

## Signs and Symptoms animation script

ENGLISH	WELSH
<p>Knowing the symptoms of cancer can help people get diagnosed as soon as possible. And for most cancers, treatment is more likely to be effective if the cancer is found early.</p>	<p>Mae gwybod beth yw symptomau cancer yn gallu helpu pobl i gael diagnosis cyn gynted â phosib. A gyda'r rhan fwyaf o ganserau, mae triniaeth yn fwy tebygol o fod yn effeithiol os bydd y cancer yn cael ei ganfod yn gynnar.</p>
<p>Different types of cancer have different signs and symptoms. The signs and symptoms can vary from person to person, even if they have the same type of cancer.</p>	<p>Mae arwyddion a symptomau gwahanol ar gyfer gwahanol fathau o ganser. Mae'r arwyddion a'r symptomau yn gallu amrywio o berson i berson, hyd yn oed os oes ganddyn nhw yr un math o ganser.</p>
<p>A symptom is a change in how you feel or how your body works. If you have any symptoms, there are 3 important things to think about:</p>	<p>Newid o ran sut rydych chi'n teimlo neu sut mae eich corff yn gweithio yw symptom. Os ydych chi'n profi unrhyw symptomau, mae tri pheth pwysig y dylech feddwl amdanynt:</p>
<p>1. Is the symptom unusual? – this means a change in your body that's not normal for you. Perhaps a mole on your skin has changed, you have a new lump on your body, or you find blood in your pee or poo.</p>	<p>1. A yw'r symptom yn anarferol? – mae hyn yn golygu newid yn eich corff nad yw'n arferol i chi. Efallai fod man geni ar eich croen wedi newid, fod gennych chi lwmp newydd ar eich corff, neu eich bod chi'n dod o hyd i waed yn eich pi-pi neu eich baw.</p>
<p>2. Is the symptom ongoing? – this means a symptom that lasts for more than a few weeks, such as a cough. Or it might be a symptom that keeps coming back, like watery poo.</p>	<p>3. A yw'r symptomau'n parhau? – mae hyn yn golygu symptom sy'n para am fwy nag ychydig o wythnosau, fel peswch. Neu gallai fod yn symptom sy'n dal i ddod yn ôl, fel baw dyfrllyd.</p>
<p>4. Is the symptom unexplained? - this is a symptom that has no obvious or clear cause. For example, you may find you get very tired for no</p>	<p>5. A yw'r symptom yn symptom heb esboniad? – symptom nad oes ganddo achos amlwg neu glir yw hyn. Er enghraifft, efallai y byddwch chi'n</p>

<p>reason. Or are losing a lot of weight even though you aren't trying to.</p>	<p>teimlo'n flinedig iawn heb reswm. Neu'n colli llawer o bwysau er nad ydych chi'n ceisio gwneud hynny.</p>
<p>It can sometimes be hard to book an appointment with your local doctor, or GP. You may need to call them more than once, but keep trying until you get one. You can say you're worried the symptoms might be cancer and can also ask for a longer appointment if you feel you need it.</p>	<p>Weithiau, mae'n gallu bod yn anodd trefnu apwyntiad gyda'ch meddyg lleol neu eich meddyg teulu. Efallai y bydd angen i chi eu ffonio nhw fwy nag unwaith, ond daliwch ati i geisio nes i chi gael un. Gallwch ddweud eich bod chi'n poeni y gallai'r symptomau fod yn ganser, a gallwch chi ofyn am apwyntiad hirach hefyd os ydych yn teimlo bod angen hynny arnoch chi.</p>
<p>When you make your appointment, tell the receptionist if you have any extra needs, such as an interpreter. If you prefer, you can ask for a male or a female GP, but it might not always be possible.</p>	<p>Pan fyddwch chi'n gwneud eich apwyntiad, dywedwch wrth y derbynnydd os oes gennych chi unrhyw anghenion ychwanegol, fel cyfieithydd ar y pryd. Os yw'n well gennych chi, gallwch chi ofyn am feddyg teulu gwrywaidd neu fenywaidd, ond efallai na fydd hyn yn bosib bob amser.</p>
<p>It's important to get the symptoms checked even if you find it embarrassing. Your GP is there to help you. If you want to, it's fine to take another person with you for support.</p>	<p>Mae'n bwysig eich bod chi'n gwirio'r symptomau hyd yn oed os yw hynny'n codi cywilydd arnoch chi. Mae eich meddyg teulu yno i'ch helpu chi. Os ydych chi eisiau, mae'n iawn mynd â rhywun arall gyda chi i'ch cefnogi chi.</p>
<p>You're not wasting your GP's time by getting your symptoms checked, even if you have to go back a second time. If you want a second opinion from a GP, you can ask to see a different one.</p>	<p>Nid ydych chi'n gwastraffu amser eich meddyg teulu drwy wirio eich symptomau, hyd yn oed os oes rhaid i chi fynd yn ôl yr ail dro. Os ydych chi eisiau ail farn gan feddyg teulu, gallwch ofyn am gael gweld un gwahanol.</p>
<p>Most symptoms can be caused by things that are not cancer. But if you have any symptoms that are new or unusual for you, you should see your GP as soon as possible. If you are still worried after seeing your GP, you can ask for another appointment.</p>	<p>Mae'r rhan fwyaf o symptomau yn gallu cael eu hachosi gan bethau nad yw'n ganser. Ond os oes gennych chi unrhyw symptomau sy'n newydd neu'n anarferol i chi, dylech chi fynd i weld eich meddyg teulu cyn gynted â phosib. Os ydych chi'n dal i boeni ar ôl gweld eich meddyg teulu, gallwch chi ofyn am apwyntiad arall.</p>

Remember, if you have any symptoms that are unusual, ongoing or unexplained, talk to your GP.	Cofiwch, os oes gennych chi unrhyw symptomau sy'n anarferol, sy'n parhau neu sydd heb esboniad, siaradwch â'ch meddyg teulu.

At Macmillan we do whatever it takes to support people living with cancer. Ask us if you need any information in your language or in a different format.	Yn Macmillan rydym yn gwneud beth bynnag y mae ei angen ei wneud i gefnogi pobl sy'n byw gyda chanser. Gofynnwch i ni os oes angen unrhyw wybodaeth arnoch yn eich iaith neu mewn fformat gwahanol.
For information, support or just someone to talk to, call 0808 808 0000 or visit <a href="http://macmillan.org.uk">macmillan.org.uk</a>	I gael gwybodaeth, cefnogaeth neu rywun i siarad ag ef, ffoniwch 0808 808 0000 neu ewch i <a href="http://macmillan.org.uk">macmillan.org.uk</a>

Please also translate these words that appear on-screen:

Unusual	Anarferol
Ongoing	Sy'n parhau
Unexplained	Heb esboniad
Doctor	Meddyg
You are 4 <sup>th</sup> in the queue	Rydych chi 4 <sup>ydd</sup> yn y ciw