What do you want?
What do you think about these risk factors? On the next page, several options are presented to counter these risks. What would you like to do? Which factor or factors do you want to deal with at this moment?

You can discuss this further with your health care provider to see which approach is possible and feasible for you in the short and long run.

Figure 5: Bar graph showing the patient’s possible risk reductions for each risk factor with accompanying questions