

Speaking from Experience Living with Osteoporosis USA

Transcript for Chapter 3 of 6: Management

Don –

I take my meds, that's number one. And I take calcium supplements every day. And you know, weight-bearing exercise is really important, so I've continued to run.

Shelley –

By having faith in the people that are taking care of me for my osteoporosis and I have a wonderful physical therapist that I see regularly that has helped me move my body in a way that I never even did before I had osteoporosis, ironically. I never really thought about...I never did yoga or any of those wonderful things to keep you flexible and to keep your spine in good shape. So therefore...and after I was diagnosed I was petrified of moving my back. She and I laugh because when I came to see her she said... what did she say... she used the word... I was a "box on legs" because I didn't move my back. I was very, very stiff. And she just...by trusting her because this was her expertise she was able to get me to do things I can't believe I can do and it feels really good.

Phyllis –

I'm watching the way I move in the house. I was given a little booklet and it shows the correct way to bend, to pick up things, to twist, not to twist and that's been a big help.

Don –

Running is really great. Or walking. Ya know, a lot of people have never had the...have never been a runner, but everybody can walk. And if you walk a mile a day, that's really...I mean that's 20, 25 minutes. That's not very long. Basically, like 30 minutes a day would be fabulous. And that...at a regular pace, at a 20 minute pace which is kind of slow, that's still a mile and a half. It's really important, it really helps build up your bones.

Marti –

The walking is a pleasure. I would say that I focus more on the walking and I do different kinds of walking. I do fast walking when I'm feeling really particularly cocky. I go out and I'll fast-walk and see if I can beat my yesterday's time. If I'm not feeling quite so cocky, I'll slow it down but I'll make it longer. And I bike ride. I love to bike ride and that I have not changed. I still bike ride just for fun, for pure pleasure. I love to bike ride.

Phyllis –

I've been walking now every morning...and Bob...for...it's been 3 months? About 3 months. And I can tell the difference in my knees as I'm going up stairs. Not so much when I'm going down, but when I'm going up stairs. And I also have a lot more pep. I feel better throughout the day. I don't feel like taking a nap that I did before. So I think it's helping me, generally, in many areas.

Alan –

The thing about osteoporosis or any chronic illness is that it doesn't go away. It's every day. So, to exercise on Monday is wonderful, but you've got to do it on Tuesday and Wednesday and Thursday as well. So it's...I think it's that concern of... "am I going to have to do this for the rest of my life?" and the answer is yes. And that can be a hard answer sometimes.

Shelley –

From the head on down, I'm very active with my spiritual center and that really helps me. I meditate and all of those things I find really give me a sense of peace when I need it most. Sometimes I can just go along and I'm not thinking about things but when something comes up like it did 3 years ago when I had a stress fracture in my foot, I kind of took a few steps back and it was hard and I got through that but my spiritual community really helps.

Marti –

I do take a prescription drug that's designed to build and assist in building bone mass. I take it once a week and in addition to that I take an additional 1000 units of vitamin D3 and then I take calcium as much as I can. Calcium and I don't get along particularly well and that's a bad thing at this point in my life but I take as much as I can tolerate within the boundaries of recommended good health and so on.

Shelley –

I don't absorb my calcium like the normal average person does. And so for me it's critical. And when I was in my 40s and early 50s I wasn't doing the proper things. I was lactose intolerant for a while. I probably still am but I've found ways to incorporate dairy into my diet in a way... with yogurt and hard cheeses that work. But I know a lot of people out there have a problem with dairy and there are a lot of other ways to get calcium in your diet. And I've now come to realize that through the diet is really the best way, safest way for it to be assimilated and it really gets absorbed into your body in a better way and in a more efficient way. And for me it's really helped.

Alan –

The last time I was actually measured the osteoporosis had improved slightly and I think that's probably due to medication. So I do take it on a regular basis.

Don –

Because I took my meds when I was supposed to and my bone density level has not gone down very much if at all since that happened. That's pretty fortunate. And I think that if I had the tendency to slow down, that would have been a negative. I think once you get osteoporosis you really have to start moving around a lot more.

Shelley –

My activity level, my physical activity, is one of the few things I can control. And I feel like at the end of the line, whenever that is, I want to be able to know that I did everything I could possibly do and have no regrets.