



Doeth am Iechyd  
Cymru  
HealthWise  
Wales



## Mae ymchwil yn hanfodol er mwyn datblygu triniaethau gwell a rheoli afiechydon.

Bwriad Doeth am Iechyd yw astudio sut i atal a thrin cyflyrau iechyd hirdymor, fel clefyd y galon, diabetes, canser, iechyd meddwl a dementia.

Cofrestrwch ar-lein neu dros y ffôn i ddweud eich bod yn barod i gymryd rhan mewn ymchwil ac i gyfrannu eich data.

[doethamiechyd.cymru.llyw.cymru](http://doethamiechyd.cymru.llyw.cymru)

Llun - Gwe 0800 9 172 172

## Research is vital to develop better treatments and manage diseases.

HealthWise Wales aims to study how to prevent and treat long-term health conditions, like heart disease, diabetes, cancer, mental health and dementia.

Register online or by phone to say that you are willing to take part in research and to contribute your data.

[healthwisewales.gov.wales](http://healthwisewales.gov.wales)

Mon - Fri 0800 9 172 172

