

## Canser a'r coronafeirws

Mae'r wybodaeth hon ynghylch y coronafeirws os oes gennych chi ganser. Mae yna bethau y gallwch chi eu gwneud i ddiogelu eich hun ac eraill rhag y coronafeirws. Mae yna hefyd wybodaeth ynghylch y brechlyn coronafeirws.

Os oes gennych unrhyw gwestiynau am yr wybodaeth hon, gallwch holi'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 felly, gallwch siarad â ni yn eich iaith eich hun. Pan fyddwch yn ein ffonio, dywedwch wrthym yn Saesneg pa iaith yr ydych ei hangen (dywedwch "Welsh").

Mae gennym ragor o wybodaeth ynghylch y coronafeirws ar ein gwefan ar [macmillan.org.uk/coronavirus](http://macmillan.org.uk/coronavirus)

### Mae'r wybodaeth hon yn trafod:

- Beth yw'r coronafeirws?
- Beth os oes gen i ganser?
- Beth fydd yn digwydd i'm triniaeth canser?
- Beth yw'r brechlyn coronafeirws?
- Sut y gall Macmillan eich helpu chi
- Rhestr geiriau
- Rhagor o wybodaeth yn eich iaith
- Cyfeiriadau a diolchiadau

### Beth yw'r coronafeirws?

Weithiau bydd y coronafeirws yn cael ei alw yn COVID-19. Mae'n feirws all effeithio ar eich ysgyfaint. Gall y feirws roi haint ar eich ysgyfaint a all eich gwneud yn wael iawn. I rai pobl mae'n angheuol.

### Sut mae pobl yn dal y coronafeirws?

Mae'r feirws yn lledaenu o berson i berson. Gallwch ei ddal os byddwch yn agos at rywun gyda'r feirws. Gallwch hefyd ei gael trwy gyffwrdd ag arwyneb sydd â'r feirws arno.

## **Sut fydd y coronafeirws yn gwneud i mi deimlo?**

Os oes gennych chi'r coronafeirws, efallai y byddwch chi'n teimlo'n sâl. Efallai:

- y bydd gennych chi beswch nad yw'n stopio
- y byddwch yn teimlo'n boeth neu'n rhyllid gyda thymheredd uchel (dros 37.5°C [99.5°F])
- na fyddwch yn gallu aroglu neu flasau'n iawn.

Os oes gennych ganser ac yn teimlo'n wael, ffoniwch eich meddyg canser neu ysbyty ar unwaith am gyngor.

Nid yw rhai pobl sydd â'r coronafeirws yn teimlo'n wael. Mae'n dal yn bosibl iddynt ledaenu'r feirws i bobl eraill.

Os ydych chi'n amau bod gennych chi'r coronafeirws, rhaid i chi aros adref. Mae hyn er mwyn eich atal rhag ledaenu'r coronafeirws i eraill. Rhowch wybod i'ch meddyg os ydych chi'n amau bod gennych chi'r coronafeirws.

## **Sut fydda i'n gwybod os oes gen i'r coronafeirws?**

Gallwch gael prawf am ddim fydd yn rhoi gwybod i chi os oes gennych chi'r coronafeirws. Bydd rhywun sydd wedi derbyn hyfforddiant yn eich profi neu gallwch archebu prawf cartref. [Gallwch gael profion cartref gyda chyfarwyddiadau mewn ieithoedd eraill.](#) Ar gyfer y prawf, byddant fel arfer yn swobio cefn eich gwddf a'ch trwyn. Mae'r swab yn edrych fel ffon wllan gotwm hir.

Bydd angen i chi gael prawf o fewn dyddiau o ddangos symptomau. Mae'r rheolau profi yn wahanol yn:

- [Lloegr – ewch i \[www.gov.uk\]\(http://www.gov.uk\) i gael gwybod mwy](#)
- [Yr Alban – ewch i \[www.gov.scot\]\(http://www.gov.scot\) i gael gwybod mwy](#)
- [Cymru – ewch i \[www.llyw.cymru\]\(http://www.llyw.cymru\) i gael gwybod mwy](#)
- [Gogledd Iwerddon – ewch i \[www.publichealth.hscni.net\]\(http://www.publichealth.hscni.net\) i gael gwybod mwy](#)

Dylech gael eich canlyniadau ymhen 1 i 3 niwrnod. Os ydych chi'n poeni wedi cael eich canlyniadau, gallech siarad gyda rhywun am sut ydych chi'n teimlo.

## **Beth os oes gen i ganser?**

Os oes gennych chi ganser, efallai y byddwch yn wynebu mwy o risg o fod yn wael iawn os oes gennych chi'r coronafeirws.

Gelwir y rhannau o'r corff sy'n brwydro firysau a heintiau y system imiwnedd. Gall rhai mathau o ganser a'i driniaethau wneud eich system imiwnedd yn wannach. Mae hyn yn golygu ei bod yn bosibl nad yw'ch corff yn brwydro'r coronafeirws yn dda.

## **Sut ydw i'n gallu diogelu fy hun os oes gen i ganser?**

Mae yna bethau y gallwch wneud i ddiogelu eich hun:

- Cael brechlyn coronafeirws pan gynigir un i chi
- Gwisgo mwgwd pan fyddwch chi gyda pobl eraill neu allan o'ch cartref. Rhaid i hwn orchuddio eich ceg a'ch trwyn.
- Osgoi llefydd sy'n brysur iawn
- Peidiwch â sefyll yn agos at bobl a cheisiwch gadw 2 fetr ar wahân
- Golchwch eich dwylo'n aml
- Os ydych chi dan do gyda phobl nad ydynt yn rhan o'ch aelwyd, cadwch ddrysau a ffenestri yn agored i gael awyr iach

Archebwch brawf os ydych chi'n amau bod gennych chi'r coronafeirws.

## **Gwarchod**

Ar gychwyn y pandemig, fe ddywedwyd wrth rhai pobl y dylent warchod. Roedd hyn yn golygu aros dan do ar bob adeg a chadw draw oddi wrth bobl eraill. Roedd hyn er mwyn diogelu pobl gyda salwch penodol a allai fynd yn ddifrifol wael pe byddent yn dal y coronafeirws.

Nid yw gwarchod bellach yn cael ei argymhell. Ond dylai'r rhai oedd yn gwarchod ddal i fod yn ofalus a diogelu eu hunain. Mae hyn yn cynnwys cael brechlyn a gwirio unrhyw ganllawiau ar gyfer eich ardal leol. Gallwch gael y rheolau diweddaraf ar y rhyngwyd. Dylech chi allu cael y rheolau a chyngor mewn gwahanol ieithoedd a fformatau.

Mae rhai pobl eisiau parhau i warchod, ac eraill yn falch i stopio. Mae'n ddewis personol y gallwch feddwl amdano drosoch eich hun a'i drafod gyda'r rhai agos atoch.

## **Sut ydw i'n gallu gofalu amdanaf fi fy hun?**

Mae'n bwysig iawn gofalu am eich iechyd os oes gennych chi ganser. Gall y rhain wneud eich system imiwneidd yn gryfach. Gall hyn eich helpu i ymdopi'n well gyda thriniaeth canser. Y pethau gorau i'w gwneud yw:

- bwyta'n iach
- yfed llawer o ddŵr a hylifau eraill
- symud eich corff
- cael digon o orffwys
- siarad gyda phobl eraill ynghylch sut rydych yn teimlo.

Mae gennym ragor o wybodaeth ynghylch bwyta'n iach yn eich iaith yn [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

## **Beth fydd yn digwydd i'm triniaeth canser?**

Efallai y byddwch yn poeni am gael triniaeth ar gyfer canser, ond dylech ddal ati gyda'ch triniaeth fel y bwriadwyd. Siaradwch â'ch meddyg a nyrs os ydych chi'n poeni am hyn.

Efallai'ch bod yn aros am sgan neu brawf. Bydd y timau canser yn dal i:

- roi diagnosis o ganser
- trin canser
- rhoi'r gofal mae pobl ei angen iddynt.

Rhaid i chi wisgo mwgwd os ydych chi'n cael profion neu driniaeth mewn ysbyty neu glinig. Efallai y byddwch yn cael prawf ar gyfer coronafeirws cyn eich triniaeth.

Efallai'ch bod yn poeni am gael y brechlyn os ydych chi'n derbyn triniaeth ar gyfer canser. Mae'n ddiogel i chi gael y brechlyn. Gall eich meddyg drafod yr adeg orau i chi ei gael gyda chi. Efallai na fydd y brechlyn yn gweithio gystal os ydych chi'n cael rhai mathau o driniaeth canser. Ond bydd yn dal yn helpu eich diogelu rhag y coronafeirws.

## **Beth yw'r brechlyn coronafeirws?**

Mae brechlyn yn feddyginiaeth sy'n helpu eich cadw'n ddiogel rhag salwch. Mae'n bwysig eich bod yn cael brechlyn coronafeirws gan y bydd hyn yn helpu eich system imiwnedd i'ch diogelu. Mae hyn yn golygu eich bod yn llai tebygol o fod yn wael iawn gyda'r coronafeirws.

Mae meddygon eisiau i bob oedolyn gael y brechlyn. Os oes gennych chi ganser, dylech gael y brechlyn cyn gynted â phosibl. Mae hyn oherwydd y bydd risg y byddwch yn wael iawn os cewch y coronafeirws. Mae meddygon wedi profi'r brechlynnau i sicrhau eu bod yn ddiogel i'w defnyddio.

Bydd eich meddyg yn rhoi gwybod i chi pryd allwch chi gael eich brechlyn. Mae'n bwysig cael y brechlyn pan fydd y meddyg yn rhoi gwybod i chi y gallwch.

### **Sut fydda i'n cael fy mrechlyn?**

Bydd meddyg neu nyrs yn rhoi'r brechlyn i chi fel pigiad yn eich braich.

Byddwch yn cael y brechlyn ddwywaith. Fe gewch eich ail frechlyn 3 i 12 wythnos wedi'r cyntaf.

Mae'r brechlyn cyntaf yn dechrau eich diogelu 2 i 3 wythnos wedi i chi ei gael. Mae'r ail frechlyn yn eich diogelu am gyfnod hwy. Mae'n bwysig cael y ddau ddos o'r brechlyn.

## Beth sy'n digwydd wedi i mi gael y brechlyn?

Bydd angen i chi ddal i fod yn ofalus wedi i chi gael y brechlyn. Efallai na fydd y brechlyn yn atal y feirws rhag lledaenu. Ond fe ddylai eich atal rhag bod yn wael iawn os byddwch yn cael y coronafeirws. Mae'n rhaid i chi ddal i ddilyn y rheolau yn yr wybodaeth hon i gadw'n ddiogel wedi cael eich brechlyn.

## Sut y gall Macmillan eich helpu chi

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

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

## Rhagor o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn eich iaith am y pynciau hyn:

<p><b>Mathau o ganser</b></p> <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> <p><b>Triniaethau</b></p> <ul style="list-style-type: none"><li>• Cemotherapi</li><li>• Radiotherapi</li><li>• Llawfeddygaeth</li></ul>	<p><b>Ymdopi â chanser</b></p> <ul style="list-style-type: none"><li>• Os cewch ddiagnosis o ganser – canllaw cyflym</li><li>• Problemau bwyta a chanser</li><li>• Diwedd oes</li><li>• Cymorth ariannol - budd-daliadau</li><li>• Cymorth ariannol – help gyda chostau</li><li>• Bwyta'n iach</li><li>• Blinder a chanser</li><li>• Sgîl-ffeithiau triniaeth canser</li><li>• Yr hyn y gallwch ei wneud i helpu'ch hun</li></ul>
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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 a gynhwysir yn seiliedig ar wybodaeth ar-lein Macmillan ynghylch [canser a'r coronafeirws](https://www.macmillan.org.uk/coronavirus) ar **[macmillan.org.uk/coronavirus](https://www.macmillan.org.uk/coronavirus)**

Mae'r wybodaeth wedi ei hadolygu gan arbenigwyr perthnasol a'i chymeradwyo gan Dr Tim Iveson, Oncolegydd Meddygol Ymgynghorol a Phrif Olygydd Meddygol Macmillan a Rosie Loftus, Prif Swyddog Meddygol Macmillan.

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

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

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## Cancer and coronavirus

This information is about coronavirus if you have cancer. There are things you can do to protect yourself and other people from coronavirus. There is also information about the coronavirus vaccine.

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 (say “Welsh”).

We have more information about coronavirus on our website at [macmillan.org.uk/coronavirus](https://macmillan.org.uk/coronavirus)

### This information is about:

- What is coronavirus?
- What if I have cancer?
- What will happen to my cancer treatment?
- What is the coronavirus vaccine?
- How Macmillan can help you
- Word list
- More information in your language
- References and thanks

### What is coronavirus?

Coronavirus is sometimes called COVID-19. It is a virus that can affect your lungs. This virus can give you a lung infection which can make you very ill. Some people die from it.

### How do people get coronavirus?

The virus spreads from person to person. You can get it if you are near someone with the virus. You can also get it by touching a surface that has the virus on it.



## How will coronavirus make me feel?

If you have coronavirus, you may feel unwell. You might:

- have a cough that does not stop
- feel hot or shivery with a high temperature (over 37.5°C [99.5°F])
- not be able to smell or taste properly.

If you have cancer and feel unwell, call your cancer doctor or hospital right away for advice.

Some people with coronavirus do not feel unwell. They can still spread the virus to other people.

If you think you might have coronavirus you must stay at home. This is to stop you spreading coronavirus to others. Tell your doctor if you think you might have coronavirus.

## How will I know if I have coronavirus?

You can have a free test that will tell you if you have coronavirus. A trained person will test you or you can order a home test. [You can get home tests with instructions in other languages.](#) For the test, they will usually swab the back of your throat and your nose. The swab looks like a long cotton bud.

You will need to be tested within days of having symptoms. Testing rules are different in:

- [England – visit \[www.gov.uk\]\(http://www.gov.uk\) to find out more](#)
- [Scotland – visit \[www.gov.scot\]\(http://www.gov.scot\) to find out more](#)
- [Wales – visit \[www.gov.wales\]\(http://www.gov.wales\) to find out more](#)
- [Northern Ireland – visit \[www.publichealth.hscni.net\]\(http://www.publichealth.hscni.net\) to find out more](#)

You should get your results in 1 to 3 days. If you are worried after getting your results you could talk to someone about how you feel.

## What if I have cancer?

If you have cancer, you may be more at risk of becoming very ill if you have coronavirus.

The parts of the body that fight viruses and infections are called the immune system. Some types of cancer and its treatments can make your immune system weaker. This means your body may not fight the coronavirus well.

## **How can I protect myself if I have cancer?**

There are things you can do to protect yourself:

- Get a coronavirus vaccine when it is offered to you
- Wear a mask when you are with other people or outside your house. This must cover your mouth and nose.
- Avoid places that are very busy
- Do not stand close to people and try to stay 2 metres apart
- Clean your hands often
- If you are indoors with people who are not in your household keep doors and windows open for fresh air

Book a test if you think you have coronavirus.

## **Shielding**

At the start of the pandemic some people were told to shield. This meant staying indoors at all times and staying away from other people. It was to protect people with certain illnesses who might become very unwell if they had coronavirus.

Shielding is no longer advised. But people who were shielding should continue to be careful and protect themselves. This includes having a vaccination and checking any guidance for your local area. You can get the latest rules on the internet. You should be able to get the rules and advice in different languages and formats.

Some people want to continue shielding, Others are relieved to stop. It's a personal choice that you can think about for yourself and discuss with those close to you.

## **How can I take care of myself?**

It is really important to look after your health if you have cancer. These can make your immune system stronger. This can help you cope better with cancer treatment. The best things to do are:

- eat healthily
- drink lots of water or other fluids
- keep moving your body
- get enough rest
- talk about how you are feeling to other people.

We have more information about healthy eating in your language at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

## **What will happen to my cancer treatment?**

You might be worried about having cancer treatment, but you should have your treatment as planned. Talk to your doctor and nurse if you are worried about this.

You might be waiting for a scan or test. The cancer teams will still:

- diagnose cancer
- treat cancer
- give people the care they need.

You must wear a mask if you are having tests or treatment in a hospital or clinic. You may be tested for coronavirus before your treatment.

You might be worried about getting a vaccine if you are having cancer treatment. It is safe to have the vaccine. Your doctor can talk to you about the best time to have it. The vaccine may not work as well if you are having some cancer treatments. But it will still help to protect you from coronavirus.

## **What is the coronavirus vaccine?**

A vaccine is a medicine that helps to keep you safe from an illness. It is important that you get a coronavirus vaccine as this will help your immune system to protect you. This means that you are less likely to get very unwell with coronavirus.

Doctors want all adults to get the vaccine. If you have cancer, you should have the vaccine as soon as you can. This is because you will be at risk of being very unwell if you get coronavirus. Doctors have tested the vaccines to make sure they are safe to use.

Your doctor will tell you when you can get your vaccine. It is important to get the vaccine when your doctor tells you.

### **How will I get my vaccine?**

A doctor or nurse will give you the vaccine as an injection (jab) in your arm.

You will get the vaccine twice. You get your second vaccine 3 to 12 weeks after the first one.

The first vaccine starts to protect you 2 to 3 weeks after you have it. The second vaccine protects you for a longer time. It is important to get both doses of the vaccine.

## What happens after I get the vaccine?

You will still need to be careful after you have had the vaccine. The vaccine may not stop the virus spreading. But it should stop you becoming very poorly if you get coronavirus. You must still follow the rules in this information to stay safe after getting your vaccine.

## How Macmillan can help you

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

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

## 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>• If you are diagnosed with cancer – a quick guide</li><li>• Eating problems and cancer</li><li>• End of life</li><li>• Financial support – benefits</li><li>• Financial support – help with costs</li><li>• Healthy eating</li><li>• Tiredness (fatigue) and cancer</li><li>• Side effects of cancer treatment</li><li>• What you can do to help yourself</li></ul>
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To see this information, go to [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

## 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's online information about [cancer and coronavirus](https://www.macmillan.org.uk/coronavirus) at [macmillan.org.uk/coronavirus](https://www.macmillan.org.uk/coronavirus)

This information has been reviewed by relevant experts and approved by Dr Tim Iveson, Consultant Medical Oncologist and Macmillan Chief Medical Editor and Rosie Loftus, Macmillan Chief Medical Officer.

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

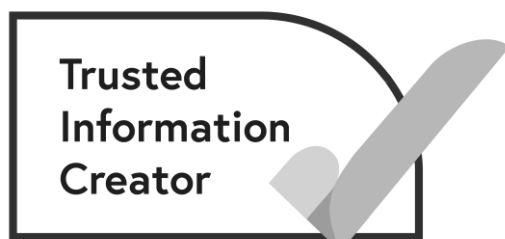
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