

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

**'SYLWAIS AR  
WAED YN FY WRIN  
FELLY DYMA  
FYND I WELD  
Y MEDDYG.'**

David



## Symptomau o ganser yr arennau a'r bledren

**Mae dros 20,000 o bobl yn cael diagnosis o ganser yr arennau neu'r bledren yn y Deyrnas Unedig bob blwyddyn. Mae'r canserau hyn yn fwy cyffredin ymysg dynion a phobl dros 50 oed.**

Gallai gwybod pa newidiadau i gadw golwg arnynt a phryd i fynd i weld meddyg wneud gwahaniaeth mawr. Peidiwch â mynd i boeni os yw'r symptomau hyn gennych - ewch i weld rhywun.

Ewch i weld eich meddyg os ydych yn profi unrhyw rai o'r symptomau hyn:

- Gwaed yn eich pi-pi, hyd yn oed os mai dim ond unwaith.
- Angen pasio dŵr yn sydyn neu ar frys.
- Poen neu deimlad llosgi wrth basio dŵr.
- Lwmp yn eich bol.

Serch hynny, gall y symptomau hyn gael eu hachosi gan bethau eraill heblaw cancer, fel haint, cerrig yn y bledren, neu gerrig yn yr arennau. Ond peidiwch â cheisio diagnosis'ch hun – ewch i weld eich meddyg. Gallai arbed eich bywyd. Os oes gennych ganser, gorau po gyntaf y caiff ei ganfod fel y gellir ei drin yn llwyddiannus.

**Dydych chi ddim yn gwastraffu amser eich meddyg os ydych chi'n gofyn iddo archwilio'ch symptomau.**

**Y cynharaf y canfyddir y cancer, y mwyaf tebygol y bydd y driniaeth yn llwyddiannus.**

Os oes angen cefnogaeth arnoch neu efallai sgwrs â rhywun, ffoniwch Macmillan am ddim ar **0808 808 00 00** neu ewch i **[macmillan.org.uk](http://macmillan.org.uk)**

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# 'I SAW BLOOD IN MY URINE AND WENT TO THE DOCTOR.'

David



**Over 20,000 people in the UK are diagnosed with bladder or kidney cancer each year. These cancers are more common in men and people over 50.**

Knowing what changes to look for and when to see your doctor could make a real difference. Don't be scared if you have symptoms – get them checked.

See your doctor if you have any of these symptoms:

- Blood in your pee, even if it's only once.
- Needing to pee suddenly or urgently.
- Pain or a burning feeling when you pee.
- A lump in your tummy.

These symptoms can be caused by things other than cancer, such as an infection, bladder stones or kidney stones. But don't try to diagnose yourself – see your doctor. It could save your life. If you do have cancer, the sooner it's found, the more likely it is to be cured.

**You are not wasting your doctor's time by getting your symptoms checked.**

**The earlier cancer is found, the more likely it is to be cured.**

If you need support or just want someone to talk to, call Macmillan free on **0808 808 00 00** or visit **[macmillan.org.uk](http://macmillan.org.uk)**