



**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.