

Os cewch ddiagnosis o ganser

Mae'r wybodaeth hon yn ymwneud â'r hyn i'w ddisgwyl pan fyddwch yn darganfod fod gennych ganser, a ble i gael cymorth a chefnogaeth.

Mae diagnosis yn golygu darganfod os oes gennych salwch ai peidio. Gall cael diagnosis bod gennych ganser fod yn sioc fawr. Efallai bydd gennych lawer o wahanol emosiynau. Mae llawer o bobl yn cael eu trin yn llwyddiannus neu'n gallu byw â chanser am lawer o flynyddoedd. Mae llawer o bobl a gwasanaethau a all eich cefnogi.

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

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

Mae yna ragor o wybodaeth ar ganser mewn ieithoedd eraill ar macmillan.org.uk/translations

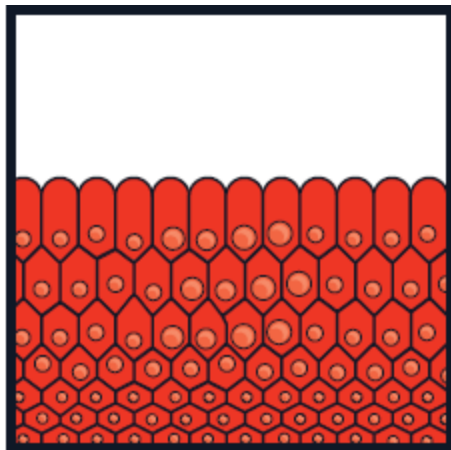
Mae'r wybodaeth hon yn trafod:

- Beth yw canser?
- Beth sy'n digwydd wedi diagnosis?
- Os ydych yn LHDTC+
- Gweithwyr iechyd a gofal cymdeithasol y gallech eu cwrdd
- Sut caiff triniaeth ei chynllunio
- Y prif driniaethau canser
- Siarad â'ch tîm gofal iechyd
- Ymdopi â chanser
- Cael y gofal a'r cymorth cywir i chi
- Sut y gall Macmillan eich helpu chi
- Mwy o wybodaeth yn Gymraeg
- Cyfeiriadau a diolchiadau

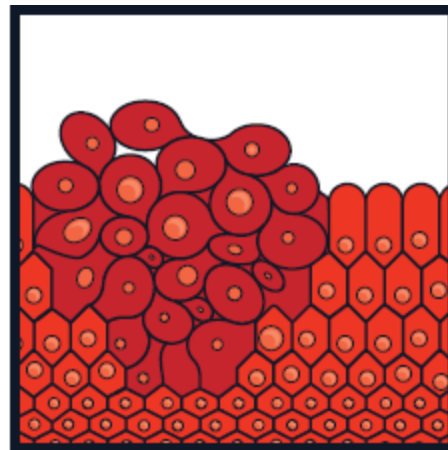
Beth yw cancer?

Mae cancer yn cychwyn mewn celloedd yn ein corff. Celloedd yw'r blociau adeiladu bychain sy'n ffurfio'r organau a meinwe yn y corff. Mae celloedd yn cael negeseuon gan y corff sy'n dweud wrthynt pa bryd i dyfu, a pha bryd i rannu i wneud celloedd newydd. Dyma sut mae ein cyrff yn tyfu ac yn gwella. Gall celloedd fynd yn hen, eu difrodi neu nad oes eu hangen mwyach. Pan fydd hyn yn digwydd, mae'r gell yn cael neges gan y corff i stopio gweithio a marw.

Weithiau gall y negeseuon hyn fynd o chwith, a daw'r gell yn annormal. Gall y gell annormal barhau i rannu gan wneud mwy a mwy o gelloedd annormal. Gall y rhain ffurfio lwmp a elwir yn diwmor.



Celloedd normal



Celloedd sy'n ffurfio tiwmor

Nid yw pob tiwmor yn ganser. Gall lwmp nad yw'n ganser (tiwmor anfalaen) dyfu, ond ni all ledaenu i unrhyw ran arall o'r corff. Mae ond yn achosi problemau fel arfer os yw'n tyfu ac yn pwyso ar organau cyfagos.

Gelwir tiwmor sy'n ganser yn diwmor malaen. Gall dyfu i feinwe cyfagos. Gall hefyd ledaenu o amgylch y corff os bydd celloedd cancer yn torri i ffwrdd ac yn teithio trwy'r gwaed neu'r system lymffatig. Rhwydwaith o bibellau a chwarennau drwy'r corff yw'r system lymffatig.

Gelwir celloedd cancer sy'n lledaenu a datblygu i diwmor rhywle arall yn y corff yn ganser eilaidd neu fetastasis. Mae rhai mathau o ganser yn dechrau o gelloedd gwaed. Gall celloedd annormal gronni yn y gwaed, ac weithiau ym mêr yr esgyrn. Mêr yr esgyrn yw lle mae celloedd gwaed yn cael eu gwneud. Weithiau gelwir y mathau hyn o ganser yn ganserau gwaed.

Beth sy'n digwydd wedi diagnosis?

Ar ôl cael diagnosis o ganser, byddwch yn cyfarfod â meddyg neu nyrs canser i siarad am eich cynllun triniaeth. Byddant yn rhoi gwybodaeth i chi i'ch helpu i wneud penderfyniad am y driniaeth rydych ei heisiau. Dylech gael y wybodaeth mewn iaith a fformat y gallwch ei ddeall.

Bydd y meddyg neu'r nyrs hefyd yn esbonio pryd y gall eich triniaeth ddechrau. Gallant siarad â chi am unrhyw gymorth sydd ei angen arnoch. Efallai y bydd angen i chi gymryd rhai profion neu sganiau ychwanegol i ddysgu mwy am y canser.

Os ydych yn LHDTC+

Mae LHDTC+ yn golygu pobl lesbiaidd, hoyw, deurywiol, trawsrywiol a cwiar. Mae hefyd yn cynnwys atyniadau rhamantus neu rywiol eraill a hunaniaethau rhywedd.

Nid oes rhaid i chi ddweud wrth eich meddyg canser neu nyrs os ydych yn LHDTC+. Ond gall fod yn rhan bwysig o bwy ydych chi. Fe allai helpu eich tîm canser i roi'r wybodaeth a'r gefnogaeth gywir i chi a'r bobl sy'n agos atoch.

Gallwch ddweud wrth eich tîm canser am unrhyw beth sy'n bwysig i chi. Os oes rhywbeth yr ydych yn poeni amdano, dywedwch wrthynt er mwyn iddynt allu helpu.

Dylai eich tîm drin yr holl wybodaeth amdanoch yn gyfrinachol. Dim ond pan fydd ei angen ar gyfer eich gofal y byddant efallai'n rhannu gwybodaeth â gweithwyr gofal iechyd proffesiynol eraill. Ni ddylent rannu eich cyfeiriadedd rhywiol neu statws trawsrywiol (traws) heb eich caniatâd.

I gael rhagor o wybodaeth am fod yn LHDTC+ a chael canser, gweler ein taflen ffeithiau 'Pobl LHDTC+ a chanser' yn eich iaith chi yn [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

Gweithwyr iechyd a gofal cymdeithasol y gallech eu cwrdd

Pan fydd canser arnoch, byddwch yn cyfarfod llawer o wahanol weithwyr iechyd a gofal cymdeithasol proffesiynol.

Eich prif gyswllt

Dylai fod gennych brif berson cyswllt yn eich tîm gofal iechyd. Efallai y byddan nhw'n cael eu galw'n weithiwr allweddol ac maen nhw fel arfer yn nyrs arbenigol. Byddwch yn cael eu henw a'u manylion cyswllt. Os oes gennych chi gwestiynau neu os oes angen cyngor arnoch, gallant helpu.

Yn eich ardal leol

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

- **Meddyg Teulu** – Mae eich Meddyg Teulu yn feddyg sy'n trin cyflyrau iechyd cyffredinol. Mae meddygon teulu fel arfer yn gweithio mewn canolfan leol. Yn Saesneg, gall y math hwn o ganolfan gael enwau gwahanol. Gellir ei alw'n GP practice, GP surgery neu medical centre. Gallant eich helpu i reoli symptomau a sgil effeithiau a threfnu i chi weld arbenigwyr os oes angen. Gallant drefnu gwasanaethau i'ch helpu chi yn eich cartref a siarad gyda chi am unrhyw benderfyniadau triniaeth sydd angen i chi eu gwneud.
- **Nyrsys cymuned ac ardal** – Gall y nyrsys hyn ymweld â chi yn eich cartref a rhoi gofal a chefnogaeth i chi ac unrhyw un sy'n gofalu amdanoch. Gall eich meddyg teulu gysylltu â nhw **i chi**.
- **Nyrs practis** – Mae gan rai meddygfeydd nyrsys sy'n gweithio ar y cyd â meddygon teulu. Gall nyrs practis helpu egluro pethau i chi a gallai wneud pethau fel cymryd profion gwaed neu roi rhwymynnau ar glwyfau.

Tîm ysbyty

Yn yr ysbyty, bydd tîm amlddisgyblaethol (MDT) yn rheoli eich triniaeth a gofal. Mae hyn yn grŵp o weithwyr iechyd a gofal cymdeithasol proffesiynol. Gall y grŵp gynnwys rhai neu bob un o'r bobl hyn:

- **Llawfeddyg** – meddyg sy'n cyflawni llawdriniaethau.
- **Oncolegydd** – meddyg sy'n trin canser.
- **Hematolegydd** – meddyg sy'n trin problemau gwaed.
- **Radiolegydd** – meddyg sy'n edrych ar belydrau-x a sganiau.
- **Nyrs glinigol arbenigol (CNS)** – nyrs sy'n rhoi gwybodaeth a chymorth yn ystod triniaeth.
- **Meddyg gofal lliniarol** – meddyg sy'n helpu gyda rheoli symptomau a gofal diwedd oes.

Efallai y bydd pobl eraill yn y tîm yn dibynnu ar y math o ganser sydd gennych.

Gwasanaethau cymdeithasol a sefydliadau gwirfoddol

Os ydych chi angen help gartref, er enghraifft i ymolchi, gwisgo, glanhau neu siopa, siaradwch gyda'ch meddyg teulu neu brif gyswllt. Gallant eich cyfeirio at weithiwr cymdeithasol. Gall gweithiwr cymdeithasol eich helpu gyda phroblemau ymarferol ac ariannol. Efallai y bydd yna sefydliadau eraill yn eich ardal a allai helpu.

Sut caiff triniaeth ei chynllunio

Bydd eich tîm amlddisgyblaethol (MDT) yn trafod yr opsiynau triniaeth sydd orau i chi yn eu barn nhw. Byddant yn meddwl am:

- y math o ganser
- maint y canser a p'un a yw wedi lledaenu
- eich iechyd cyffredinol
- unrhyw ganllawiau triniaeth
- eich dewisiadau a beth sy'n bwysig i chi.

Ar ôl hyn, byddwch fel arfer yn cyfarfod â'ch meddyg canser a'ch nyrs i siarad am eich opsiynau triniaeth. Ni ellir rhoi unrhyw driniaeth feddygol heb eich cydsyniad neu ganiatâd. Os ydych yn defnyddio iaith arall, dylent gynnig:

- **Dehonglydd proffesiynol** - Mae dehonglwyr yn cyfieithu popeth y mae eich meddyg yn ei ddweud wrthy, a phopeth yr hoffech ei ddweud yn ôl. Os hoffech gael dehonglydd, dywedwch wrth eich meddygfa neu'ch ysbyty cyn gynted â phosibl. Dylai'r GIG ddefnyddio dehonglwyr proffesiynol bob amser, yn hytrach na'ch teulu neu ffrindiau. Mae hyn yn golygu y gall eich teulu ganolbwyntio ar fod yno i'ch cefnogi i wneud penderfyniad. Mae hefyd yn golygu bod llai o risg o gael gwybodaeth bwysig yn anghywir.
- **Gwybodaeth iechyd wedi'i chyfieithu** - Dylai eich tîm gofal iechyd roi gwybodaeth ysgrifenedig i chi am wasanaethau iechyd a gofal mewn iaith a fformat rydych chi'n ei ddeall.

Mae'r gwasanaethau hyn am ddim yn y GIG.

Gallwch hefyd fynd â rhestr o gwestiynau yr ydych am eu gofyn i'ch apwyntiad. Os yw'n ddefnyddiol, gallwch ysgrifennu'r atebion fel eich bod yn eu cofio.

Gwneud penderfyniadau am driniaeth

Mae eich tîm yn rhoi gwybodaeth a chymorth i chi i'ch helpu i wneud penderfyniad am eich cynllun triniaeth. Efallai y bydd angen mwy nag 1 cyfarfod arnoch cyn penderfynu. Gall triniaethau canser fod yn gymhleth, ac mae'n anodd deall gwybodaeth newydd pan fyddwch chi'n bryderus. Os nad ydych yn deall, gofynnwch i'ch meddyg neu nyrs i'w esbonio eto.

Efallai y bydd mwy nag un driniaeth bosibl. Efallai y bydd eich meddyg yn cynnig dewis i chi. Cyn i chi benderfynu beth sy'n iawn i chi, mae'n bwysig deall:

- beth mae pob triniaeth yn ei olygu
- y sgîl-ffeithiau posibl
- manteision ac anfanteision pob triniaeth.

Gall hyn fod yn llawer i feddwl amdano. Fel arfer gallwch chi gymryd peth amser i feddwl am bethau. Efallai na fydd hyn yn bosibl os oes gennych ganser sydd angen ei drin ar frys.

Y prif driniaethau cancer

Efallai mai nod eich triniaeth fydd gwella'r cancer, neu ei reoli neu leddfu ei symptomau.

Bydd y math o driniaeth a gewch yn dibynnu ar y math o ganser a'ch sefyllfa. Efallai y byddwch yn derbyn mwy nag un driniaeth. Gall triniaethau ar gyfer cancer gynnwys:

- **llawfeddygaeth** – mae'r cancer yn cael ei dynnu mewn llawdriniaeth
- **radiotherapi** – defnyddir pelydrau X ynni uchel i ddinistrio celloedd cancer mewn rhan o'r corff
- **cyffuriau cancer** – defnyddir gwahanol fathau o gyffuriau i ddinistrio celloedd cancer drwy'r corff. Gall y rhain gynnwys cyffuriau o'r enw cemotherapi, therapi wedi'i dargedu neu imiwnotherapi.
- **therapiau hormonaidd** – mae cyffuriau sy'n newid gweithgaredd hormonau yn y corff yn cael eu defnyddio i arafu neu atal y cancer rhag tyfu.

Treialon clinigol

Mae treialon clinigol yn fath o ymchwil feddygol sy'n cynnwys pobl. Maent yn dangos pa driniaethau sydd fwyaf effeithiol a diogel. Gall treial gynnwys profi cyffur newydd neu brofi ffordd newydd o roi triniaeth.

Os oes yna unrhyw dreialon y gallwch gymryd rhan ynddynt, bydd eich meddyg yn eu trafod gyda chi. Gallwch ddewis peidio cymryd rhan mewn treial. Byddwch yn dal i gael cynnig y driniaeth a'r gofal safonol ar gyfer eich sefyllfa.

Sgîl-effeithiau

Gall triniaethau cancer achosi sgîl-effeithiau. Er enghraifft, gall rhai triniaethau achosi colli gwallt, teimlo'n sâl neu flinder. Yn aml gellir lleihau a rheoli sgîl-effeithiau. Bydd eich tîm cancer yn rhoi cyngor i chi. Mae'r rhan fwyaf o sgîl-effeithiau yn gwella ar ôl i'r driniaeth ddod i ben.

Siarad â'ch tîm gofal iechyd

Efallai y bydd gennych lawer o gwestiynau am eich triniaeth. Gall siarad â'ch meddyg cancer, nyrs neu rywun arall yn eich tîm gofal iechyd eich helpu i ddeall beth sy'n digwydd a pham. Mae eich tîm gofal iechyd yn cynnwys unrhyw feddygon, nyrsys neu weithwyr gofal iechyd proffesiynol eraill sy'n gofalu amdanoch. Maent yno i'ch helpu i ddod o hyd i'r gofal a'r cymorth sydd eu hangen arnoch.

Gall apwyntiadau a chyfleoedd eraill i siarad â'ch tîm fod yn fyr. Er mwyn gwneud y defnydd gorau o'ch amser, mae'n dda bod yn barod. Gallai fod o gymorth i chi ysgrifennu eich cwestiynau cyn eich apwyntiad.

Efallai y bydd gennych gwestiynau sy'n teimlo'n anodd neu'n creu embaras i'w gofyn. Cofiwch fod gweithwyr gofal iechyd proffesiynol wedi arfer â phob math o gwestiynau ac yn hapus i helpu.

Efallai y bydd yn ddefnyddiol i chi ddod â rhywun gyda chi i apwyntiadau, fel aelod o'r teulu, ffrind neu ofalwr. Efallai y byddan nhw hefyd yn gallu cymryd nodiadau a'ch helpu chi i gofio'r hyn sy'n cael ei ddweud.

Os ydych chi'n ei chael hi'n anodd cael eich tîm gofal iechyd i ddeall eich barn am driniaeth, efallai y bydd rhywun yn gallu siarad ar eich rhan. Gelwir person sy'n siarad ar eich rhan yn eiriolwr.

Efallai y byddwch yn dewis cael ffrind neu aelod o'r teulu i helpu fel hyn. Neu, yn dibynnu ar ble rydych yn byw yn y DU, gall gwahanol sefydliadau roi cymorth a chynghor am eiriolaeth.

Mae eiriolwyr yn annibynnol o'r GIG. Gallant eich helpu i:

- siarad am sut rydych chi'n teimlo am eich triniaeth ac i wneud penderfyniadau
- sicrhau bod eich tîm yn deall eich barn a'ch dymuniadau am driniaeth.

Gall y sefydliadau canlynol gynnig gwybodaeth a chymorth am ofal iechyd. Efallai bod ganddyn nhw'r wybodaeth ddiweddaraf am wasanaethau eiriolaeth yn eich ardal chi:

- The Patients Association. Ewch i www.patients-association.org.uk neu ffoniwch eu llinell gymorth am ddim ar 0800 345 7115.
- Yng Nghymru neu Loegr, gallwch siarad â'r Patient Advice and Liaison Service (PALS). Ewch i www.nhs.uk/service-search/other-health-services/patient-advice-and-liaison-services-pals Neu gallwch ddod o hyd i swyddfa PALS trwy ofyn i'ch tîm canser neu Feddyg Teulu neu drwy ffonio GIG 111.
- Yn yr Alban, y Patient Advice and Support Service. Ewch i www.pass-scotland.org.uk Neu gallwch ddod o hyd iddynt drwy ymweld â'ch Canolfan Cyngor ar Bopeth leol neu drwy ffonio 0800 917 2127
- Yng Ngogledd Iwerddon, y Patient and Client Council. Ewch i www.pcc-ni.net Gallwch ymweld ag un o'u swyddfeydd lleol neu ffonio eu llinell gymorth am ddim ar 0800 917 0222.

Cwestiynau i'w gofyn i'ch tîm gofal iechyd

Dyma rai cwestiynau y gallech fod am eu gofyn i'ch tîm gofal iechyd.

- Beth mae fy niagnosis yn ei olygu?
- Pa mor ddatblygedig yw'r canser?
- Beth fydd yn digwydd yn ystod y driniaeth?
- Beth yw manteision, risgiau a sgil effeithiau pob triniaeth?
- Sut bydd y driniaeth yn effeithio ar fy mywyd dyddiol?
- Beth yw nod y driniaeth?
- Gyda phwy allaf i siarad am sut ydw i'n teimlo?
- Gyda phwy allaf i siarad os oes gen i gwestiynau yn hwyrach?
- Mae gen i ddymuniadau diwylliannol, crefyddol neu ysbrydol – sut mae rhoi gwybod i'm tîm?

Ymdopi â chanser

Eich emosiynau

Mae'n gyffredin cael llawer o wahanol emosiynau a phryderon pan ddywedir wrthy ch fod gennych ganser. Gall fod yn anodd ymdopi â'r rhain. Does dim ffordd gywir nac anghywir o deimlo. Gall siarad am sut ydych chi'n teimlo helpu'n aml.

Ble i gael cefnogaeth:

- **Macmillan** – Edrychwch ar adran **Sut y gall Macmillan eich helpu** isod am yr holl ffyrdd y gallwn helpu.
- **Cwnselwyr** – Gall cwnselydd eich helpu i siarad am a dod o hyd i ffyrdd o ddelio â'ch teimladau mewn man lle rydych chi'n teimlo'n ddiogel. Gofynnwch i'ch meddyg canser neu feddyg teulu os hoffech gael cwnsela.
- **Grwpiau cefnogaeth** – Gall siarad gyda phobl eraill sydd â chanser helpu. Holwch eich meddyg neu nyrs am grwpiau yn eich ardal, neu ewch i macmillan.org.uk/supportgroups

Arian, gwaith a theithio

Mae sawl ffordd i Macmillan helpu os yw canser wedi effeithio ar eich swydd neu sefyllfa ariannol. Ffoniwch ni ar **0808 808 00 00** i drafod unrhyw un o'r materion hyn.

- Gallwn roi gwybod i chi am unrhyw fudd-daliadau y gallech fod â hawl iddynt a'ch helpu i ymgeisio amdanynt. Budd-daliadau yw pan fydd arian yn cael ei dalu i chi gan y llywodraeth i'ch helpu gyda chostau.
- Gallwn eich helpu gyda chwestiynau am forgeisi, pensiynau, yswiriant, benthyca a chynilion.
- Rydym yn darparu grantiau – taliadau i'ch helpu i ymdopi gyda'r costau ychwanegol a achosir gan ganser.
- Gallwn roi gwybodaeth a chyngor i chi os yw canser wedi effeithio ar eich gwaith.
- Gallwn roi gwybodaeth i chi am deithio os oes gennych ganser.

Newidiadau corfforol

Weithiau gall canser neu driniaethau canser effeithio ar sut mae eich corff yn edrych neu'n gweithio. Gall eich meddyg neu nyrs roi cyngor i chi am hyn a'r help sydd ar gael a'r hyn a allai helpu. Gallwn hefyd roi gwybodaeth i chi – ffoniwch ni ar **0808 808 00 00**.

Therapiau cyflenwol

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

Crefydd ac ysbrydolrwydd

Mae llawer o bobl yn gweld bod eu ffydd yn cynnig cefnogaeth emosiynol a chryfder iddynt yn ystod salwch. Ar ôl diagnosis o ganser, mae rhai pobl yn dod yn fwy ymwybodol o deimladau crefyddol neu ysbrydol. Bydd eraill yn cwestiynu eu ffydd.

Efallai y bydd yn ddefnyddiol i chi siarad trwy eich meddyliau a'ch teimladau gyda rhywun rydych chi'n ymddiried ynddynt. Gallwch siarad â chaplan neu arweinydd crefyddol, hyd yn oed os nad ydych yn grefyddol. Maent fel arfer yn wrandawyr da ac efallai y gallant eich helpu i ganfod eich meddyliau a'ch teimladau. Maent wedi arfer delio ag ansicrwydd a bod gyda phobl sy'n ofidus. Efallai y bydd eich meddyg teulu, nyrs arbenigol neu feddyg canser hefyd yn gallu eich helpu i ddod o hyd i gwnselydd anghrefyddol neu ofalwr bugeiliol i siarad â nhw.

Cymorth i deulu, ffrindiau a gofalwyr

Efallai y bydd angen gwybodaeth neu gymorth ar bobl sy'n agos atoch chi hefyd. Mae ein harbenigwyr canser yma i helpu pawb sydd wedi eu heffeithio gan ganser, gan gynnwys eich perthnasau a ffrindiau. Gallant ein ffonio ar **0808 808 00 00**.

Mae gofalwr yn rhywun sy'n darparu cymorth di-dâl i berthynas neu ffrind gyda chanser na fyddai'n gallu ymdopi heb yr help hwn. Efallai y byddant yn helpu gyda chymorth personol, yn rhoi cefnogaeth emosiynol neu'n helpu gyda gwaith tŷ. Os oes rhywun yn helpu i ofalu amdanoch, mae'n bwysig eu bod yn cael cefnogaeth hefyd. Mae llawer o help ar gael iddynt. Dylent siarad gyda'ch meddyg neu nyrs am hyn, neu ffonio Macmillan ar **0808 808 00 00**.

Cael y gofal a'r cymorth cywir i chi

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

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

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

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

Sut y gall Macmillan eich helpu chi

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

Llinell Gymorth Macmillan

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

Gwefan Macmillan

Mae ein gwefan yn cynnwys llawer o wybodaeth yn Saesneg am ganser. Mae mwy o wybodaeth hefyd mewn ieithoedd eraill ar macmillan.org.uk/translations

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

Canolfannau gwybodaeth

Mae ein canolfannau gwybodaeth a chymorth wedi eu lleoli mewn ysbytai, llyfrgelloedd a chanolfannau cymunedol. Ymwelwch ag un i gael y wybodaeth sydd ei hangen arnoch a siaradwch â rhywun wyneb yn wyneb. Cewch hyd i'ch canolfan agosaf ar macmillan.org.uk/informationcentres 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 ar macmillan.org.uk/community Gallwch gael mynediad iddo ar unrhyw adeg o'r dydd neu'r nos. Gallwch rannu'ch profiadau, gofyn cwestiynau, neu ddarllen yr hyn mae pobl wedi eu postio.

Mwy o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

Ymdopi â chanser

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

- Sgîl-efeithiau triniaeth canser
- Blinder (lluadded) a chanser

Mathau o ganser

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

Triniaethau

- Cemotherapi
- Radiotherapi
- Llawdriniaeth

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

Cyfeiriadau a diolchiadau

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

Mae'r wybodaeth a gynhwysir yn seiliedig ar ein cynnwys penderfyniadau triniaeth 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 y wybodaeth hon.

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

Cynnwys wedi'i adolygu: 2023 Adolygiad arfaethedig nesaf: 2026

MAC15916_ **Welsh**

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.

Gobeithiwn y bydd y wybodaeth hon o help i chi. Os oes gennych unrhyw gwestiynau, gallwn roi gwybodaeth a chefnogaeth i chi yn eich iaith dros y ffôn. Mae ein gwasanaethau am ddim. Galwch ni ar **0808 808 00 00** (Dydd Llun-Dydd Gwener, 9am tan 8pm) a gofynnwch yn Saesneg am eich dewis iaith.

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Patient Information Forum

If you are diagnosed with cancer

This information is about what to expect when you find out you have cancer, and where to get help and support.

A diagnosis means finding out if you have an illness or not. Being diagnosed with cancer can be a huge shock. You may be feeling lots of different emotions. Many people are treated successfully or able to live with cancer for many years. There are lots of people and services that can support you.

If you have any questions about this information, ask your doctor or nurse at the hospital where you are having treatment.

You can also call Macmillan Cancer Support on **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](https://www.macmillan.org.uk/translations)

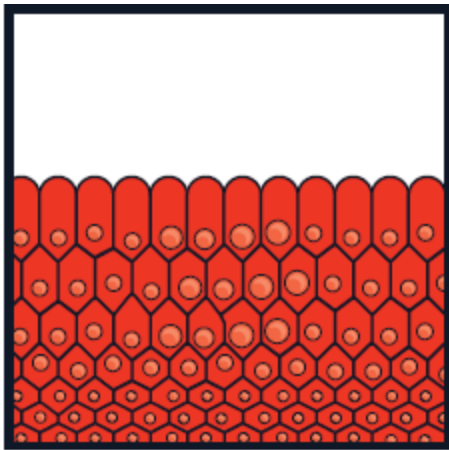
This information is about:

- What is cancer?
- What happens after diagnosis?
- If you are LGBTQ+
- Health and social care professionals you might meet
- How treatment is planned
- The main cancer treatments
- Talking to your healthcare team
- Coping with cancer
- Getting the right care and support for you
- How Macmillan can help you
- More information in your language
- References and thanks

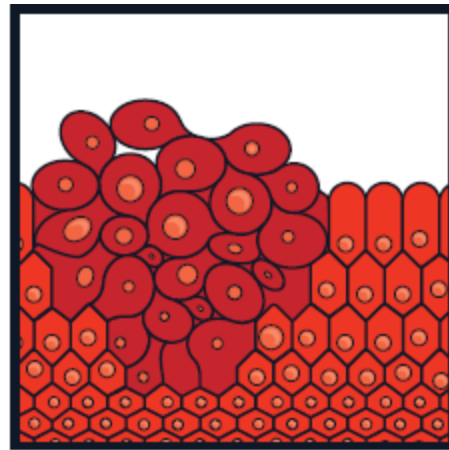
What is cancer?

Cancer starts in the cells in our body. Cells are tiny building blocks that make up the body's organs and tissues. Cells receive signals from the body, telling them when to grow and when to divide to make new cells. This is how our bodies grow and heal. Cells can become old, damaged or no longer needed. When this happens, the cell gets a signal from the body to stop working and die.

Sometimes these signals can go wrong, and the cell becomes abnormal. The abnormal cell may keep dividing to make more and more abnormal cells. These can form a lump, called a tumour.



Normal cells



Cells forming a tumour

Not all tumours are cancer. A tumour that is not cancer (a benign tumour) may grow, but it cannot spread to anywhere else in the body. It usually only causes problems if it grows and presses on nearby organs.

A tumour that is cancer is called a malignant tumour. It can grow into nearby tissue. It can also spread around the body if cancer cells break away and travel through the blood or lymphatic system. The lymphatic system is network of tubes and glands throughout the body.

Cancer cells that spread and develop into a tumour somewhere else in the body are called a secondary cancer or a metastasis. Some types of cancer start from blood cells. Abnormal cells can build up in the blood, and sometimes the bone marrow. The bone marrow is where blood cells are made. These types of cancer are sometimes called blood cancers.

What happens after diagnosis?

After a cancer diagnosis, you meet a cancer doctor or nurse to talk about your treatment plan. They will give you information to help you make a decision about the treatment you want. You should be given the information in a language and format that you can understand.

The doctor or nurse will also explain when your treatment may start. They can talk to you about any support you need. You may need to have some more tests or scans to find out more about the cancer.

If you are LGBTQ+

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

You do not have to tell your cancer doctor or nurse if you are LGBTQ+. But it may be an important part of who you are. It may help your cancer team give the right information and support to you and the people close to you.

You can tell your cancer team anything that is important to you. If there is something you are worried about, tell them so they can help.

Your team should treat all information about you confidentially. They may only share information with other healthcare professionals when it is needed for your care. They should not share your sexual orientation or transgender (trans) status without your permission.

For more information about being LGBTQ+ and having cancer, please see our 'LGBTQ+ people and cancer' fact sheet in your language at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

Health and social care professionals you might meet

When you have cancer, you may meet lots of different health and social care professionals.

Your main contact

You should have a main contact person in your healthcare team. They may be called your key worker and they are usually a specialist nurse. You will be given their name and contact details. If you have questions or need advice, they can help.

In your local area

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

- **GP (General Practitioner)** – Your GP is a doctor who treats general health conditions. GPs usually work in a local centre. In English, this type of centre can have different names. It may be called a [GP practice], [GP surgery] or [medical centre]. They can help you manage symptoms and side effects and arrange for you to see specialists if needed. They can arrange services to help you at home and talk to you about any treatment decisions you need to make.
- **Community and district nurses** – These nurses can visit you at home and give care and support to you and anyone looking after you. Your GP can contact them for you.
- **Practice nurse** – Some GP practices have nurses who work alongside the GP. A practice nurse can help explain things to you and might do things like take blood tests or put dressings on wounds.

Hospital team

At hospital, a multidisciplinary team (MDT) will manage your treatment and care. This is a group of health and social care professionals. The group might include some or all of these people:

- **Surgeon** – a doctor who does operations.
- **Oncologist** – a doctor who treats cancer.
- **Haematologist** – a doctor who treats blood problems.
- **Radiologist** – a doctor who looks at x-rays and scans.
- **Clinical nurse specialist (CNS)** – a nurse who gives information and support during treatment.
- **Palliative care doctor** – a doctor who helps with symptom control and end-of-life care.

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

Social services and voluntary organisations

If you need help at home, for example with washing, dressing, cleaning or shopping, speak to your GP or main contact. They may refer you to a social worker. A social worker can help with practical and financial problems. There may also be other organisations in your area that could help.

How treatment is planned

Your multidisciplinary team (MDT) will discuss the treatment options they think are best for you. They will think about:

- the type of cancer
- the size of the cancer and whether it has spread
- your general health
- any treatment guidelines
- your preferences and what is important to you.

After this, you usually meet your cancer doctor and nurse to talk about your treatment options. No medical treatment can be given without your permission or consent. If you use another language, they should offer:

- **Professional interpreter** - Interpreters translate everything your doctor says to you, and everything you want to say back. If you would like an interpreter, tell your GP practice or hospital as soon as possible. The NHS should always use professional interpreters, rather than your family or friends. This means your family can focus on being there to support you to make a decision. It also means there is less risk of getting important information wrong.
- **Translated health information** - Your healthcare team should give you written information about health and care services in a language and format that you understand.

These services are free in the NHS.

You can also take a list of questions that you want to ask to your appointment. If it is helpful, you can write down the answers so you remember them.

Making decisions about treatment

Your team give you information and support to help you make a decision about your treatment plan. You may need more than 1 meeting before you decide. Cancer treatments can be complex, and it is hard to understand new information when you are anxious. If you do not understand, ask your doctor or nurse to explain it again.

There might be more than one possible treatment. Your doctor may offer you a choice. Before you decide what is right for you, it is important to understand:

- what each treatment involves
- the possible side effects
- the benefits and disadvantages of each treatment.

This can be a lot to think about. You can usually take some time to think things over. This may not be possible if you have a cancer that needs to be treated urgently.

The main cancer treatments

The aim of your treatment may be to cure the cancer, or to control it or to relieve its symptoms.

The type of treatment you have will depend on the cancer and your situation. You may have more than one treatment. Cancer treatments can include:

- **surgery** – the cancer is removed in an operation
- **radiotherapy** – high-energy x-rays are used to destroy cancer cells in an area of the body
- **cancer drugs** – different types of drugs are used to destroy cancer cells throughout the body. These may include drugs called chemotherapy, targeted therapy or immunotherapy.
- **hormonal therapies** – drugs that change the activity of hormones in the body are used to slow down or stop the cancer from growing.

Clinical trials

Clinical trials are a type of medical research involving people. They show which treatments are most effective and safe. A trial might involve testing a new drug or testing a new way of giving treatment.

If there are any trials that you can take part in, your doctor will talk to you about them. You can choose not to take part in a trial. You will still be offered the standard treatment and care for your situation.

Side effects

Cancer treatments can cause side effects. For example, some treatments may cause hair loss, feeling sick or tiredness. Side effects can often be reduced and managed. Your cancer team will give you advice. Most side effects get better after treatment finishes.

Talking to your healthcare team

You may have lots of questions about your treatment. Talking to your cancer doctor, nurse or someone else in your healthcare team can help you understand what is happening and why. Your healthcare team includes any doctors, nurses or other healthcare professionals that look after you. They are there to help you find the care and support you need.

Appointments and other chances to speak with your team can be short. To make the best use of your time, it is good to be prepared. It may help to write down your questions before your appointment.

You may have questions that feel difficult or embarrassing to ask. Remember healthcare professionals are used to all kinds of questions and are happy to help.

You may find it helpful to bring someone with you to appointments, such as a family member, friend or carer. They may also be able to take notes and help you to remember what is said.

If you find it hard to get your healthcare team to understand your views on treatment, someone might be able to speak on your behalf. A person who speaks on your behalf is called an advocate.

You may choose to have a friend or family member to help in this way. Or, depending on where you live in the UK, different organisations can give help and advice about advocacy.

Advocates are independent of the NHS. They can help you to:

- talk about how you feel about your treatment and to make decisions
- get your views and wishes about treatment understood by your team.

The following organisations can offer information and support about healthcare. They may have up to date information about advocacy services in your area:

- The Patients Association. Visit www.patients-association.org.uk or call their helpline free on 0800 345 7115.
- In England or Wales, the Patient Advice and Liaison Service (PALS). Visit www.nhs.uk/service-search/other-health-services/patient-advice-and-liaison-services-pals Or you can find a PALS office by asking your cancer team or GP or by phoning NHS 111.
- In Scotland, the Patient Advice and Support Service. Visit www.pass-scotland.org.uk Or you can find them by visiting your local Citizens Advice Bureau or by phoning 0800 917 2127
- In Northern Ireland, the Patient and Client Council. Visit www.pcc-ni.net You can visit one of their local offices or call their helpline free on 0800 917 0222.

Questions to ask your healthcare team

Here are some questions you may want to ask your healthcare team.

- What does my diagnosis mean?
- How advanced is the cancer?
- What will my treatment involve?
- What are the benefits, risks and side effects of each treatment?
- How will the treatment affect my daily life?
- What is the aim of the treatment?
- Who can I talk to about how I am feeling?
- Who can I speak to if I think of questions later?
- I have cultural, religious or spiritual wishes – how do I let my team know?

Coping with cancer

Your emotions

It is common to have many different emotions and worries when you are told you have cancer. These can be difficult to cope with. There is no right or wrong way to feel. Talking about how you feel can often help.

Where to get support:

- **Macmillan** – See the **How Macmillan can help you** section below for all the ways we can help.
- **Counsellors** – A counsellor can help you talk about and find ways to deal with your feelings in a place where you feel safe. Ask your cancer doctor or GP if you would like counselling.
- **Support groups** – Talking to other people who have cancer may help. Ask your doctor or nurse about groups in your area, or visit [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups)

Money, work and travel

There are many ways Macmillan can help if cancer has affected your job or finances. Call us on **0808 808 00 00** to talk about any of these issues.

- We can tell you about benefits you might be entitled to and help you apply for them. Benefits are when money is paid to you by the government to help you with costs.
- We can help you with questions about mortgages, pensions, insurance, borrowing and savings.
- We provide grants – payments to help you cope with extra costs caused by cancer.
- We can give you information and advice if cancer has affected your work.
- We can give you information about travelling if you have cancer.

Physical changes

Sometimes, cancer or cancer treatments can affect the way your body looks or works. Your doctor or nurse can give you advice about this and what can help. We can also give you information – call us on **0808 808 00 00**.

Complementary therapies

These are other therapies that may help you feel better, such as meditation or relaxation. These therapies do not treat cancer. You should always tell your cancer doctor about any other therapies you want to use.

Religion and spirituality

Many people find their faith offers them emotional support and strength during an illness. After a cancer diagnosis, some people become more aware of religious or spiritual feelings. Other people may question their faith.

You may find it helpful to talk through your thoughts and feelings with someone you trust. You can speak to a chaplain or religious leader even if you are not religious. They are usually good listeners and may be able to help you work out your thoughts and feelings. They are used to dealing with uncertainty and being with people who are distressed. Your GP, specialist nurse or cancer doctor may also be able to help you find a non-religious counsellor or pastoral carer to talk to.

Support for family, friends and carers

People close to you may also need information or support. Our cancer support specialists are here to help everyone affected by cancer, including your relatives and friends. They can call us on **0808 808 00 00**.

A carer is someone who gives unpaid support to a relative or friend with cancer who could not manage without this help. They might help with personal care, give emotional support or help with housework. If someone is helping to look after you, it is important they get support too. There is lots of help available for them. They should talk to your doctor or nurse about this or call Macmillan on **0808 808 00 00**.

Getting the right care and support for you

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

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

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

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

How Macmillan can help you

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

Macmillan Support Line

We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. We can help with medical questions, give you information about financial support, or be there to listen if you need someone to talk to. The free, confidential phone line is open 7 days a week, 8am to 8pm. Call us on **0808 808 00 00**.

Macmillan website

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

We can also arrange translations just for you. Email us at cancerinformationteam@macmillan.org.uk to tell us what you need.

Information centres

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

Local support groups

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

Macmillan Online Community

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

More information in your language

We have information in your language about these topics:

Coping with cancer

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

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

Types of cancer

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

Treatments

- Chemotherapy
- Radiotherapy
- Surgery

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

References and thanks

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

The information included is based on our treatment decisions 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 cancerinformationteam@macmillan.org.uk

Content reviewed: 2023 Next planned review: 2026

MAC15916_ **Welsh**

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

We hope you find this information helpful. If you have any questions, we can give you information and support by telephone in your language. Our services are free. Just call us on **0808 808 00 00** (Monday-Friday, 9am to 8pm) and ask in English for your preferred language.

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