



# Bariatric Surgery: Is It For You?

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## Candidates for this surgery have:

- a BMI (body mass index) of 40 or more
- a BMI of 35 or more with serious obesity-related health problem such as diabetes, severe sleep apnea, or heart disease
- medical clearance

## Is it for you?

If you have one of the above conditions, answer the questions below. Your answers may help you decide if weight-loss surgery is right for you.

- Are you willing to commit to the lifestyle changed needed for weight loss success?
- Are you focused to lose weight and improve your health?
- Are you well informed about the surgery and the effects of treatment?
- Are you aware that this surgery can have serious complications?
- Are you aware that your intake will be restricted and your portion sizes will be much smaller?
- Are you aware of how your life may change after the operation?
- Are your expectations for surgery realistic?

## Remember:

There is no promise you will lose weight and keep the weight off. Success is possible when you follow your treatment plan and make life long behavior changes. You will also need medical follow-up for the rest of your life.