

## Problemau bwyta a chanser

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

Ceir esboniad o'r geiriau sydd wedi eu tanlinellu yn y rhestr eiriau ar y diwedd. Mae'r rhestr eiriau hefyd yn cynnwys ynganiad y geiriau yn Saesneg.

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

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

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

### Mae'r wybodaeth hon yn trafod:

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## Sut y gall 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 gael effaith arnoch yn fwy. Efallai y bydd problemau'n stopio pan fyddwch chi'n gorffen eich triniaeth, neu weithiau gallant barhau'n hirach.

Siaradwch gyda'ch meddyg cancer, nyrs neu feddyg teulu os oes gennych broblemau gyda bwyta. Gallant roi cyngor a chefnogaeth i chi, a gallant eich cyfeirio at ddietegydd.

### Risg o haint (imiwnedd isel)

Gall cancer a thriniaethau cancer weithiau wanhau eich system imiwnedd. Gelwir hyn yn imiwnedd isel. Mae'n golygu bod mwy o risg i chi ddal haint.

Efallai bydd eich meddyg yn gofyn i chi osgoi bwydydd penodol. Mae hyn i'ch atal rhag cael haint gastrig (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 Gymraeg yn y daflen ffeithiau 'Bwyta'n iach'. Ewch i [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

### Dietau arbenigol

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 allwch 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 nac ychydig o brydau mawr.
- Os ydych chi angen help gyda choginio neu fwyta adref, rhowch wybod i'ch meddyg teulu neu ddietegydd. Gallant drefnu i brydau gael eu danfon atoch i'ch cartref neu rywun i'ch helpu i baratoi prydau yn eich cartref.

### Gofalu am eich ceg

Sgîl-effaith gyffredin triniaeth canser yw problemau gyda'r geg. Mae'n bwysig iawn edrych ar ôl eich ceg yn ystod triniaeth, er mwyn osgoi cael haint.

### Cadw eich ceg yn iach

- Efallai bydd angen i chi weld eich deintydd cyn dechrau'r driniaeth am ganser. Gallant ddweud wrthyhych 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 canser 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. Mae llefrith hefyd yn dda.
- Dilynwch unrhyw gyngor a gewch gan eich meddyg canser neu nyrs ynghylch sut i ofalu am eich ceg.

## Os yw eich ceg yn brifo

- Efallai bydd bwyd a diod lled oer yn well na rhai poeth iawn neu oer iawn.
- Ychwanegwch rew mâl at ddiodydd neu gwnewch dalpiau rhew gyda sudd – gall sugno ar giwbiau rhew leddfu eich ceg. Gall hufen iâ helpu hefyd.
- Gall rhai suddion ffrwythau losgi os ydynt yn asidaidd. Rhowch gynnig ar suddion llai asidaidd 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 crysiog, tost neu lysiau amrwd.
- Cadwch eich bwyd yn llaith gyda sawsiau a grefi.
- Gall cymryd poenladdwyr cyn bwyta eich helpu i lyncu'n haws.
- Os yw eich ceg yn ddolurus, rhowch wybod i'ch meddyg neu nyrs. Gallant wirio os oes gennyh chi haint yn eich ceg.
- Gall eich meddyg ragnodi gel neu olch ceg cryfach. Gwiriwch gyda'ch meddyg neu nyrs canser 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.

## Problemau'r geg a'r gwddf

### 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 hefyd wneud eich ceg yn sych.

### Beth allwch 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 chymrwch lymed yn aml, gan gynnwys pan ewch i'r gwely neu pan ewch allan. Cymerwch lymediau o ddŵr gyda'ch prydau.
- Chwistrellwch eich ceg gyda dŵr oer i'w chadw'n wlyb.
- Sugnwch ar dalpiau rhew neu lolipops rhew.
- Defnyddiwch sawsiau a grefi i feddalu eich bwyd.
- Dylech osgoi siocled, toesenni, menyngau 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.

## **Newidiadau blas**

Gall triniaeth canser newid eich blas mewn sawl ffordd. Fel arfer ni fydd y newidiadau hyn yn parhau'n hir iawn.

### **Beth allwch chi ei wneud**

- Defnyddiwch sbeisys, perlaysiau 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 yn eich ceg, defnyddiwch gyllyll, ffyrac a llwyau plastig.
- Gall prydau pysgod, cyw iâr ac wyau flasau'n well pan maent wedi eu coginio neu eu marineiddio mewn saws.
- Os oes gennych flas metel wrth fwyta cig coch, rhowch gynnig ar gig gwyn, pysgod neu brydau llysiuol gan ddefnyddio ffa a chorbys.
- 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 ddietydd 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 allwch chi ei wneud**

- Gallai cymryd poenladdwyr 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 wŷy wedi sgramblo neu iogwrt.
- Meddalwch fwydydd gyda sawsiau neu greffi.
- 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 llysiu 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 danfon bwydydd ddewis o ddiodydd ysgafn ar eu bwydlen.
- Os ydych chi'n cael anhawster bwyta digon, mae yna ategolion bwyd y medrwrch eu cael fel diod rhwng prydau.

# 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 canser 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 allwch chi ei wneud

- Dilynwch y cyfarwyddiadau a roddir i chi am bryd 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.
- Gwnewch yn siŵr bod digon o awyr iach o'ch cwmpas pan fyddwch yn bwyta.
- Eisteddwch i fyny wrth y bwrdd i fwyta, a pheidiwch â gorwedd am o leiaf 30 munud wedi bwyta.
- Gall bwyd neu ddiod gyda sinsir ynddo helpu.
- Mae rhai pobl yn canfod bod te mintys yn helpu. Ceisiwch ychwanegu llwy de o fêl os ydych eisiau blas mwy melys.
- 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® ar eich arddyrnau. Gallwch eu cael o'ch fferyllfa
- Gall technegau ymlacio eich helpu i deimlo'n llai sâl.

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

## Dŵr poeth a chamdreuliad

Gall rhai triniaethau canser a chyffuriau eraill boeni'r stumog. Dŵr poeth yw teimlad o losgi yn y frest. Camdreuliad yw teimlad anghyfforddus yn rhan uchaf yr abdomen (bol). Mae'n digwydd fel arfer wedi prydau.

## Beth allwch chi ei wneud

- Siaradwch â'ch meddyg, gallai roi meddyginiaethau i helpu.
- Gwnewch nodyn o ba fwydydd sy'n gwneud i chi deimlo'n anghyfforddus fel y gallwch eu hosgoi.
- Dylech osgoi siocled, alcohol, bwydydd sbeislyd, bwydydd brasterog a had anis.
- Ceisiwch osgoi prydau mawr a bwyta'n hwyr yn y nos.
- Bwyteuoch brydau rheolaidd yn araf.
- Gorffwyswch am 45–60 munud wedi i chi fwyta. Ceisiwch beidio 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

Pan mae'n anodd neu'n boenus i gael 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 i chi o'r enw carthyddion.

### Beth allwch chi ei wneud

- Bwyteuoch fwyd gyda llawer o ffibr ynddynt. Mae'r rhain yn cynnwys ffrwythau a llysiau ffres, bara, blawd 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 syrop ffigys helpu.
- Gall ymarfer ysgafn, fel cerdded, helpu.

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.

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

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

### **Beth allwch chi ei wneud**

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

Os nad yw newid yr hyn a fwyteuach 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 bydd gennych ddolur rhydd fwy na 4 gwaith mewn 24 awr, neu os bydd gennych ddolur rhydd yn ystod y nos, cysylltwch â'r ysbyty ar unwaith.

### **Gwynt**

Gall radiotherapi i'r pelfis (ar ardal gwaelod y bol) a rhai mathau o lawdriniaeth ar y coluddyn achosi gwynt. Gall rhai mathau o feddyginiaethau a chael rhwymedd hefyd achosi gwynt.

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

### **Beth allwch chi ei wneud**

- Yfwch a bwyteuach yn araf. Cymerwch gegaid fach a chnoi bwyd yn dda.
- Dylech osgoi ffa, corbys, picls, 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 capsïwlau 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 byddwch yn colli eich archwaeth a ddim 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:

- Bwyteuoch 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.
- Bwyteuoch fwyd ar blât bach.
- Bwyteuoch brydau yn araf, cnowch y bwyd yn dda ac ymlaciwch am beth amser ar ôl bob pryd.
- Os na allwch fwyta pryd, gallech gael smwddi ffrwythau gydag iogwrt neu hufen iâ. Neu ysgytlaeth neu siocled poeth, gyda llefrith braster llawn ac ychydig o hufen. (Gweler ategolion bwyd isod).
- Gall yfed ychydig bach o alcohol yn syth cyn, neu gyda, bwyd helpu eich archwaeth. Holwch eich meddyg i weld a fedrwyd 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'n dda a bwyta'ch hoff brydau.

Os ydych wedi cael triniaeth am ganser y coluddyn, siaradwch â'ch dietegydd, nyrs neu feddyg canser am eich diet.

### Dylech 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.

## Ategolion bwyd

Efallai bydd eich meddyg yn awgrymu eich bod yn cael ategolion bwyd (ategolion maeth). Gall y rhain ychwanegu caloriau (egni) ychwanegol neu protein i'ch diet. Mae rhai yn ddiodydd ac eraill yn bowdrau y gallwch ychwanegu i'ch bwyd neu ddiod. Mae yna hefyd rai bwydydd, fel pwdinau parod.

Efallai bydd eich meddyg neu ddietydd angen rhagnodi rhai ategolion, ond gallwch brynu eraill o'r fferyllfa neu'r archfarchnad. Gallwch ofyn i'ch meddyg neu ddietegydd am ategolion bwyd. Dim ond os ydynt yn argymhell i chi wneud hynny y dylech ddefnyddio ategolion.

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

## Sut y gall Macmillan eich helpu chi

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

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

## Rhestr eiriau

Gair Cymraeg	Yn Saesneg	Sut i'w ddweud yn Saesneg (trawslythreniad o'r gair Saesneg)	Ystyr
Archwaeth	Appetite	Ap-yt-eit	Pan fyddwch yn teimlo eich bod eisiau bwyd.
Ategolion bwyd	Food supplements	Ffwd syp-le-mynts	Diodydd, powdrau neu fwydydd y gellir eu hychwanegu at eich diet i gynyddu faint o <u>galoriau</u> , <u>protein</u> neu <u>faetholion</u> rydych yn eu cael.
Caloriau	Calories	Calo-rîs	Caloriau yw'r unedau o egni mewn bwyd. Mae'ch corff angen egni o fwyd i weithredu.
Camdreuliad	Indigestion	In-di-jesh-jon	Poen neu anesmwythdra yn rhan uchaf y bol. Gall ddigwydd pan fydd asid y stumog yn poeni leinin y stumog. Mae'n digwydd yn bennaf wedi prydu.
Cemotherapi	Chemotherapy	Ci-mo-ther-ypi	Triniaeth canser sy'n defnyddio cyffuriau i ladd celloedd canser.
Chwarennau poerol	Salivary glands	Salaifyri glands	Chwarennau o amgylch y geg sy'n cynhyrchu <u>poer</u> .
Diabetes	Diabetes	Dai-y-bî-tîs	Cyflwr ble mae lefel y siwgr yn y gwaed yn rhy uchel gan nad yw'r corff yn ei ddefnyddio yn iawn.
Dietegydd	Dietitian	Dai-y-tish-iyn	Arbenigwr mewn bwyd a maeth. Gall ddweud wrthy ch pa fwydydd sydd orau i chi. Gallant hefyd roi cyngor i chi os oes gennych broblemau gyda'ch diet.
Dŵr poeth	Heartburn	Hart-byrn	Dŵr poeth yw teimlad o losgi

			yn y frest. Gall fod yn boenus iawn. Mae'n digwydd pan fydd asid o'r stumog yn aflonyddu ar leinin yr <u>oesoffagws</u> (pibell fwyd).
Gwrthfotigau	Antibiotics	Anti-baiotics	Meddyginiaethau sy'n trin <u>haint</u> .
Haint	Infection	In-ffec-shyn	Pan fo bacteria yn mynd i'ch corff ac yn achosi salwch.
Imiwnedd isel	Low immunity	Low imiwniti	Pan nad yw <u>system imiwnedd</u> eich corff yn gweithio'n iawn. Mae'n golygu bod mwy o risg i chi ddal <u>haint</u> .
Maetholion	Nutrients	Niwtrients	Sylweddau mewn bwyd mae eich corff eu hangen i barhau i weithio'n iawn a chadw'n iach.
Oesoffagws	Oesophagus	Osoffagys	Y tiwb sy'n mynd o'r geg i'r stumog. Mae bwyd yn pasio ar ei hyd pan fyddwch yn bwyta. Mae hefyd yn cael ei alw yn llwnc neu'n beipen fwyd.
Poer	Saliva	Salaifa	Hylif mae eich corff yn ei gynhyrchu ac yn ei ryddhau i'ch ceg. Mae'n helpu cadw eich ceg yn iach a llaith. Mae hefyd yn helpu gyda chnoi, llyncu a <u>threulio</u> . Fe'i gelwir yn salifa hefyd.
Protein	Protein	Protîn	Sylwedd mewn bwyd sy'n bwysig ar gyfer diet iach. Mae ein corff angen protein i weithio, tyfu a thrwsio ei hun.
Radiotherapi	Radiotherapy	Rei-dio ther-api	Triniaeth cancer sy'n defnyddio pelydrau ynni uchel, megis pelydrau X, i ladd celloedd cancer.
Rhwymedd	Constipation	Con-sti-pe-shyn	Pan mae'n anodd neu'n boenus gwagio eich coluddyn

			(cael pŵ). Efallai na fyddwch yn mynd mor aml, neu efallai bod eich pŵ yn galed a lympiog.
System imiwneidd	Immune system	Im-iwn sis-tem	Eich system imiwneidd yw dull eich corff chi o'ch amddiffyn rhag bacteria niweidiol a <u>haint</u> .
Treuliad	Digestion	Dai-jesjyn	Sut mae eich corff yn torri i lawr y bwyd a fwyteuach a chael <u>maetholion</u> ohono.
Therapydd iaith a lleferydd	Speech and language therapist	Spîch and lang-wej thêr-a-pist	Rhywun sy'n gallu'ch helpu os oes gennych broblemau gyda lleferydd a llyncu.
Therapi targedig	Targeted therapy	Tar-get-ud therapi	Triniaeth canser sy'n defnyddio cyffuriau sy'n targedu ac ymosod ar gelloedd canser.

## Rhagor o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

<b>Mathau o ganser</b>	<b>Ymdopi â chanser</b>
<ul style="list-style-type: none"><li>• Canser y fron</li><li>• Canser y coluddyn mawr</li><li>• Canser yr ysgyfaint</li><li>• Canser y brostad</li></ul>	<ul style="list-style-type: none"><li>• Os cewch ddiagnosis o ganser – canllaw cyflym</li><li>• Problemau bwyta a chanser</li><li>• Diwedd oes</li><li>• Cymorth ariannol - budd-daliadau</li><li>• Cymorth ariannol – help gyda chostau</li><li>• Bwyta'n iach</li><li>• Blinder a chanser</li><li>• Sgîl-ffeithiau triniaeth canser</li><li>• Yr hyn y gallwch ei wneud i helpu'ch hun</li></ul>
<b>Triniaethau</b> <ul style="list-style-type: none"><li>• Cemotherapi</li><li>• Radiotherapi</li><li>• Llawfeddygaeth</li></ul>	

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

### Siaradwch â ni yn Gymraeg

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

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

## Cyfeiriadau a diolchiadau

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

Mae'r wybodaeth hon yn seiliedig ar lyfryn Macmillan Welsh. Gallwn anfon copi atoch chi, ond mae'r llyfryn llawn ar gael yn Saesneg yn unig.

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

Diolch hefyd i'r bobl y mae cancer wedi effeithio arnynt a adolygodd yr wybodaeth hon.

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

MAC15753\_Welsh

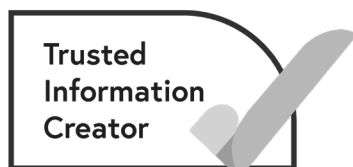
Adolygwyd y cynnwys: 2020

Adolygiad arfaethedig nesaf: 2023

Rydym yn gwneud pob ymdrech i sicrhau bod yr wybodaeth a ddarperir gennym yn gywir, ond ni ddylid dibynnu arni i adlewyrchu cyflwr presennol ymchwil feddygol, sy'n newid o hyd. Os ydych chi'n poeni am eich iechyd, siaradwch â'ch meddyg. Ni all Macmillan fod yn gyfrifol am unrhyw golled neu ddifrod sy'n deillio o unrhyw gamgymeriad yn yr wybodaeth hon na gwybodaeth trydydd parti fel gwybodaeth ar wefannau rydym yn rhoi dolenni atyn nhw.

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MAC15753\_Welsh



Patient Information Forum

## Eating problems and cancer

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

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

If you have any questions about this information, ask your doctor, nurse or dietitian 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 other languages at [macmillan.org.uk/translations](http://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
- How Macmillan can help you
- Word list
- More information in [\[language\]](#)
- References and thanks



## How cancer 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 doctor, nurse or GP if you have problems with eating. They can give you advice and support and they can refer you to a dietitian.

### Risk of infection (low immunity)

Cancer and cancer treatments can sometimes weaken your immune system. This is called having low immunity. It means you are more at risk of getting an infection.

Your doctor may ask you to avoid certain foods. 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 [language] in the factsheet 'Healthy eating.' Visit [macmillan.org.uk/translations](http://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 a few big meals.
- If you need help at home with cooking or eating, tell your GP or dietitian. They can arrange for meals to be delivered to your home, or someone to help prepare meals at home.

## Looking after your mouth

A common side effect of cancer treatment is mouth problems. It is very important to look after your mouth during treatment, to avoid getting an infection.

### 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 cancer 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. Milk is also good.
- Follow any advice from your cancer doctor or nurse about how to care for your mouth.

### If you have a sore mouth

- 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.
- If you have a sore mouth, tell your doctor or nurse. They can check if you have a mouth infection.
- Your doctor can prescribe a gel or stronger mouthwash. Check with your cancer 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.

## Mouth and throat problems

### 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.
- Spray your mouth with cool water to keep it moist.
- Suck ice cubes or ice lollies.
- Use sauces and gravies 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.

### Taste changes

Cancer treatment can change your taste in different ways. These changes normally do not 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 in your mouth, use plastic knives, forks and spoons.
- Fish, chicken and egg meals may taste better when cooked or marinated in a sauce.
- If you have a metal taste when eating red meat, try white meat, fish, or vegetarian meals using beans and lentils.
- 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 (SALT) 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 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 or yoghurt.
- 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.

## **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 cancer 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.
- Have some fresh air around you when you eat.

- Sit up straight at the table to eat and stay like this for at least 30 minutes after eating.
- Food or drink with ginger in it can help.
- Some people find peppermint tea helps. Try adding a teaspoon of honey if you prefer a sweeter taste.
- 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 Sea Bands® on your wrists. You can get them from your pharmacy
- Relaxation techniques may help you feel less sick.

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

### **Heartburn and indigestion**

Some cancer treatments and other drugs can irritate the stomach. 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.

### **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 and aniseed.
- Avoid large meals and eating late at night.
- Eat regular meals 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**

This is when you find it difficult or painful 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.
- Gentle exercise, such as walking, can help.

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.

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 cancer 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 large meals.
- 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).
- 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, or have diarrhoea during the night, contact the hospital straight away.

## Wind

Radiotherapy to the pelvis (lower tummy area) and some types of bowel surgery may cause wind. Some types of medicines, and having constipation can also cause wind.

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

## What you can do

- Eat and drink slowly. Take small mouthfuls and chew food well.
- Avoid beans, pulses, pickles, 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.
- If you cannot eat a meal, you could have a fruit smoothie with yoghurt or ice cream. Or a milkshake or hot chocolate, made with full fat milk and some cream. (See food supplements below).
- 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 well and have 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 (nutritional 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. There are also some foods, such as ready-made puddings.

Your doctor or dietician 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.

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

## **How Macmillan can help you**

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

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



## Word list

Word	In English	How to say in English	Meaning
	Antibiotics		Medicine that treats an <u>infection</u> .
	Appetite		When you feel you want to eat food.
	Calories		Calories are the amount of energy contained in food. Your body needs energy from food to function.
	Chemotherapy		A cancer treatment that uses drugs to kill cancer cells.
	Constipation		When you find it difficult or painful to empty your bowels (poo). You might not be going as often as usual, or your poo might be hard and lumpy.
	Diabetes		A condition where the amount of sugar in the blood is too high because the body does not use it properly.
	Dietitian		An expert in food and nutrition. They can tell you which foods are best for you. They can also give you advice if you have problems with your diet.
	Digestion		How your body breaks down the food you eat and gets <u>nutrients</u> from it.
	Food supplements		Drinks, powders or foods that can be added to your diet to increase the amount of <u>calories</u> , <u>protein</u> or <u>nutrients</u> you are getting.
	Heartburn		Heartburn is a burning feeling in the chest. It can be very painful. It happens when acid from the stomach irritates the lining of your the <u>oesophagus</u>

			(food pipe).
	Immune system		Your immune system is your body's way of protecting you from harmful bacteria and <u>infections</u> .
	Indigestion		Pain or discomfort in the upper part of the tummy. It can happen when stomach acid irritates the lining of the stomach. It happens mostly after meals.
	Infection		When bacteria gets into your body and causes an illness.
	Low immunity		When your body's <u>immune system</u> is not working properly. It means you are more at risk of getting an <u>infection</u> .
	Nutrients		Substances in food that your body needs to keep working properly and stay healthy.
	Oesophagus		The tube that goes from the mouth in to the stomach. Food passes down it when you eat. It's also called the gullet or food pipe.
	Protein		A substance found in food that is important in a healthy diet. Our body needs protein to function, grow and repair itself.
	Radiotherapy		A cancer treatment that uses high-energy rays, such as x-rays, to kill cancer cells.
	Saliva		A liquid your body produces and releases into the mouth. It helps keep your mouth healthy and moist. It also helps with chewing, swallowing and <u>digestion</u> . It is also called spit.

	Salivary glands		Glands around the mouth that produce <u>saliva</u> .
	Speech and language therapist		Someone who can help if you have problems with speech and swallowing.
	Targeted therapy		A cancer treatment that uses drugs that target and attack cancer cells.

## More information in other languages

We have information in other languages about these topics:

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

### Speak to us in another language

You can call Macmillan free on **0808 808 00 00** and speak to us in another language through an interpreter. Please tell us in English which language you need. You can talk to us about your worries and medical questions.

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

## References and thanks

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

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

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

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

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

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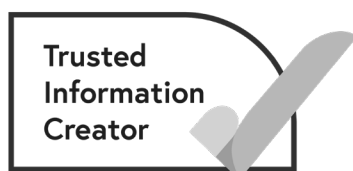
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