Pobl LHDTC+ a chanser: Cymraeg
LGBTQIA+ people and cancer: Welsh

Mae'r wybodaeth hon ar gyfer pobl LHDTC+ sydd â chanser.

Mae LHDTC+ yn cyfeirio at bobl lesbiaidd, hoyw, deurywiol, trawsryweddol, cwiar, rhyngryw ac arywiol. Mae hefyd yn cynnwys atyniadau rhamantus neu rywiol eraill a hunaniaethau rhywedd.

Os ydych yn LHDTC+, efallai y bydd gennych gwestiynau am ganser a'ch triniaeth canser. Efallai y byddwch eisiau cymorth penodol sydd ar gyfer pobl LHDTC+ sydd â chanser.

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

Gallwch hefyd ffonio Cymorth Canser 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:

- **Siarad â'ch tîm gofal iechyd**
- **Cael triniaeth deg**
- **Canser, rhyw a ffrwythlondeb**
- **Canser os ydych chi'n drawsryweddol, yn anneuaidd neu'n rhyngryw**
- **LHDTC+, canser a'ch cymuned**
- **Cael y gofal a'r cymorth cywir i chi**
- **Sut y gall Macmillan eich helpu chi**
- **Mwy o wybodaeth yn Gymraeg**
- **Cyfeiriadau a diolchiadau**

Siarad â'ch tîm gofal iechyd

Eich tîm gofal iechyd yw'r bobl sy'n rhoi triniaeth neu gyngor i chi am eich iechyd. Gallai hyn fod eich meddyg teulu, meddyg canser a nyrsys.

Weithiau gall person yn eich tîm gofal iechyd ofyn i chi ynghylch:

- eich rhywedd – mae hyn yn golygu os ydych yn ddyn, ynfenyw, neu unrhyw hunaniaeth rhywedd arall
- eich rhyw neu rannau atgenhedlu eich corff
- eich bywyd rhywiol neu gyfeiriadedd rhywiol
- eich perthnasau a phwy sy'n bwysig i chi.

Gall yr wybodaeth hon helpu eich tîm gofal iechyd i'ch cefnogi. Mae'n eu helpu i:

- roi'r wybodaeth iechyd gywir i chi
- eich trin mewn ffordd sy'n bersonol i chi
- cefnogi'r bobl sy'n bwysig i chi.

Os nad ydych yn siŵr pam fod angen y wybodaeth hon ar eich tîm gofal iechyd, gallwch ofyn iddynt. Gallant ddweud wrthych pam y gallai hyn fod yn bwysig i'ch cefnogi neu eich trin.

A allaf ddweud wrth fy nhîm gofal iechyd fy mod yn LHDTC+?
Os hoffech i'ch tîm gofal iechyd wybod, gallwch ddweud wrthynt eich bod yn LHDTC+, hyd yn oed os nad ydynt wedi gofyn.

Efallai y byddwch yn dewis gwneud hyn pan fyddwch yn cyfarfod â rhywun o'ch tîm am y tro cyntaf. Neu gallwch benderfynu aros nes i chi ddod o hyd i rywun rydych chi'n teimlo'n gyfforddus gyda nhw.

Mae rhai gweithwyr gofal iechyd proffesiynol yn gwisgo Bathodyn Enfys Balchder y GIG. Mae hyn yn golygu bod y person sy'n ei wisgo yn cefnogi pobl LHDTC+. Efallai y bydd rhai pobl yn eich tîm gofal iechyd yn gwisgo eitemau enfys eraill yn lle hynny. Efallai eu bod yn LHDTC+ neu efallai eu bod am ddangos eu bod yn cefnogi pobl LHDTC+.

Beth arall fedra i ei ddweud wrth fy nhîm gofal iechyd?
Gallwch ddweud wrth eich tîm gofal iechyd am unrhyw beth sy'n bwysig i chi. Gallai hyn gynnwys:

- os oes gennych chi deulu, ffrindiau neu bartner sy'n eich cefnogi
- pwy rydych yn rhoi caniatâd iddynt siarad â nhw am eich gofal
- pa wybodaeth sydd ei hangen arnoch ac nad oes ei hangen arnoch.

Efallai y byddwch am egluro a ydych allan ai peidio. Mae hyn yn golygu a yw pobl eraill yn gwybod eich bod yn LHDTC+ neu a ydych chi'n cadw hyn yn gyfrinach. Dylai eich tîm canser drin yr holl wybodaeth amdanoch yn gyfrinachol. Dim ond pan fydd ei angen ar gyfer eich gofal y dylent rannu gwybodaeth â gweithwyr gofal iechyd proffesiynol eraill.

Cael triniaeth deg

Dylai eich tîm canser eich trin yn deg, pwy bynnag ydych chi. Mae'n groes i'r gyfraith eich trin yn annheg oherwydd eich ethnigrwydd, diwylliant, cyfeiriadedd rhywiol, rhyw neu os ydych chi'n drawsryweddol. Neu oherwydd crefydd neu os oes gennych anabledd.

Os ydych yn teimlo eich bod yn cael eich trin yn annheg, mae yna bethau y gallwch eu gwneud:

- Siaradwch â rhywun o'ch tîm canser, os ydych chi'n teimlo'n ddiogel i wneud hyn. Gall hyn helpu eich tîm i wneud pethau'n iawn. Mae hefyd yn eu helpu i ddysgu a rhoi gwell gofal.
- Siaradwch â rhywun rydych chi'n ymddiried ynddynt. Gall hwn fod yn rhywun agos atoch chi neu weithiwr gofal iechyd proffesiynol yr ydych yn ei adnabod yn dda. Mae yna sefydliadau hefyd y gall pobl LHDTC+ siarad â nhw am gefnogaeth.
- Rhoi adborth neu wneud cwyn i'r GIG. Gallwch roi adborth a gwneud cwyn heb roi eich enw os dymunwch.

Canser, rhyw a ffrwythlondeb

Gall canser a rhai triniaethau canser effeithio ar:

- eich bywyd rhywiol – gall rhai sgîl-effeithiau fod yn fwy o broblem yn dibynnu ar y math o ryw sydd orau gennych
- eich ffrwythlondeb – mae hyn yn golygu eich gallu i feichiogi neu wneud rhywun yn feichiog.

Gall eich meddyg neu nyrs canser ddweud wrthych a allai eich triniaeth canser achosi sgîl effeithiau rhywiol neu broblemau ffrwythlondeb. Gallwch ofyn unrhyw gwestiynau iddynt am ryw neu ffrwythlondeb cyn, yn ystod neu ar ôl triniaeth canser.

Gofal canser os ydych chi'n drawsryweddol, yn anneuaidd neu'n rhyngryw

Dylai eich tîm canser gynnig gofal, cymorth a gwybodaeth i chi sy'n bodloni'ch anghenion. Dylent eich trin fel unigolyn a gweithio gyda chi mewn ffordd sy'n parchu eich preifatrwydd a'ch urddas.

Dylai eich tîm drin yr holl wybodaeth amdanoch yn gyfrinachol bob tro. Efallai y byddant yn rhannu gwybodaeth â gweithwyr gofal iechyd proffesiynol eraill, ond dim ond pan fydd ei angen ar gyfer eich gofal.

Os oes angen i chi aros yn yr ysbyty, dylai eich tîm ofyn ble fyddai'n well gennych aros. Dylai ble rydych chi'n aros roi preifatrwydd i chi a'ch cadw'n ddiogel. Dywedwch wrth eich tîm beth sy'n teimlo'n gyfforddus ac yn iawn i chi.

Os ydych chi'n draws neu'n anneuaidd
Gall fod yn ddefnyddiol i'ch tîm canser wybod y rhywedd a neilltuwyd i chi wrth i chi gael eich geni. Weithiau gall hyn fod yn bwysig. Er enghraifft, ni ddylid defnyddio rhai sganiau yn ystod beichiogrwydd a gallant fod yn niweidiol. Os yw'r rhywedd ar eich cofnod GIG yn wryw ac os oes posibilrwydd y gallech fod yn feichiog, mae'n bwysig bod y person sy'n gwneud y sgan yn ymwybodol o hyn er mwyn eich cadw'n ddiogel.

Mae rhai triniaethau cadarnhau rhywedd a allai effeithio ar driniaeth canser. Mae'n bwysig dweud wrth eich tîm canser os ydych chi wedi cael, neu'n bwriadu cael, unrhyw un o'r canlynol:

- cyffuriau hormonau sy'n gwneud eich corff yn fwy gwrywaidd neu fenywaidd
- llawdriniaeth i wneud pidyn neu fagina (llawdriniaeth cenhedlol)
- llawdriniaeth i dynnu'r bronnau. Gelwir hyn yn lawdriniaeth uchaf neu'n ail-greu brest gwrywaidd.

Os oes angen cyngor ar eich tîm canser ynghylch sut y gall eich gofal canser effeithio ar eich gofal cadarnhau rhywedd, gallai'r **Gwasanaeth Canser a Throsi y DU (UCATS)** helpu. Mae UCATS yn wasanaeth rhad ac am ddim a ddarperir gan weithwyr proffesiynol y GIG ar gyfer pobl unrhyw le yn y DU. Dylai eich tîm canser ofyn am eich caniatâd cyn iddynt gysylltu ag UCATS. Gallwch hefyd gysylltu ag UCATS eich hun.

Os ydych chi'n rhyngryw
Gall bod yn rhyngryw wneud gofal iechyd yn anodd. Efallai eich bod wedi cael triniaethau yn y gorffennol nad oeddech chi eu heisiau. Gall hyn effeithio ar sut rydych chi'n teimlo am ysbytai a meddygon nawr.

Mae'n bwysig bod eich tîm canser yn deall hyn. Dylent weithio gyda chi i gynllunio eich gofal. Mae angen iddynt hefyd ddeall eich corff. Os ydych chi wedi cael llawdriniaeth neu driniaeth hormonau ar gyfer cyflwr rhyngryw yn y gorffennol, gall hyn effeithio ar y gofal canser sydd ei angen arnoch nawr.

Gallwch helpu eich tîm drwy ddweud wrthynt:

- pa eiriau rydych chi'n eu defnyddio i ddisgrifio eich corff
- os oes geiriau neu gwestiynau sy'n eich cynhyrfu
- unrhyw beth sy'n gwneud gofal iechyd yn anodd i chi
- sut y gallant wneud pethau'n haws i chi.

LHDTC+, canser a'ch cymuned

Gall teulu a chymuned fod yn ffynhonnell bwysig o gefnogaeth. Ond i rai pobl LHDTC+, gall hyn fod yn gymhleth. Gall agwedd eich teulu neu'ch cymuned tuag at bobl LHDTC+ neu ganser effeithio ar ba mor hawdd yw hi i ofyn am gymorth.

Efallai na fydd pobl o'ch cwmpas yn sylweddoli sut maent yn effeithio arnoch. Er enghraifft, nid yw rhai teuluoedd neu gymunedau yn siarad am ganser. Mae syniad heb ei leisio bod canser yn rhywbeth preifat neu na ddylid siarad amdano. Gall hyn ei gwneud hi'n anodd siarad am yr hyn sy'n digwydd i chi neu ofyn am gymorth pan fydd ei angen arnoch.

Os ydych chi'n cael trafferth cael cymorth neu'n cael eich trin yn negyddol, ceisiwch siarad â rhywun rydych chi'n ymddiried ynddo. Gallai hyn fod yn ffrind, partner, rhywun rydych chi'n gweithio gydag ef neu grŵp cymorth LHDTC+. Gallech siarad â chwnselydd os byddai hyn yn helpu. Gofynnwch i'ch meddyg teulu, meddyg canser neu nyrs a allant drefnu hyn. Neu ffoniwch ein llinell gymorth am ddim ar **0808 808 00 00** am wybodaeth a chymorth.

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 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 o ran cael y cymorth cywir. Er enghraifft, os ydych chi'n gweithio neu os oes gennych 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 yn unig i chi. E-bostiwch **informationproductionteam@macmillan.org.uk** i ddweud wrthym beth ydych ei angen.

Canolfannau gwybodaeth
Mae ein canolfannau gwybodaeth a chymorth wedi eu lleoli mewn ysbytai, llyfrgelloedd a chanolfannau symudol. Ewch i 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 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.

Mwy o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

Arwyddion a symptomau canser

- Cardiau arwyddion a symptomau

Os cewch ddiagnosis o ganser

- Gofal canser 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 canser

- Cemotherapi
- Radiotherapi
- Sepsis a chanser
- Sgîl-effeithiau triniaeth canser
- 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 LHDTC+ 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 Canser Cymorth Canser Macmillan. Mae wedi'i gyfieithu'n broffesiynol.

Mae'r wybodaeth sydd wedi'i chynnwys yn seiliedig ar ein cynnwys Pobl LHDTC+ a canser 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.

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

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

Adolygwyd y cynnwys: 2025

Adolygiad arfaethedig nesaf: 2028

MAC18794_Welsh_E02

Rydym yn gwneud pob ymdrech i sicrhau bod y 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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LGBTQIA+ people and cancer: English

This information is for LGBTQIA+ people who have cancer.

LGBTQIA+ means lesbian, gay, bisexual, transgender, queer, intersex and asexual people. It also includes other romantic or sexual attractions and gender identities.

If you are LGBTQIA+, you may have questions about cancer and your cancer treatment. You may want specific support that is for LGBTQIA+ people who have cancer.

If you have any questions about this information, ask your cancer team 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 on our website. Visit **macmillan.org.uk/translations**

This information is about:

- Talking to your healthcare team
- Getting fair treatment
- Cancer, sex and fertility
- Cancer if you are transgender, non-binary or intersex
- LGBTQIA+, cancer and your community
- Getting the right care and support for you
- How Macmillan can help you
- More information in your language
- References and thanks

Talking to your healthcare team

Your healthcare team are the people who give you treatment or advice about your health. This could be your GP, cancer doctor and nurses.

Sometimes a person in your healthcare team may ask you about:

- your gender – this means if you are a man, a woman, or any other gender identity
- your sex or reproductive body parts
- your sex life or sexual orientation
- your relationships and who is important to you.

This information can help your healthcare team support you. It helps them:

- give you the right health information
- treat you in a way that is personal for you
- support the people who are important to you.

If you are not sure why your healthcare team need this information, you can ask them. They can tell you why this may be important to support or treat you.

Can I tell my healthcare team I am LGBTQIA+?

If you want your healthcare team to know, you can tell them you are LGBTQIA+, even if they have not asked.

You may choose to do this when you first meet someone from your team. Or you may decide to wait until you find someone you feel comfortable with.

Some healthcare professionals wear an NHS Pride Rainbow Badge. This means the person wearing it supports LGBTQIA+ people. Some people in your healthcare team may wear other rainbow items instead. They may be LGBTQIA+ or they may want to show they support LGBTQIA+ people.

What else can I tell my healthcare team?

You can tell your healthcare team anything that is important to you. This could include:

- if you have family, friends or a partner who support you
- who you give consent for them to talk to about your care
- what information you do and do not need.

You may want to explain whether you are out or not. This means whether other people know you are LGBTQIA+ or if you keep this secret. Your cancer team should treat all information about you confidentially. They should only share information with other healthcare professionals when it is needed for your care.

Getting fair treatment

Your cancer team should treat you fairly, whoever you are. It is against the law to treat you unfairly because of your ethnicity, culture, sexual orientation, sex or if you are transgender. Or because of religion or if you have a disability.

If you feel like you are being treated unfairly, there are things you can do:

- Talk to someone from your cancer team, if you feel safe to do this. This may help your team make things right. It also helps them learn and give better care.
- Talk to someone you trust. This may be someone close to you or a healthcare professional you know well. There are also organisations that LGBTQIA+ people can talk to for support.
- Give feedback or make a complaint to the NHS. You can give feedback and make a complaint without giving your name if you want to.

Cancer, sex and fertility

Cancer and some cancer treatments can affect:

- your sex life – some side effects may be more of a problem depending on the type of sex you prefer
- your fertility – this means your ability to get pregnant or make someone pregnant.

Your cancer doctor or nurse can tell you if your cancer treatment may cause sexual side effects or fertility problems. You can ask them any questions about sex or fertility before, during or after cancer treatment.

Cancer care if you are transgender, non-binary or intersex

Your cancer team should offer you care, support and information that meets your needs. They should treat you as an individual and work with you in a way that respects your privacy and dignity.

Your team should always treat information about you confidentially. They may share information with other healthcare professionals, but only when it is needed for your care.

If you need to stay in hospital, your team should ask where you prefer to stay. Where you stay should give you privacy and keep you safe. Tell your team what feels comfortable and right for you.

If you are trans or non-binary
It can be helpful for your cancer team to know the gender you were assigned at birth. Sometimes this can be important. For example, some scans should not be used during pregnancy and can be harmful. If the gender on your NHS record is male and there is a chance you might be pregnant, it is important that the person doing the scan is aware of this to keep you safe.

There are some gender-affirming treatments that may affect cancer treatment. It is important to tell your cancer team if you have had or plan to have any of the following:
hormone drugs that make your body more male or female
surgery to make a penis or vagina (genital surgery)
surgery to remove the breasts. This is called top surgery or male chest reconstruction.

If your cancer team need advice about how your cancer care may affect your gender-affirming care, the **UK Cancer and Transition Service (UCATS)** can help. UCATS is a free service provided by NHS professionals for people anywhere in the UK. Your cancer team should ask your permission before they contact UCATS. You can also contact UCATS yourself.

If you are intersex
Being intersex can make healthcare difficult. You may have had treatments in the past that you did not want. This may affect how you feel about hospitals and doctors now.

It is important that your cancer team understands this. They should work with you to plan your care. They also need to understand your body. If you have had surgery or hormone treatment for an intersex condition in the past, this may affect the cancer care you need now.

You can help your team by telling them:
- what words you use to describe your body
- if there are words or questions you find upsetting
- anything that makes healthcare difficult for you
- how they can make things easier for you.

LGBTQIA+, cancer and your community
Family and community can be an important source of support. But for some LGBTQIA+ people, this may be complicated. How your family or community feels about LGBTQIA+ people or about cancer, can affect how easy it is to ask for help.

People around you may not realise how they are affecting you. For example, some families or communities do not talk about cancer. There is an unspoken idea that cancer is private or should not be talked about. This can make it difficult to talk about what is happening to you or ask for help when you need it.

If you are struggling to get support or you are being treated negatively, try to talk to someone you trust. This could be a friend, partner, someone you work with or an LGBTQIA+ support group. You could speak to a counsellor if this would help. Ask your GP, cancer doctor or nurse if they can arrange this. Or call our free support line on **0808 808 00 00** for information and support.

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
- LGBTQIA+ 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 LGBTQIA+ people 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.

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

Content reviewed: 2025

Next planned review: 2028

MAC18794_English_E02

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