

## Os cewch ddiagnosis o ganser – canllaw cyflym

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.

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

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 yr 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 radffôn **0808 808 00 00**, 7 diwrnod yr wythnos rhwng 8am a 8pm. Mae gennym gyfieithwyr, 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](http://macmillan.org.uk/translations)

### Mae'r wybodaeth hon yn trafod:

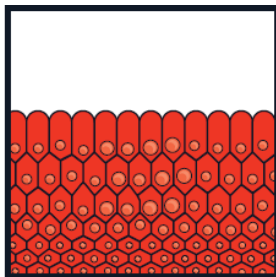
- Beth yw canser?
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- Gweithwyr iechyd a gofal cymdeithasol y gallech eu cwrdd Sut mae triniaeth yn cael ei chynllunio
- Y prif driniaethau canser
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- Cael y gofal a'r cymorth cywir i chi
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- Cyfeiriadau a diolchiadau

## Beth yw cancer?

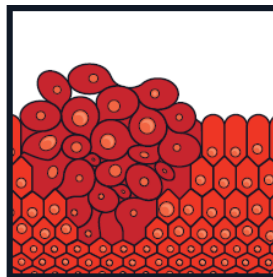
Mae cancer yn cychwyn mewn celloedd yn ein corff. Celloedd yw'r blociau adeiladu bychain sy'n ffurfio'r organau a meinwe yn y corff. Mae celloedd yn cael negeseuon gan y corff sy'n dweud wrthynt pa bryd i dyfu, a pha bryd i rannu i wneud celloedd newydd. Dyna sut mae ein cyrff yn tyfu ac yn gwella. Gall y celloedd hyn 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. Gallant 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.

Gall lwmp sy'n ganser (tiwmor malaen) dyfu i mewn i feinwe cyfagos.

Weithiau mae celloedd cancer yn torri'n rhydd o'r cancer cyntaf ac yn teithio trwy'r gwaed neu system lymffatig i rannau eraill o'r corff. 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?

Bydd eich tîm gofal iechyd yn siarad gyda chi am eich opsiynau triniaeth ac unrhyw gefnogaeth y gallech fod angen. Byddant yn dweud wrthy ch beth fydd yn digwydd yn ystod eich triniaeth a phryd y gall gychwyn. Efallai y bydd angen i chi gymryd rhai profion neu sganiau ychwanegol i ddysgu mwy am y cancer.

## Os ydych yn LHDTC+

Mae'r wybodaeth ar y dudalen hon wedi ei hysgrifennu ar gyfer pawb yr effeithir arnynt gan ganser. Os ydych yn LHDTC+, efallai bod gennych gwestiynau ychwanegol.

Weithiau gall eich helpu i deimlo bod gennych gefnogaeth well os yw eich tîm gofal iechyd yn gwybod eich cyfeiriadedd rhywiol neu ryw. A gallai helpu eich tîm gofal iechyd i roi'r wybodaeth a'r gefnogaeth gywir i chi a'r bobl sydd agosaf atoch.

Os ydych yn draws (trawsrywiol) neu anneuaid, gall siarad â gweithiwr iechyd proffesiynol am eich corff fod yn anodd. Weithiau, gall profion neu driniaeth gynnwys rhannau o'r corff sy'n peri gofid i chi siarad amdanynt. Efallai y bydd gennych gwestiynau hefyd os ydych yn cymryd hormonau neu wedi cael cymorthfeydd sy'n cadarnhau rhywedd.

Ceisiwch fynd â rhywun rydych chi'n ymddiried ynddo i'ch apwyntiadau. Gallant wrando a'ch helpu i ymdopi â'r hyn sy'n digwydd.

## 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

Dylech gael prif berson cyswllt yn eich tîm gofal iechyd. Gallant gael eu galw'n weithiwr allweddol neu'n weithiwr cyswllt. 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** – Eich Meddyg Teulu fydd yn gofalu am eich iechyd tra byddwch yn eich cartref. Gall 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 (MDT)

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.
- **Haematolegydd** – meddyg sy'n trin problemau gwaed.
- **Radiologydd** – meddyg sydd wedi'i hyfforddi i 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.

Efallai y bydd yna bobl eraill yn yr MDT, yn ddibynnol ar y math o ganser sydd gennych chi.

## 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 gofal iechyd, sy'n arbenigwyr yn eich math chi o ganser, yn cynllunio eich triniaeth. Byddant yn meddwl am:

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

Mae angen eich caniatâd (cydsyniad) ar feddygon cyn i chi gael unrhyw driniaeth.

Gwnewch yn siŵr eich bod yn deall y dewisiadau triniaeth. Dylai eich meddyg neu nyrs ateb unrhyw gwestiynau sydd gennych ynghylch y driniaeth. Gall triniaeth cancer fod yn gymhleth felly efallai bydd angen i chi ofyn cwestiynau mwy nag unwaith. Efallai y bydd yn helpu i fynd â pherthynas neu ffrind i apwyntiadau gyda chi. Gallant eich helpu i gofio beth a ddywedwyd. Efallai y bydd hefyd yn helpu i wneud rhestr o gwestiynau y gallech ofyn a'i chymryd gyda chi i'r apwyntiad. Gallwch ysgrifennu'r atebion fel eich bod yn eu cofio.

### **Gwneud penderfyniadau am driniaeth**

Efallai y bydd mwy nag un driniaeth bosibl. Efallai y bydd eich meddyg yn cynnig dewis i chi. Bydd yn rhoi'r holl wybodaeth sydd ei hangen arnoch i wneud eich penderfyniad. Cyn i chi benderfynu beth sy'n iawn i chi, mae'n bwysig deall:

- beth mae pob triniaeth yn ei olygu
- y sgil effeithiau posibl
- manteision ac anfanteision pob triniaeth.

Bydd eich tîm gofal iechyd yn rhoi amser i chi ddewis. Gallant hefyd eich helpu gyda'r penderfyniad.

### **Y prif driniaethau cancer**

Nod y driniaeth yw gwella'r cancer, neu ei reoli a lleddfu 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
- **chemotherapi** – defnyddir cyffuriau i ddinistrio celloedd cancer
- **therapi hormonaidd** – mae'r cyffuriau hyn yn newid yr hormonau yn eich corff, sy'n gallu arafu'r cancer neu ei atal rhag tyfu.
- **therapiau wedi eu targedu** – mae'r cyffuriau hyn yn ymyrryd â'r ffordd y mae celloedd cancer yn tyfu.

### **Treialon clinigol**

Mae treialon clinigol yn astudiaethau ymchwil meddygol sy'n cynnwys pobl. Maent yn profi triniaethau newydd i weld a ydynt yn fwy effeithiol na thriniaethau cyfredol. 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.

### **Sgil effeithiau**

Weithiau gall triniaethau canser achosi sgil effeithiau. Yn aml gellir lleihau a rheoli'r rhain. Bydd eich tîm gofal iechyd yn rhoi cyngor i chi. Mae'r rhan fwyaf o sgil effeithiau'n mynd yn raddol ar ôl i'r driniaeth ddod i ben.

## **Siarad â'ch tîm gofal iechyd**

Gall cael canser fod yn amser dryslyd a gofidus iawn. Gall siarad â'ch tîm gofal iechyd helpu. Mae llawer o bobl yn teimlo'n well ac mewn mwy o reolaeth pan maent yn gwybod beth sy'n digwydd iddynt a pham.

Mae pobl yn aml yn teimlo bod staff ysbytai yn rhy brysur i ateb eu cwestiynau. Ond mae'n bwysig i chi ddeall beth sy'n digwydd a sut y gallai'r canser a'i driniaeth effeithio arnoch. Mae'r staff yno i'ch helpu chi. Dylent wneud amser ar gyfer eich cwestiynau. Os nad ydych yn deall neu'n siarad Saesneg yn dda, gall yr ysbyty drefnu cyfieithydd i chi.

Efallai y byddwch yn teimlo bod rhai cwestiynau yn anodd eu gofyn, yn arbennig os ydynt yn ymwneud â materion personol. Ond mae eich tîm gofal iechyd yno i helpu ac maent wedi arfer ateb y cwestiynau hyn.

Mae'n bwysig eich bod yn deall beth sy'n cael ei ddweud wrthyich. Os nad ydych yn deall, gofynnwch i'r meddyg neu nyrs esbonio eto.

### **Cwestiynau i'w gofyn i'ch tîm gofal iechyd**

Dyma rai cwestiynau y gallech fod eisiau eu gofyn i'ch tîm gofal iechyd. Efallai na fydd pob un yn berthnasol i chi.

- 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 fydd y driniaeth yn effeithio ar fy mywyd dyddiol?
- Pa mor effeithiol fydd 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 gennyf ddymuniadau crefyddol neu ysbrydol – a fydd y rhain yn cael eu bodloni?

## Ymdopi â chanser

### Eich emosiynau

Mae'n gyffredin cael llawer o wahanol emosiynau pan ddywedir wrthy'ch fod gennych ganser. Efallai y byddwch wedi dychryn, yn ofnus, yn poeni, yn flin neu'n isel eich ysbryd. Does dim ffordd gywir nac anghywir o ymateb. 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 fuidd-daliadau y gallech fod â hawl iddynt a'ch helpu i ymgeisio amdanynt.
- 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 chynghor 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 cynghor 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**

Wedi cael diagnosis o ganser, mae rhai pobl yn dod yn fwy ymwybodol o gredoau crefyddol neu deimladau ysbrydol. Bydd hyn yn aml yn gysur mawr i bobl sydd â ffydd grefyddol gref. Bydd eraill yn cwestiynu eu ffydd.

Bydd rhai pobl yn cael cysur mewn gweddi neu fyfyrdod. Bydd llawer o bobl yn cael cysur drwy wybod bod pobl eraill yn gweddiö drostynt.

Gallwch sgwrsio â chaplan, gweinidog, offeiriad, rabbi neu arweinydd crefyddol arall hyd yn oed os nad ydych yn siŵr beth yn union rydych yn credu ynddo. Mae arweinwyr ysbrydol a chrefyddol wedi arfer helpu, ac efallai y cewch dawelwch meddwl.

## **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.

Ond mae help ar gael. 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.

Rydym hefyd 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.



## 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 ddehonglwyr, 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**.

### Sgwrs we

Gallwch anfon neges sgwrs we atom yn dweud yr hoffech gael cyfieithydd. Dywedwch wrthym, yn Saesneg, yr iaith sydd ei hangen arnoch, a byddwn yn trefnu i rywun gysylltu â chi. Cliciwch ar y botwm 'Sgwrsio â ni', sy'n ymddangos ar dudalennau ar draws y wefan. Neu ewch i **macmillan.org.uk/talktous**

### 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 symudol. Ymwelwch ag un i gael yr 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.

## Rhestr eiriau

Gair	Yn Saesneg	Sut i'w ddweud yn Saesneg	Ystyr
Anfalaen	Benign	Bee-nine	Lwmp yn y corff nad yw'n ganser ac na all ledaenu i unrhyw ran arall o'r corff.
Budd-daliadau	Benefits	Ben-eh-fitz	Arian a delir i chi gan y llywodraeth i'ch helpu gyda chostau.
Celloedd	Cells	Sells	Y blociau adeiladu bach sy'n llunio organau a meinwe ein corff.
Diagnosis	Diagnosis	Die-ag-no-sis	Diagnosis yw pan fod eich meddyg yn darganfod pa salwch neu broblem sy'n achosi eich symptomau.
Gofal lliniarol	Palliative care	Pal-lee-at-iv care	Gofal a roddir i rywun â chanser na ellir ei wella. Gallai hyn gynnwys triniaeth i leihau'r canser neu i leihau symptomau ac i wneud rhywun yn fwy cyfforddus.
Gweithiwr allweddol	Key worker	Kee wurkur	Y person hwn yw eich prif bwynt cyswllt. Dylech gael ei fanylion cyswllt. Gallant ateb eich cwestiynau a rhoi gwybod i chi pwy all helpu gyda gwahanol bethau.
Malaen	Malignant	Mal-ig-nunt	Lwmp yn y corff sy'n ganser ac a all ledaenu o amgylch y corff.
Metastasis	Metastasis	Meta sta-sys	Tiwmor eilaidd sydd wedi lledu o'r man lle dechreuodd y canser gyntaf yn y corff am y tro cyntaf.

Sgil effeithiau	Side effects	Sighed eff-ectz	Effeithiau digroeso triniaeth cancer. Er enghraifft, colli gwallt, teimlo'n sâl neu flinedig. Mae'r rhan fwyaf o sgil effeithiau'n mynd ar ôl i'r driniaeth ddod i ben.
Tîm gofal iechyd	Healthcare team	Hellth care teem	Y tîm o feddygon, nyrsys a gweithwyr proffesiynol eraill sy'n gofalu amdanoch.
Tiwmor	Tumour	Teew-more	Grŵp o gelloedd sy'n tyfu mewn ffordd annormal yw tiwmor. Mae'r celloedd annormal yn llusoi ac yn ffurfio lwmp.
Wedi cael diagnosis	Diagnosed	Die-ag-now-sd	Os ydych yn cael diagnosis o ganser, mae'n golygu bod eich meddyg wedi darganfod bod cancer arnoch.
Y system lymffatig	Lymphatic system	Lim-fat-ic sis-tem	Rhwydwaith o bibellau a chwarennau yn eich corff. Mae'n rhan o'r system imiwnedd. Mae'r system yn brwydro yn erbyn heintiau ac yn gwagio hylif o'n meinwe ac organau.

# Rhagor o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

Mathau o ganser	Ymdopi â chanser
<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>• Canser a'r coronafeirws</li><li>• Hawlio budd-daliadau pan mae gennych chi ganser</li><li>• Problemau bwyta a chanser</li><li>• Diwedd oes</li><li>• Bwyta'n iach</li><li>• Help gyda chostau pan fydd gennych chi ganser</li><li>• Os cewch ddiagnosis o ganser – Canllaw cyflym</li><li>• Sepsis a chanser</li><li>• Sgil effeithiau triniaeth canser</li><li>• Blinder (lludded) a chanser</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)

## 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 gan gwmni cyfieithu.

Mae'r wybodaeth hon yn seiliedig ar lyfryn Macmillan **Canllaw canser** 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 canser wedi effeithio arnynt a adolygodd y 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)

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Adolygwyd y cynnwys: 2021

Adolygiad arfaethedig nesaf: 2024

Rydym yn gwneud pob ymdrech i sicrhau bod yr wybodaeth a ddarparwn yn gywir ac yn gyfredol ond ni ddylid dibynnu arni yn lle cyngor proffesiynol arbenigol sydd wedi'i deilwra i'ch sefyllfa. Cyn belled ag y caniateir gan y gyfraith, nid yw Macmillan yn derbyn atebolrwydd mewn perthynas â defnyddio unrhyw wybodaeth a gynhwysir yn y cyhoeddiad hwn neu wybodaeth trydydd parti neu wefannau sydd wedi'u cynnwys neu y cyfeirir atynt ynddo.

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## If you are diagnosed with cancer – a quick guide

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

Any words that are underlined are explained in the word list at the end. The word list also includes how to say the words in English.

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 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](https://www.macmillan.org.uk/translations)

### This information is about:

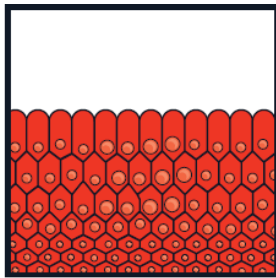
- What is cancer?
- What happens after diagnosis?
- If you are LGBTQ+
- Health and social care professionals you might meet
- How treatment is planned
- The main cancer treatments
- Talking to your healthcare team
- Coping with cancer
- Getting the right care and support for you
- How Macmillan can help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

## What is cancer?

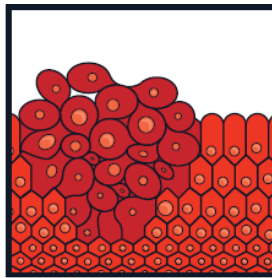
Cancer starts in the cells in our body. Cells are tiny building blocks that make up the body's organs and tissues. Cells receive signals from the body, telling them when to grow and when to divide to make new cells. This is how our bodies grow and heal. These cells can become old, damaged or no longer 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 (a malignant tumour) can grow into nearby tissue.

Cancer cells sometimes break away from the first cancer and travel through the blood or lymphatic system to other parts of 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?

Your healthcare team should talk to you about your treatment options and about any support you need. They will tell you what your treatment will involve and when it can start. You may need to have some more tests or scans to find out more about the cancer.

## If you are LGBTQ+

The information on this page is written for everyone affected by cancer. If you are LGBTQ+, you may have additional questions.

Sometimes it can help you feel better supported if your healthcare team know your sexual orientation or gender. And it may help your healthcare team give the right information and support to you and the people closest to you.

If you are trans (transgender) or non-binary, talking to a health professional about your body may be difficult. Sometimes, tests or treatment may involve parts of the body you find upsetting to talk about. You may also have questions if you take hormones or have had gender-affirming surgeries.

Try to take someone you trust to your appointments. They can listen and help you cope with what is happening.

## 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 a key worker or link worker. 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** – Your GP looks after your health while you are at home. 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 (MDT)**

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 is trained to look 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.

There may be other people in the MDT 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 healthcare team, who are experts in your type of cancer, will plan your treatment. They will think about:

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

Doctors need your permission (consent) before you have any treatment.

Make sure you understand the treatment options. Your doctor or nurse should answer any questions you have about the treatment. Cancer treatment can be complicated so you may need to ask questions more than once. It might help to take a relative or friend to appointments with you. They can help you remember what was said. It might also help to make a list of questions that you want to ask and take it to your appointment. You can write down the answers so you remember them.

### **Making decisions about treatment**

There might be more than one possible treatment. Your doctor may offer you a choice. They will give you all the information you need to make your decision. 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.

Your healthcare team will give you time to choose. They can also help you with the decision.

### **The main cancer treatments**

The aim of treatment is to cure the cancer, or control it and 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
- **chemotherapy** – drugs are used to destroy cancer cells
- **hormonal therapies** – these drugs change the activity of hormones in your body, which can slow down or stop the cancer from growing.
- **targeted therapies** – these drugs interfere with the way cancer cells grow.

### **Clinical trials**

Clinical trials are medical research studies involving people.. They test new treatments to see if they are more effective than current treatments. 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.

## Side effects

Cancer treatments can cause side effects. These can often be reduced and managed. Your healthcare team will give you advice. Most side effects gradually go away after treatment finishes.

## Talking to your healthcare team

Having cancer can be a worrying and confusing time. Talking to your healthcare team can help. Many people feel better and more in control when they know what is happening to them and why.

People often feel that hospital staff are too busy to answer their questions. But it is important for you to understand what is happening and how the cancer and its treatment might affect you. The staff are there to help you. They should make time for your questions. If you do not understand or speak English well, the hospital can arrange an interpreter for you.

You might find some questions difficult to ask, especially if they are about personal issues. But your healthcare team are there to help and they are used to answering these questions.

It is important that you understand what you are told. If you do not understand, ask the doctor or nurse to explain again.

## Questions to ask your healthcare team

Here are some questions you may want to ask your healthcare team. They may not all be relevant for you.

- 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?
- How effective will treatment be?
- Who can I talk to about how I am feeling?
- Who can I speak to if I think of questions later?
- I have religious or spiritual wishes – will these be met?

## Coping with cancer

### Your emotions

It is common to have many different emotions when you are told you have cancer. You may feel shocked, scared, worried, angry or depressed. 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](http://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.
- 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**

After a cancer diagnosis, some people become more aware of religious beliefs or spiritual feelings. People with a strong religious faith often find this very helpful. Other people may question their faith.

Some people find comfort in prayer or meditation. Many people find it helpful knowing that other people are praying for them.

You can talk to a chaplain, minister, priest, rabbi or other religious leader even if you are not sure about what you believe. Spiritual and religious leaders are used to helping, and you may find peace of mind.

## **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.

But help is available. 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.

We also 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.

## 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**.

### Web chat

You can send us a web chat message saying you would like an interpreter. Tell us, in English, the language you need, and we will arrange for someone to contact you. Click on the 'Chat to us' button, which appears on pages across the website. Or go to **macmillan.org.uk/talktous**

### Macmillan website

Our website has lots of information in English about cancer. There is also more information in other languages at **macmillan.org.uk/translations**

We 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 mobile centres. Visit one to get the information you need and speak with someone face to face. Find your nearest centre at **macmillan.org.uk/informationcentres** or call us on **0808 808 00 00**.

### Local support groups

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

### Macmillan Online Community

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

## Word list

Word	Meaning
Benefits	Money paid to you by the government to help you with costs.
Benign	A lump in the body that is not cancer and cannot spread to anywhere else in the body.
Cells	The tiny building blocks that make up the organs and tissues of our body.
Diagnosed	If you are diagnosed with cancer, it means your doctor has found that you have cancer.
Diagnosis	A diagnosis is when your doctor finds out what illness or problem is causing your symptoms.
Healthcare team	The team of doctors, nurses and other professionals that will look after you.
Key worker	This person is your main point of contact. You should have their contact details. They can answer your questions and tell you who can help with different things.
Lymphatic system	A network of tubes and glands throughout the body. It is part of the immune system. The system fights infections and drains fluid out of our tissue and organs.
Malignant	A lump in the body that is cancer and can spread around the body.
Metastasis	A secondary tumour that has spread from where the cancer first started in the body.
Palliative care	Care given to someone with a cancer that cannot be cured. This may include treatment to shrink the cancer or to reduce symptoms and make someone more comfortable.
Side effects	Unwanted effects of cancer treatment. For example, hair loss, feeling sick or tiredness. Most side effects go away after treatment finishes.
Tumour	A tumour is a group of cells that are growing in an abnormal way. The abnormal cells keep multiplying and form a lump.

## More information in your language

We have information in your language 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>• Cancer and coronavirus</li><li>• Claiming benefits when you have cancer</li><li>• Eating problems and cancer</li><li>• End of life</li><li>• Healthy eating</li><li>• Help with costs when you have cancer</li><li>• If you're diagnosed with cancer – A quick guide</li><li>• Sepsis and cancer</li><li>• Side effects of cancer treatment</li><li>• Tiredness (fatigue) and cancer</li></ul>
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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 by a translation company.

The information included is based on the Macmillan booklet **The cancer guide**. 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**

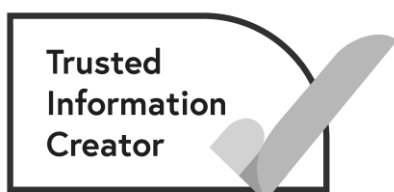
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