

THINKING ABOUT BARIATRIC SURGERY?

Talk to your health care provider about TBRHSC's Regional Bariatric Care Centre today

Speaking to your doctor or nurse practitioner about your weight can be uncomfortable. If you've been considering bariatric surgery as a treatment, you may wonder how you'll approach having a conversation with them about this.

Once you've made the decision to explore bariatric surgery with your doctor or nurse practitioner, it's a good idea to have a plan for how you will address the issue. Here are some suggestions on how to talk to your doctor or nurse practitioner about bariatric surgery:

- Do your own research about bariatric surgery. Scan the QR code at the bottom of this poster to visit our website to help you gather information. Consider sharing the research you've done with your doctor or nurse practitioner.
- Make a specific appointment to discuss a referral for bariatric surgery.
- Be prepared to start the conversation. A good way to start is to simply state, "I would like to talk about my weight today."
- Help your doctor or nurse practitioner to understand why you are seeking bariatric surgery as a treatment. Consider sharing your short- and long-term goals for health and quality of life.
- Be organized. Think in advance about the questions you want answered. Write down and prioritize those questions, highlighting the main three or four you want to discuss.
- Work collaboratively with your doctor or nurse practitioner for the best outcome. If your doctor or nurse practitioner recommends different treatment options, don't be afraid to advocate for yourself through asking questions or expressing any concerns you may have.

Though it can all feel intimidating, remember, the goal is to actively partner with your doctor or nurse practitioner to make treatment decisions that are best for you!



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