

MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU

Guide to cancer resources in other languages

May 2019

Macmillan Cancer Support
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Introduction

This guide has details of resources that have been translated into other languages, plus some in English that have been written specifically for BAME audiences. They were all published from 2013 and have a publication date. You can also search the [web directory of information resources for people affected by cancer](#) for resources in different languages.

The [Macmillan Support Line](#) has an interpreter service, so you can speak to a cancer support specialist in your own language, via an interpreter. Call 0808 808 00 00 and state, in English, the language you want to use.

If you are looking for information in a language not included in this guide, please let us know at cancerinformationteam@macmillan.org.uk

How to use this guide

Entries are arranged by title and include the following information:

- the title (with a link to the English language version if available);
- the languages available and links to the downloads;
- a brief description of the contents;
- publisher, number of pages, and price if not free.

There is also a **Language Index** (p. 19), a **Subject Index** (p. 29), and a list of useful websites (p. 36).

Information and support for people affected by cancer

If you are looking for support to help you live with cancer, you may wish to contact one of [Macmillan's cancer information and support services](#). Or you can call the Macmillan Support Line free on **0808 808 00 00** (Mon-Fri 9am–8pm). If you are deaf or hard of hearing you can use textphone no 0808 808 0121 or Text Relay. You can also email us using the [website enquiry form](#). Alternatively, visit our website – www.macmillan.org.uk

Feedback

All links were checked on 10th January 2019, unless added or amended in later editions, in which case they were checked at the time. If any are broken, you have any comments, or would like to suggest a resource for inclusion, please [email Sue Hawkins](#), Information Materials Researcher, Quality and Evaluation Team, Macmillan Cancer Support.

Title listing

[10 top tips \(March 2018\)](#)

This set of ten tips was developed by a workshop group comprising people affected by ovarian cancer and GPs. It aims to help women get the best out of a visit to their GP if they are concerned about symptoms.

Target Ovarian Cancer. 1p. The following language version is available to download: [Welsh](#) (2016).

[Abiraterone acetate \(Zytiga®\) \(June 2016\)](#)

Abiraterone is a hormonal therapy drug used to treat advanced prostate cancer. This information covers: how abiraterone works; when abiraterone is given; taking your abiraterone tablets; possible side effects of abiraterone (including long-term use); other information about abiraterone.

[Macmillan Cancer Support](#). 8pp. The following language version is available to download: [Chinese, Cantonese](#).

[Bowel cancer \(September 2017\)](#)

This factsheet is about how bowel cancer is diagnosed and treated. Contents: The bowel; Bowel cancer; How treatment is planned; Talking to your healthcare team; Questions to ask about your treatment; Treatments for bowel cancer; Possible side effects of your treatment; Follow up; Your feelings; How Macmillan can help; Word list; More information in your language.

[Macmillan Cancer Support](#). 12pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Romanian](#); [Russian](#); [Slovak](#); [Thai](#); [Urdu](#); [Welsh](#).

[Bowel scope screening \(May 2018\)](#)

Information to help people decide if they want to take up an invitation for bowel scope screening.

Public Health England. NHS Bowel Cancer Screening Programme. 12pp. The following language versions are available to download (all dated 2013): [Arabic](#); [Bengali](#); [Chinese, Simplified](#); [Chinese, Traditional](#); [Farsi](#); [French](#); [Gujarati](#); [Hindi](#); [Nepali](#); [Polish](#); [Punjabi](#); [Urdu](#).

[Bowel scope screening: using the enema \(May 2018\)](#)

Guidance on using the enema before bowel scope screening. People receive this leaflet with the enema before attending a local bowel screening unit.

Public Health England. NHS Bowel Cancer Screening Programme. 6pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Simplified](#); [Chinese, Traditional](#); [Farsi](#); [French](#); [Gujarati](#); [Hindi](#); [Nepali](#); [Polish](#); [Punjabi](#); [Urdu](#).

[The bowel screening test. What you need to know \(2018\)](#)

This leaflet tells people what they need to know about the bowel screening test, which is offered to all men and women aged 50 to 74 in Scotland every two years.

[NHS Health Scotland](#). 16pp. Single copies free in Scotland. The following language versions are available to download: [Arabic](#); [Chinese, Simplified](#); [Chinese, Traditional](#); [Polish](#); [Urdu](#).

[Breast cancer \(September 2017\)](#)

This factsheet explains what breast cancer is and describes the possible causes, the symptoms, how it is diagnosed, and the treatment options.

[Macmillan Cancer Support](#). 14pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Hungarian](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Romanian](#); [Russian](#); [Urdu](#); [Welsh](#).

[Breast screening \(March 2017\)](#)

This factsheet explains what breast cancer is and describes the possible causes, the symptoms, how it is diagnosed, and the treatment options.

[Macmillan Cancer Support](#). 14pp. The following language version is available to download: [Thai](#).

[Cancer awareness in the Muslim community \(2014\)](#)

What is cancer; risk factors; some Muslim beliefs and attitudes towards cancer; myths and realities; what Islam tells about health prevention; symptoms; treatment. Also includes information about breast, bowel, cervical, lung and prostate cancer.

Sheffield Hallam University. Centre for Health and Social Care Research. 11pp. The following language versions are available to download: [Arabic](#); [Somali](#); [Urdu](#).

[Capecitabine \(Xeloda®\) \(2017\)](#)

Capecitabine is given as a treatment for many types of cancer including colorectal, breast, oesophageal, pancreatic and stomach. This information describes how it is given and describes some of the possible side-effects.

[Macmillan Cancer Support](#). 13pp. The following language versions are available to download: [Turkish](#); [Urdu](#).

[Carboplatin \(2018\)](#)

Carboplatin is a chemotherapy drug used to treat ovarian and lung cancer. It may also be used to treat other cancers.

[Macmillan Cancer Support](#). 8pp. The following language version is available to download: [Slovak](#).

[Chemotherapy \(September 2018\)](#)

Information on chemotherapy, what it is, when it is used, how it works, length of treatment, and side-effects.

[Macmillan Cancer Support](#). 13pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Farsi](#); [Gujarati](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Romanian](#); [Russian](#); [Slovak](#); [Urdu](#); [Welsh](#).

[Chemotherapy side effects \(September 2018\)](#)

Information on the side-effects of chemotherapy. This is a section of the chemotherapy factsheet above.

[Macmillan Cancer Support](#). 7pp. The following language version is available to download: [Kurdish](#).

[Cyclophosphamide \(2015\)](#)

Cyclophosphamide is a chemotherapy drug used to treat lymphomas, leukaemias, myeloma, lung cancer and breast cancer. It may also be used to treat other cancers.

[Macmillan Cancer Support](#). 12pp. The following language version is available to download: [Portuguese](#).

Diffuse large B-cell lymphoma (2018)

Diffuse large B-cell lymphoma is a type of non-Hodgkin lymphoma. This factsheet describes the signs and symptoms, staging, grading, diagnosis and treatment.

[Macmillan Cancer Support](#). 7pp. The following language version is available to download: [Kurdish](#).

Docetaxel (Taxotere®) (2017)

Docetaxel (Taxotere®) is a chemotherapy drug used to treat many types of cancer including breast, prostate, stomach, head and neck, and non-small cell lung cancer. This factsheet describes what it is, how it is given, and possible side effects.

[Macmillan Cancer Support](#). 13pp. The following language version is available to download: [Portuguese](#).

Eating problems and cancer (September 2018)

Cancer can cause problems with eating and drinking. This information is about the different problems that can happen and ways of dealing with them.

[Macmillan Cancer Support](#). 14pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Romanian](#); [Russian](#); [Urdu](#); [Welsh](#).

End of life (2017)

This factsheet is about what happens at the end of life and how to prepare for it: How you may feel; Planning ahead; Who can look after you at home; The last few weeks of life; The last few days of life; Nearing death; After death.

[Macmillan Cancer Support](#). 13pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Romanian](#); [Russian](#); [Urdu](#); [Welsh](#).

EOX chemotherapy (2018)

EOX chemotherapy is used to treat oesophageal and stomach cancer. This factsheet describes the drugs, how treatment is given and possible side-effects.

[Macmillan Cancer Support](#). The following language version is available to download: [Thai](#).

[FEC chemotherapy \(2017\)](#)

FEC is a combination chemotherapy treatment for breast cancer. This factsheet describes the drugs, how they are given and some of the possible side-effects.

[Macmillan Cancer Support](#). 10pp. The following language version is available to download: [Arabic](#); [Portuguese](#).

[FEC-T chemotherapy \(2017\)](#)

This information describes the FEC-T chemotherapy regimen, which is used to treat breast cancer. It describes the drugs used, how treatment is given, and some of the possible side-effects.

[Macmillan Cancer Support](#). 8pp. The following language version is available to download: [Polish](#); [Romanian](#).

[Financial support – benefits \(September 2018\)](#)

This factsheet is about claiming benefits.

[Macmillan Cancer Support](#). 6pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Romanian](#); [Russian](#); [Slovak](#); [Thai](#); [Urdu](#); [Welsh](#).

[Financial support – help with costs \(September 2018\)](#)

This information is about help with costs if you have cancer.

[Macmillan Cancer Support](#). 4pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Romanian](#); [Russian](#); [Urdu](#); [Welsh](#).

[Find out about your prostate \(June 2015\)](#)

This leaflet gives information about prostate problems, risk factors for prostate cancer and the symptoms to look out for.

[Prostate Cancer UK](#). 12pp. The following language versions are available to order and download: [Bengali](#); [Gujarati](#); [Polish](#); [Punjabi](#); [Tamil](#); [Urdu](#).

Follicular lymphoma (2018)

Follicular lymphoma is a specific type of non-Hodgkin lymphoma. This factsheet describes the signs and symptoms, the stages, diagnosis, and treatment.

[Macmillan Cancer Support](#). The following language version is available to download: [Polish](#).

GemCarbo chemotherapy (2016)

GemCarbo is a combination chemotherapy treatment that is used to treat several types of cancer, but most commonly lung cancer. This factsheet describes the drugs, how they are given and the possible side-effects.

[Macmillan Cancer Support](#). 10pp. The following language version is available to download: [Polish](#).

Gemcitabine (Gemzar ®) (September 2017)

Gemcitabine is most commonly used to treat non-small-cell lung cancer, pancreatic, bladder and breast cancer. This factsheet describes how it is given and the possible side-effects.

[Macmillan Cancer Support](#). 12pp. The following language version is available to download: [Bulgarian](#).

Healthy eating and cancer (August 2017)

This information is about how to eat well and keep to a healthy weight. It explains why a healthy diet is important. There is also a healthy eating guide that explains the different types of food and what makes a healthy diet.

[Macmillan Cancer Support](#). 13pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Romanian](#); [Russian](#); [Urdu](#); [Welsh](#).

How to stop smoking and stay stopped (2018)

This booklet is for smokers who are seriously thinking of giving up smoking. The contents include: Thinking about stopping; Preparing to stop; Stopping; Staying stopped; Further help; Medications.

[NHS Health Scotland](#). 60pp. The following language version is available to download: [Polish](#).

[HPV vaccine. Protect yourself against cervical cancer \(2018\)](#)

This factsheet describes what cervical cancer is, HPV and how it is spread, and how and when the vaccine is given. It also covers consent, and possible side effects.

[NHS Health Scotland](#). 16pp. The following language versions are available to download (2017): [Arabic](#); [Chinese, Traditional](#); [Hungarian](#); [Polish](#); [Urdu](#).

[The HPV vaccine for men who have sex with men \(2017\)](#)

This leaflet is about the human papillomavirus (HPV) vaccine (injections) for men who have sex with men.

[NHS Health Scotland](#). 6pp. The following language versions are available to download: [Chinese, Simplified](#); [Polish](#); [Urdu](#).

[If you're diagnosed with cancer – a quick guide \(December 2015\)](#)

Information about what to expect when you find out you have cancer. What is cancer; How Macmillan can help; What happens after diagnosis; Health and social care professionals you might meet; The main treatments; How treatment is planned; Talking to your healthcare team; Coping with cancer; where to get support; Glossary.

[Macmillan Cancer Support](#). 11pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Russian](#); [Urdu](#); [Welsh](#).

[Imatinib \(2017\)](#)

Imatinib is a cancer growth inhibitor. This factsheet describes how it works, how it is given, and possible side-effects.

[Macmillan Cancer Support](#). The following language version is available to download: [Czech](#).

[Implantable ports \(2018\)](#)

Implantable ports are often used to give chemotherapy treatment. This factsheet describes what an implantable port is, how it is put in, how it is used, how to care for it, and possible problems.

[Macmillan Cancer Support](#). The following language version is available to download: [Punjabi](#).

[Interferon alpha \(2017\)](#)

Interferon alpha is a biological therapy that may be used to treat kidney cancer, melanoma, carcinoid tumours, and some lymphomas and leukaemias. This factsheet describes how it works, how it is given, and some of the possible side-effects.

[Macmillan Cancer Support](#). 11pp. The following language version is available to download: [Arabic](#).

[Ipilimumab \(2017\)](#)

Ipilimumab is a targeted therapy drug used to treat advanced melanoma. This describes how it works, how it is given, and some of the possible side-effects.

[Macmillan Cancer Support](#). 11pp. The following language version is available to download: [Bulgarian](#).

[A laryngectomee's travel guide to the British Isles \(2017\)](#)

Details of hospitals believed to handle emergencies of the type that laryngectomees may suffer. Includes flash cards (English, French, Spanish, and German) to help a voiceless laryngectomee indicate what the problem is.

[Cancer Laryngectomee Trust](#). 5th edition. 20pp. Free with A5 SAE with 1st or 2nd class stamp.

[Letrozole \(Femara ®\) \(2018\)](#)

Letrozole is a hormonal therapy used in the treatment of post-menopausal women with breast cancer. This factsheet describes how it works, how it is given, and the possible side-effects.

[Macmillan Cancer Support](#). The following language version is available to download: [Portuguese](#).

[Living with lung cancer. Personal experiences and a visual guide \(DVD\) \(November 2013\)](#)

DVD produced with the help of people affected by lung cancer and health care professionals. The content is divided into chapters so that users can select the most relevant section. It is available as part of the "Lung cancer. Answering your questions" pack. Subtitles in Arabic, Bengali, Gujarati, Polish, Punjabi, and Urdu.

[Roy Castle Lung Cancer Foundation](#). 63 minutes.

Lung cancer (December 2017)

This information is about lung cancer and treatments for lung cancer. It is about cancer that starts in the lung (primary lung cancer). It is not about cancer that starts somewhere else in the body and spreads to the lungs (secondary lung cancer).

[Macmillan Cancer Support](#). 14pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Romanian](#); [Russian](#); [Slovak](#); [Urdu](#); [Welsh](#).

Make time for breast screening (2018)

This booklet explains breast screening and the benefits and risks involved.

[NHS Health Scotland](#). 16pp. Single copies free in Scotland. The following language versions are available to download: [Arabic](#); [Chinese, Simplified](#); [Chinese, Traditional](#); [Polish](#); [Urdu](#).

Malignant spinal cord compression (MSCC) – symptoms (2018)

Malignant spinal cord compression (MSCC) happens when cancer grows in or near the spine and presses on the spinal cord and nerves. This factsheet describes the symptoms.

[Macmillan Cancer Support](#). 4pp. The following language version is available to download: [Chinese, Traditional](#).

Managing breathlessness (2015)

A section of this booklet has been translated into [Arabic](#) (anxiety and relaxation).

Macmillan Cancer Support. 3rd edition. 68pp. [MAC12918](#).

NHS cervical screening. Helping you decide (May 2018)

This leaflet explains what cervical screening is, why it is important, and what happens during the test. It also includes information on reliability, what happens to samples, and the benefits and difficulties of cervical screening.

[NHS Cervical Screening Programme](#). 16pp. Ref: 2901649. The following language versions are available to download (2013): [Chinese, Simplified](#); [Chinese, Traditional](#); [Czech](#); [French](#); [Gujarati](#); [Hindi](#); [Latvian](#); [Lithuanian](#); [Nepali](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Romanian](#); [Russian](#); [Somali](#); [Spanish](#); [Urdu](#).

[Nivolumab \(OPDIVO®\) \(2016\)](#)

Nivolumab (OPDIVO) is a targeted therapy drug used to treat melanoma, non-small cell lung cancer or kidney (renal cell) cancer.

[Macmillan Cancer Support](#). 10pp. The following language version is available to download: [Bulgarian](#); [Polish](#).

[Osteosarcoma \(December 2016\)](#)

Osteosarcoma is a rare type of sarcoma of the bone. This factsheet describes the causes, signs and symptoms, diagnosis, grading and staging and treatment options.

[Macmillan Cancer Support](#). 10pp. The following language version is available to download: [French](#).

[Ovarian cancer. Symptoms you shouldn't ignore \(2014\)](#)

Information about the symptoms of ovarian cancer and what to do if you are worried. Describes the risk factors.

[Ovarian Cancer Action](#). 6pp. The following language versions are available to download: [Chinese, Simplified](#); [Chinese, Traditional](#); [Hindi](#); [Polish](#); [Punjabi](#); [Turkish](#); [Urdu](#); [Welsh](#).

[Paclitaxel \(October 2017\)](#)

Paclitaxel is a chemotherapy drug used to treat ovarian, breast and non-small cell lung cancer. It may also be used to treat other cancers such as stomach cancer.

[Macmillan Cancer Support](#). 8pp. The following language versions are available to download: [Arabic](#); [French](#); [Portuguese](#); [Punjabi](#).

[Paclitaxel and carboplatin \(Taxol/Carbo\) chemotherapy \(2017\)](#)

Paclitaxel and carboplatin is a combination treatment used to treat ovarian, womb, cervical and lung cancer. It may also be used to treat other cancers.

[Macmillan Cancer Support](#). 11pp. The following language version is available to download: [Polish](#).

[PICC lines \(2018\)](#)

PICC lines (peripherally inserted central catheters) are used to give someone chemotherapy treatment or other medicines. This information describes what they are used for, how the line is put in and possible problems, caring for your PICC line, possible problems with PICC lines, and how the PICC line is removed.

[Macmillan Cancer Support](#). 5pp. The following language version is available to download: [Polish](#).

[Prostate cancer \(October 2018\)](#)

This factsheet is about how prostate cancer is diagnosed and treated.

[Macmillan Cancer Support](#). 14pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Romanian](#); [Russian](#); [Urdu](#); [Welsh](#).

[Prostate cancer. A guide for men who've just been diagnosed \(July 2016\)](#)

This booklet is for men who have been recently diagnosed with prostate cancer. It describes the prostate, how prostate cancer is diagnosed, what the test results mean, the treatment options, and the support available. It has space to record contact details and other information that may be useful, such as appointment times and PSA levels.

[Prostate Cancer UK](#). 52pp. The following language version is available to download: [Welsh](#) (2014).

[Prostate cancer and other prostate problems. Information for black men \(June 2017\)](#)

This leaflet is for black men, including black African and black Caribbean men. Partners, family or friends might also find it helpful. It explains what the prostate is and describe the three most common prostate problems – prostate cancer, an enlarged prostate and prostatitis. We also explain what changes to look out for, what men should do if they think they have a prostate problem and what might happen at the GP surgery.

[Prostate Cancer UK](#). 20pp.

Radiotherapy (November 2018)

This factsheet describes radiotherapy: what it is; how treatment is planned; external and internal radiotherapy; and the possible side-effects. It also has tips on coping with radiotherapy and information about fertility and contraception.

[Macmillan Cancer Support](#). 16pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Hungarian](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Romanian](#); [Russian](#); [Urdu](#); [Welsh](#).

Side effects of cancer treatment (January 2017)

This factsheet describes some of the side effects of cancer treatment, such as risk of infection, anaemia; bruising, bleeding; hair loss; tiredness; sore mouth and ulcers; nausea; appetite changes; constipation; diarrhoea; skin changes; hormonal changes.

[Macmillan Cancer Support](#). 8pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Russian](#); [Urdu](#); [Welsh](#).

Signs and symptoms of cancer (March 2017)

This z-card gives the signs and symptoms of the main cancers for men and women and advice on cancer prevention for anyone worried about their cancer risk.

[Macmillan Cancer Support](#). 2pp. [MAC15200](#). The following language versions are available to download or order: [Arabic \(MAC15200 ARABIC\)](#); [Bengali \(MAC15200 BENGALI\)](#); [Chinese \(MAC15200 CHINESE\)](#); [Czech](#); [Gujarati \(MAC15200 GUJARATI\)](#); [Nepali \(MAC15200 NEPALI\)](#); [Polish \(MAC15200 POLISH\)](#); [Portuguese \(MAC15200 PORTUGU\)](#); [Punjabi \(MAC15200 PUNJABI\)](#); [Romanian \(MAC15200 ROMANIAN\)](#); [Russian \(MAC15200 RUSSIAN\)](#); [Somali](#); [Urdu \(MAC15200 URDU\)](#); [Welsh \(MAC15200 WELSH\)](#)

A smear test could save your life. Don't ignore your invitation (2018)

This leaflet explains what a cervical screening test is, what causes changes in the cervix, and describes how to make an appointment, what happens during the test and if changes are detected. It addresses the concerns of women who may not have been sexually active, are lesbian/bisexual, menopausal, or pregnant.

[NHS Health Scotland](#). 12pp. The following language versions are available to download: [Arabic](#); [Chinese, Traditional](#); [Farsi](#); [French](#); [Polish](#); [Romanian](#); [Slovak](#); [Somali](#); [Tigrinya](#); [Turkish](#); [Urdu](#).

Sorafenib (Nexavar®) (March 2017)

Sorafenib is a multi-targeted kinase inhibitor that is used to treat people with kidney, liver, or differentiated thyroid cancer. This factsheet describes how it works, how it is given, and the possible side-effects.

[Macmillan Cancer Support](#). 14pp. The following language version is available to order: [Arabic](#).

Surgery (January 2017)

This factsheet explains why surgery may be used to treat cancer. It describes how the surgery is carried out, what happens before and after an operation, and the possible long-term complications such as lymphoedema.

[Macmillan Cancer Support](#). 7pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Russian](#); [Urdu](#); [Welsh](#).

Taking care of your breasts (September 2016)

This leaflet uses illustrations to show women how to check their breasts and the changes to look for. This leaflet (and the translations) are currently being reviewed.

[Breast Cancer Care](#). 2pp. [BCC211](#). The following language versions are available to order or download: [Arabic](#) (2014) ([BCC227](#)); [Bengali](#) (2014) ([BCC217](#)); [Gujarati](#) (2016) ([BCC219](#)); [Hindi](#) (2016) ([BCC218](#)); [Punjabi](#) (2014) ([BCC226](#)); [Urdu](#) (2017) ([BCC216](#)) Welsh (2014) ([BCC215](#))

Talking to children and teenagers (2016)

A section of this booklet has been translated into [Arabic](#).

Macmillan Cancer Support. 3rd edition. 74pp. [MAC5766](#).

Tamoxifen (2018)

Tamoxifen is a hormone therapy used in the treatment of breast cancer. This factsheet describes how it works, how it is given, and the possible side-effects.

[Macmillan Cancer Support](#). The following language version is available to download: [Portuguese](#).

Tiredness (fatigue) and cancer (October 2018)

This information is about fatigue. Contents: What is fatigue; What causes fatigue; Managing your fatigue; Coping with fatigue at home; Coping with fatigue at work; Looking after someone with fatigue; Where to get support; More information.

[Macmillan Cancer Support](#). 16pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Hungarian](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Romanian](#); [Russian](#); [Urdu](#); [Welsh](#).

Trastuzumab (Herceptin ®) (2017)

Trastuzumab is a targeted therapy drug used to treat HER2 positive breast cancer and some cancers of the stomach or the gullet (oesophagus). This factsheet explains how it works, how it is given, and possible side-effects.

[Macmillan Cancer Support](#). 9pp. The following language version is available to download [Portuguese](#).

Types of surgery for breast cancer (2016)

This factsheet describes the types of surgery for breast cancer.

[Macmillan Cancer Support](#). The following language version is available to download: [Portuguese](#).

Understanding cancer of the ovary, fallopian tube and peritoneum (2018)

Selected pages have been translated into [Polish](#).

[Macmillan Cancer Support](#). 1st edition. 122pp. [MAC17297_E01](#)

Understanding chronic lymphocytic leukaemia (CLL) (2018)

Selected pages have been translated into [Polish](#).

[Macmillan Cancer Support](#). 9th edition. 108pp. [MAC11620_E09_N](#).

Understanding Hodgkin lymphoma (2017)

Selected pages (chemotherapy) have been translated into [Polish](#).

[Macmillan Cancer Support](#). 11th edition. 118pp. [MAC11628](#).

Understanding thyroid cancer (2017)

Selected pages have been translated into [Arabic](#) (Radioactive iodine); [Chinese \(Cantonese\)](#) (treatment, consent, recovery); [Polish](#) (what it is, types, staging, surgery, thyroid replacement therapy).

[Macmillan Cancer Support](#). 10th edition. 118pp. [MAC11655](#).

What does super Jonny do when mum gets sick (2014)

Jonny is a little superhero with a BIG problem. His Mum is sick. How can he help? Join Super Jonny and Bear, as they go to the hospital to investigate.

Colwill S. Books for Caring Kids, 2014. 38pp. ISBN 9780994112729. Also available in Spanish (2016; ISBN 9780994129727).

What to do after cancer treatment ends (May 2017)

Suggestions to help people get the best care and support after treatment ends and to live as healthy and active a life as possible.

[Macmillan Cancer Support](#). 3rd edition. 22pp. [MAC13615](#). Also available to order in Welsh ([MAC13615 WELSH](#)).

What you can do to help yourself (2017)

This factsheet covers: What is self-management; How can self-management help me; Self-management before, during and after treatment; Getting help and support; Contact details of useful organisations.

[Macmillan Cancer Support](#). 10pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Polish](#); [Portuguese](#); [Punjabi](#); [Romanian](#); [Russian](#); [Urdu](#); [Welsh](#).

Worried about the symptoms of ovarian cancer? (July 2017)

Leaflet describing the symptoms of ovarian cancer and what to do if you are worried.

[Target Ovarian Cancer](#). 2pp. The following language versions are available to download: [Arabic](#); [Bengali](#); [Chinese, Traditional](#); [Gujarati](#); [Hindi](#); [Polish](#); [Punjabi](#); [Somali](#); [Urdu](#); [Welsh](#).

[XELOX \(or CAPOX\) \(2019\)](#)

XELOX (or CAPOX) is a combination treatment used to treat bowel cancer. It may also be used to treat other cancers. This factsheet describes the drugs used, how it is given and the possible side effects.

[Macmillan Cancer Support](#). 10pp. The following language versions are available to download: [Chinese, Traditional](#).

[Your guide to cervical screening \(smear test\) \(June 2015\)](#)

A short film with information about smear tests. It also has information on Human Papillomavirus (HPV), the main cause of cervical cancer and cervical abnormalities.

[Jo's Cervical Cancer Trust](#). The following language versions are included on the DVD or can be watched online: [Arabic](#); [Bengali Standard](#); [Bengali Sylheti](#); [Chinese \(Mandarin\)](#); [Hindi](#); [Polish](#); [Tamil](#); [Urdu](#).

[Your smear test after treatment \(2017\)](#)

This leaflet describes cervical screening tests after treatment for cervical intraepithelial neoplasia (CIN). It explains what CIN is, what happens after treatment, and why women are now tested for HPV six months after treatment for CIN.

[NHS Health Scotland](#). 4pp. The following language versions are available to download: [Chinese, Traditional](#); [Polish](#); [Urdu](#).

[Your smear test results \(2018\)](#)

Information for women about their cervical screening results, including: letters that may be received; what happens at the colposcopy clinic; treatment; what causes changes in the cervix.

[NHS Health Scotland](#). 8pp. The following language versions are available to download: [Chinese, Traditional](#); [Polish](#); [Urdu](#).

[Your urgent referral explained \(March 2017\)](#)

This leaflet helps patients who have been urgently referred with suspected cancer to prepare for their appointments and tests.

[Cancer Research UK](#). 12pp. The following language version is available to order of download: [Welsh](#).

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Useful websites

The following websites have links to health materials that have been translated into BAME languages. Please take care when using translated resources that originated in Australia, Canada or the United States of America as treatment options may differ from those in the United Kingdom and health care is organised differently.

UK

[Chinese National Healthy Living Centre](#) – information on a range of subjects

[NHS Norfolk and Waveney Patient information pages](#) – a searchable source of health and social care information in a range of community languages.

Overseas

[American Cancer Society Cancer information in other languages](#)

[Health Translations Directory](#) (Victoria, Australia)

[Ethnomed – Patient Information](#) (USA, Harbourview Medical Centre, Seattle)

[MedlinePlus – Health information in multiple languages](#) (USA)

[National Cancer Institute Publications Locator](#) (Spanish) (USA)

[SPIRAL \(Selected Patient Information Resources in Asian Languages\)](#) (USA)

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

For information, support or just someone to talk to, call 0808 808 00 00 or visit macmillan.org.uk

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