using floss.
- If you wear dentures, soak them in a denture cleaning solution overnight. Leave them out for as long as you can during the day to stop them rubbing your gums.
- Drink lots of fluids, especially water.
- Follow any advice from your doctor or nurse about how to care for your mouth.

Mouth and throat problems

Sore mouth

Some cancer treatments can make your mouth or throat sore.

What you can do

- If you have a sore mouth, tell your doctor or nurse. They can check if you have a mouth infection.
- Your doctor can prescribe an anaesthetic gel or mouthwash if needed. Check with your doctor or nurse before buying your own as sometimes these can be too strong.
- If your mouth is not too sore, a salt-water mouthwash can help.
- Cool foods and drinks may be better than very hot or very cold ones.
- Add crushed ice to drinks or freeze juice in ice-cube trays – sucking on ice cubes can sooth your mouth. Ice cream can also help.
- Some fruit juices can sting if they are acidic. Try less acidic juices like pear or blackcurrant.
- Drink through a straw.
- Avoid salty or spicy foods – these may sting.
- Avoid rough textured foods such as crusty bread, toast or raw vegetables.
- Keep your food moist with sauces and gravies.
- Taking painkillers before eating can help you swallow more easily.

Dry mouth

Radiotherapy to the head and neck area can damage your salivary glands and cause a dry mouth. Some cancer drugs and other medicines can also make your mouth dry.

What you can do

- Tell your doctor or nurse – they can give you mouthwashes, lozenges, artificial saliva sprays or gels to help.
- Keep a drink with you all the time and sip it often, including when you go to bed or go out. Have sips of water with your meals.
- Avoid alcohol and try to limit drinks with caffeine in.
- Spray your mouth with cool water to keep it moist.
- Suck ice cubes or ice lollies.
- Use sauces and gravies, mayonnaise, butter or extra oil to soften your food.
- Avoid chocolate, pastry, peanut butter and other dry foods if they are hard to eat.
- Try sugar-free chewing gum – this can sometimes increase saliva.
- Use lip balm or Vaseline® on dry lips.
- Tell your nurse if your tongue gets a white coating over it. You may need treatment for this.

Taste changes

Cancer treatment can change your taste and you may no longer enjoy certain foods or find all food tastes the same. These changes do not normally last for very long.

What you can do

- Use spices, herbs and seasoning to flavour food. But be careful if your mouth is sore as some spices and seasonings can make this worse.
- Try having sharp tasting foods, such as fresh fruit and fruit juice. Be careful if your mouth is sore though, as these may hurt your mouth.
- Cold foods may taste better than hot foods.
- Cold meats may taste better with pickle or chutney.
- If you have a metal taste when eating red meat, try white meat, fish, or vegetarian meals using beans and lentils.
- It may also help a metal taste in your mouth if you use plastic, wood or bamboo knives, forks and spoons.
- Fish, chicken and egg meals may taste better when cooked or marinated in a sauce.
- If you no longer like tea or coffee, try fruit or herbal teas, milk or a cold drink.
- Try brushing your teeth before meals.

Chewing and swallowing problems

Some types of cancer and cancer treatments can cause problems with chewing and swallowing. Tell your doctor, nurse, speech and language therapist (SLT) or dietician if you have any problems swallowing. If drinking makes you cough, tell your doctor or nurse straight away.

What you can do

- Taking painkillers 30 minutes before meals may help if it hurts to chew or swallow. Your doctor can give you advice.
- Choose foods that are easy to swallow, such as scrambled egg, tofu or yoghurt or custard.
- Soften foods with sauces or gravy.
- Cook food slowly for a long time to make it softer and blend it to make it easier to eat.
- Chop meat and vegetables into small pieces.
- Cut the crusts off bread.
- If you feel food is getting stuck in your throat, fizzy drinks can help.
- Some meal delivery companies have a choice of soft foods on their menu.
- If you find it hard to eat enough, there are food supplements that you can have as drinks in between meals. Your doctor or dietitian can explain which might be best for you.

Feeling sick, heartburn and indigestion

Feeling sick

Some cancer treatments and other medications, such as painkillers and antibiotics, can make you feel sick. Problems like constipation and liver damage can also cause sickness.

Your doctor can give you anti-sickness drugs to help with sickness. If this does not help, tell your doctor, as there are different types you can try.

What you can do

- Follow the instructions you are given about when and how to take the anti-sickness drugs.
- Dry foods, such as crackers or plain biscuits, can help you to feel less sick first thing in the morning.
- If possible, let someone else cook your meals. Sometimes the smell of cooking can make you feel sick.
- Avoid greasy, fatty or fried foods.
- Try to eat light foods such as thin soups.
- Try eating in a room where there is plenty of fresh air.
- Sit up straight at the table to eat and stay like this for a short time after eating.
- Food or drinks containing ginger or peppermint can help with nausea. You could try ginger or peppermint tea, crystallised ginger, or ginger biscuits.
- Sipping a fizzy drink, such as lemonade, ginger ale, or fizzy water may help.
- Try having drinks between meals rather than with your food.
- Wear acupressure Sea Bands® on your wrists. The bands apply pressure to your wrist. This is thought to change the communication pathways between the brain and stomach that cause nausea and vomiting. You can get them from your pharmacy. Ask your doctor or nurse before using them.
- Relaxation techniques and breathing exercises may help you feel less sick.

Let your doctor know if you have problems pooing (constipation), as this can make you feel sick. You may need some medicine to help.

Heartburn and indigestion

Heartburn is a burning feeling in the chest. Indigestion is an uncomfortable feeling in the upper part of the abdomen (tummy). It usually happens after meals. This may be due to a cancer treatment or another drug irritating the lining of the stomach.

What you can do

- Talk to your doctor, they can give you medicines to help.
- Make a note of foods that make you feel uncomfortable so you can avoid them.
- Avoid chocolate, alcohol, spicy food, fatty food fizzy drinks and chewing gum.
- If you get indigestion at night, avoid eating a meal or drinking tea or coffee for 3 to 4 hours before you go to bed.
- A glass of milk or some yoghurt may relieve symptoms.
- Avoid large meals and eating late at night. Instead, try to eat small meals regularly and eat slowly.
- Rest for 45–60 minutes after you eat. Try not to lie down after a meal.
- Wear loose clothing around your waist.
- Try to stay a healthy weight.
- If you smoke, try to stop or cut down.

Bowel changes that affect your diet

Constipation

Constipation means that you are not able to poo as often as you normally do. It can become difficult or painful for you to poo. Some cancer drugs and other medicines, such as painkillers and some anti-sickness drugs, can cause constipation. Talk to your doctor if you have constipation. They may give you medicines called laxatives.

What you can do

- Eat foods with lots of fibre in. These include fresh fruit and vegetables, wholemeal bread, flour and pasta, whole wheat cereal, muesli, oats, beans, lentils, peas and brown rice.
- Drink lots of fluids, both hot and cold drinks. Try to drink 2 litres each day (3½ pints). This is important if you are eating more fibre.
- Eating prunes and their juice, dried apricots or syrup of figs may help.
- Try gentle exercise, such as walking.

If you have bowel cancer, it is important to talk to your dietitian, doctor or nurse before changing your diet.

Diarrhoea

This is when you need to poo more often than normal, and the poo is softer than normal. If you have a stoma, it may be more active than usual. A stoma is an opening that is made through the tummy (abdominal) wall. It connects the bowel to the surface of the tummy.

Many cancer treatments can cause diarrhoea. It can also be caused by medications such as antibiotics, or by having an infection. Diarrhoea can be a temporary, mild side effect or it can be more severe. Always tell your doctor if you have diarrhoea and if it gets worse.

If you have diarrhoea after surgery for bowel cancer, talk to your doctor or nurse before changing your diet.

What you can do

- Drink lots of fluids (at least 2 litres or 3½ pints each day).
- Eat small meals more regularly, rather than having 3 large meals a day.
- Eat light foods, such as fish, chicken, well-cooked eggs, white bread, pasta and rice.
- Eat your meals slowly.
- Eat less fibre (such as cereals, raw fruits and vegetables) until diarrhoea improves.
- Avoid greasy and fatty foods such as chips and burgers.
- Avoid spicy foods.

If changing what you eat does not help with diarrhoea, you may need to have anti-diarrhoea tablets. It is important to take the tablets exactly as your doctor explains.

Sometimes diarrhoea can be severe. If you have diarrhoea more than 4 times in 24 hours, and if anti-diarrhoea medication has not worked in this time, or if you have diarrhoea during the night contact the hospital straight away.

Wind

Wind can make you feel bloated and make you pass gas. It can be caused by:

- Radiotherapy to the pelvis (lower tummy area)
- Some types of bowel surgery.
- Some types of medicines
- Having constipation.

If you find wind painful, or difficult to cope with, talk to your doctor or nurse.

What you can do

- Eat and drink slowly. Take small mouthfuls and chew food well.
- Avoid beans, pulses, pickles, cabbage, broccoli sweetcorn, onions and fizzy drinks.
- Try adding 2 teaspoons of peppermint water to a glass of warm water. You can sweeten it with honey. Or you could try peppermint tea.
- Your GP can give you peppermint capsules that may help.
- Charcoal tablets may help – you can get some from your pharmacy.
- Gentle exercise, especially walking, can help.
- Try to make sure you poo regularly – wind can be a sign of constipation.

Changes to your appetite and weight

If you find it hard to eat, or you are losing weight, it is important to talk to a dietitian. They can talk to you about ways to put on weight and avoid losing weight.

If you do not feel hungry (poor appetite)

During cancer treatment, you may lose your appetite and not feel hungry. This may be due to feeling sick, food and drink tasting different, or because you feel too tired.

Here are some tips that may help:

- Eat smaller meals but have them more often.
- Keep snacks, such as crisps, nuts, dried fruit, cheese, crackers and yoghurt, with you for when you feel able to eat.
- Serve food on a small plate.
- Eat meals slowly, chew the food well and relax for some time after each meal.
- Have nourishing drinks as well as small meals. You could have a fruit smoothie with yoghurt or ice cream. Or a milkshake made with full fat milk and some cream.
- Drinking a small amount of alcohol just before, or with, food can help your appetite. Check with your doctor that you can have alcohol.
- Your doctor may give you a medicine that can help increase your appetite.

On days when your appetite is better, try to eat as well as you can and enjoy your favourite foods. If you have had treatment for bowel cancer, talk to your dietitian, cancer nurse or doctor about your diet.

Avoiding weight loss

If you are losing weight or finding it hard to eat, you can add extra calories (energy) and protein to your diet without having to eat more food.

- Add full-fat milk, syrup, honey or sugar to breakfasts and desserts.
- Try adding cream or lentils, beans and noodles to casseroles and soups.
- Grated cheese or olive oil can be added to hot soup.
- Cream, cheese and butter can be added to mashed potatoes or sauces.
- Use plenty of butter and add mayonnaise or salad cream in sandwiches.
- Add peanut butter (or other nut spreads), chocolate spread, tahini, honey or jam to bread, toast, crackers and biscuits.

Food supplements

Your doctor may suggest that you have food supplements. These can add extra calories (energy) or protein to your diet. Some are drinks and others are powders that you add to food or drink. You can add them to your everyday foods or have them in addition to your normal diet. In some situations, supplements can be used to replace meals.

There are also some supplement-based foods, such as ready-made puddings.

Your doctor or dietitian may need to prescribe some supplements but others you can buy from the pharmacy or supermarket. You can ask your doctor or dietitian about food supplements. You should only use supplements if they recommend it. It is important to follow the advice of your doctor or dietitian when using high-protein or high-energy supplements.

If you have diabetes, you must get advice from your GP, cancer nurse or dietitian, before you use food supplements.

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 have extra challenges in getting the right support. For example, if you work or have a family you might also have worries about money and transport costs. All of this can be stressful and hard to cope with.

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.

Our expert advisers on the Macmillan Support Line can help with medical questions or be there to listen if you need someone to talk to. We can also talk to you about your money worries and recommend other useful organisations that can help. 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

We may also be able to arrange translations just for you. Email informationproductionteam@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 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 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

You can access it at any time of day or night. You can share your experiences, ask questions, or just read people's posts.

More information in your language

We have information in your language about these topics:

Signs and symptoms of cancer

- Signs and symptoms cards

If you are diagnosed with cancer

- Cancer care in the UK
- Healthcare for refugees and people seeking asylum
- If you are diagnosed with cancer

Types of cancer

- Bowel cancer
- Breast cancer
- Cervical cancer
- Lung cancer
- Prostate cancer

Treatment for cancer

- Chemotherapy
- Radiotherapy
- Sepsis and cancer
- Side effects of cancer treatment
- Surgery

Living with cancer

- Claiming benefits when you have cancer
- Eating problems and cancer
- Healthy eating
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Tiredness (fatigue) and cancer

End of life

- End of life

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

For more support to understand information, go to macmillan.org.uk/understandinginformation

References and thanks

This information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been translated professionally.

The information included is based on our Diet and cancer content available in English on our website.

This information has been reviewed by relevant experts and approved by members of Macmillan's Centre of Clinical Expertise or other senior clinicians or experts.

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 informationproductionteam@macmillan.org.uk

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