

**GWNEUD
DEWISIADAU
GYDA'NGILYDD**



**MAKING
CHOICES
TOGETHER**

Partneriaeth Dewis Doeth Cymru / Choosing Wisely Wales Partnership

Bob blwyddyn mae miloedd o bobl
yn cael profion a thriniaethau a all fod yn
ddiangen a gallai achosi niwed

Cyn i chi gael prawf neu driniaeth
GOFYNNWCH...

**BETH
YW FY
OPSIYNAU?**

**OES WIR
ANGEN HWN
ARNA I?**

**PA MOR
DEBYGOL YW HI I
FOD O NIWED NEU
FANTAIS I MI?**

**BETH ALLA
I EI WNEUD
I HELPU FY
HUNAN?**

www.gwneud-dewisiadau.cymru.nhs.uk



GIG | Iechyd Cyhoeddus
CYMRU | Cymru
NHS | Public Health
WALES | Wales

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Every year thousands of people have tests and treatments that may be unnecessary and may cause harm

Before you have a test or treatment
ASK...

**WHAT
ARE MY
OPTIONS?**

**DO I
REALLY NEED
THIS?**

**HOW LIKELY
IS IT TO HARM
OR BENEFIT
ME?**

**WHAT CAN
I DO TO HELP
MYSELF?**

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