



**Ask your
health care provider
about this free video**

A Shared Decision-Making® Program produced by Health Dialog. Researched and evaluated by the Foundation for Informed Medical Decision Making.

Weight Loss Surgery

Is it right for you?

Being overweight can affect your health, your lifestyle and your self-esteem. This program talks about things to think about when making decisions about lifestyle changes needed for weight loss; the different types of weight loss surgeries available; and the decision of whether or not to have surgery, so that together with your health care provider, you can decide what is right for you.