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Heledd Williams
Cyswllt Contact
Ffôn Phone
03305 880364

Erthygl i'r Wasg Press Release

Siwrnai un cyflwynydd yn byw gydag MS

Mae'r cyflwynydd Dafydd Wyn – neu Daf Wyn fel mae'n cael ei adnabod - wedi dod yn wyneb cyfarwydd i wylwyr S4C. Mae e'n un o selogion soffa Prynhawn Da a Heno, ac i'w weld yn gohebu ar straeon ar hyd a lled Cymru.

Ym mis Ebrill 2021, newidiodd byd Dafydd. Yn dilyn misoedd o deimlo benysgafnder o bryd i'w gilydd, fe gollodd ei leferydd tra'n cyflwyno rhaglen Prynhawn Da yn fyw ar yr awyr. Wrth i'r credits redeg ac wrth iddo dynnu'r mic i ffwrdd, roedd yn gwybod nad oedd pethau'n "iawn".

Mewn rhaglen ddirdynol a gonest, **Drych: Byw gyda MS** ar 5 Gorffennaf am 9.00, cawn ddilyn siwrnai personol Daf yn dilyn ei ddiagnosis o Multiple Sclerosis fis wedi'r digwyddiad hwnnw yn stiwdio Prynhawn Da…y sioc, yr addasu, a wynebu'r dyfodol. Roedd yn fachgen ifanc ffit, wedi rhedeg sawl hanner marathon, wedi cerdded i droed mynydd ucha'r byd. Ac yntau ond yn 30 mlwydd oed, roedd y diagnosis yn ergyd a hanner.

"Diwrnod ar ôl i mi gael y sgan MRI" meddai Daf, "daeth yr Athro Neil Robertson ata i o adran Niwroleg yr ysbyty, a na'th e ddweud bod nhw'n gweithio ar y diagnosis cynnar o MS. Fanna es i i fan eitha' tywyll. Ro'n i'n eistedd ar y gwely 'ma yn yr Ysbyty ar ben fy hun; fy meddyliau'n mynd i bach o bobman, a'r peth cynta' ro'n i angen gwneud oedd dweud wrth Catrin fy nghariad. Nes i estyn am y ffôn…ro'n i'n ffaelu siarad."

Gydag 1 o bob 500 person yn y DU yn byw gyda Multiple Sclerosis, mae amryw wedi clywed am y cyflwr, ond prin yw'r bobl syddd wir yn ei ddeall. Yn y byd meddygol, mae'n cael ei alw'n 'Snowflake disease'; yn union fel pluen eira mae pob achos yn wahanol.

Yn ystod dyddiau cynnar y diagnosis fe benderfynodd Dafydd ei fod am gofnodi ei siwrnai, a hynny er mwyn helpu rhai o'r 1% o'r boblogaeth sy'n byw gyda'r cyflwr.

Fe benderfynodd Dafydd fynd am y driniaeth sydd fwyaf hegar ar y corff - Alemtuzumab - triniaeth sy'n chwalu'r system imiwnedd ac yn dechrau eto i bob pwrpas. Bydd yn cofnodi'r cyfan o'i wely yn yr Ysbyty…a bydd y dyddiau'n hir ac yn heriol:

"Fydda i'n byw 'da hwn weddill fy oes. A bydd raid fi ddelio gyda'r ffaith fod pobl yn meddwl bod dim byd yn bod arna i – fwy na thebyg fydda i'n lwcus, a bydd y symptomau ddim yn gwaaethygu, ond mae rhywbeth 'na sydd ddim yn iawn.

"Ma' fe 'da fi. S'dim gwella, ond mae posib wneith e ddim gwaethygu, a 'na beth sydd ishe edrych arno, a 'na beth fydda i'n cadw yn fy 'mhen."

Un sydd wedi bod yno'n gefn iddo drwy gydol ei siwrne yw ei bartner, Catrin. Yn ogystal â chlywed y diagnosis, un o'r cyfnodau sydd wedi bod yn heriol i'r ddau oedd pan gafodd Dafydd pwl gwael o bendro'n ddiweddar:

“O’dd e’n mynd mor *sick*, o’n i ddim yn gwybod os o’dd e’n mynd i stopio. Ac ‘o’dd e methu gwneud pethe fel cerdded i’r tŷ bach, ac mae pethau fel ‘na’n dod â chi at eich gilydd, yn hala chi sylweddoli taw dim ond y ddau ohonoch chi sy’ ‘da chi. Chi’n mynd i helpu’ch gilydd trwyddo fe, a mae hynny’n bendant wedi cryfhau perthynas ni mwy na dim byd.”

Cawn hefyd gwrdd â sawl un sy'n byw â'r cyflwr a chlywed eu straeon ysbrydoledig nhw.

Drych: Byw gyda MS
Nos Fawrth 5 Gorffennaf, 9.00, S4C
Isdeitlau Cymraeg a Saesneg
Ar alw: S4C Clic; BBC iPlayer a llwyfannau eraill
Cynhyrchiad Tinopolis ar gyfer S4C

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Erthygl i'r Wasg **Press Release**

Presenter opens up about his struggle with MS

Presenter Dafydd Wyn - or Daf Wyn as he's known - has become a familiar face to S4C viewers. He is a regular on the Prynhawn Da and Heno sofa, and can be seen reporting on stories all over Wales.

In April 2021, Dafydd's world turned upside down. After months of feeling light headed from time to time, he lost his speech live on air while presenting Prynhawn Da. As the credits ran and he pulled off his mic, he knew things weren't "quite right".

In a poignant and honest programme, **Drych: Byw gyda MS** on July 5 at 9.00, we follow Daf's personal journey following his diagnosis of Multiple Sclerosis a month after that event in the Prynhawn Da studio ... the shock, the adjustment, and facing the future. As a fit 30 year old man who had run several half marathons and walked to the foot of the world's highest mountain, the diagnosis came as a complete blow.

"A day after I had the MRI scan," says Dafydd, "I saw Professor Neil Robertson from the hospital's Neurology department, and he said that we were looking at an early diagnosis of MS. I went to quite a dark place. I was alone, sitting on this bed at the hospital; my thoughts were going everywhere, and the first thing I needed to do was tell my partner, Catrin. I reached for the phone…I couldn't speak."

With 1 in 500 people living in the UK living with Multiple Sclerosis, many have heard of the condition, but few people really understand it. In the medical world, it is called the 'Snowflake disease'; just like a snowflake every case is different.

In the early days of his diagnosis Dafydd decided to record his journey, to help some of the one per cent of the population who are living with the condition.

Dafydd decided to go for the Alemtuzumab treatment, known as the most gruelling for the body - it breaks down the immune system and restarts it. He records it all from his bed in the hospital ...the days will be long and challenging:

"I will live this condition for the rest of my life. And I'll have to deal with the fact that people think there's nothing wrong with me – I'll probably be lucky, and the symptoms won't get worse, but obviously things aren't going to be right.

"I have it. There's no getting better, but it's possible it won't get any worse; that's what I need to keep in mind."

One who has been there to support him throughout his ordeal is his partner, Catrin. As well as hearing the diagnosis, one of the most challenging times for both of them was Dafydd’s recent bout of vertigo:

“He was so sick, I didn't know if he was going to stop. And he couldn't do things like walk to the toilet. But things like that bring you together, and you realise you have each other. You're going to help one another through it, and that has definitely strengthened our relationship more than anything."

In the documentary, we’ll also get to meet many other people living with the condition and hear their inspirational stories.

Drych: Byw gyda MS
Tuesday 5 July 9.00, S4C
English and Welsh subtitles available
On demand: S4C Clic, iPlayer and other platforms
A Tinopolis production for S4C