

Speaking from Experience Living with Osteoporosis USA

Transcript for Chapter 5 of 6: Staying positive

Don –

I feel really lucky that my osteoporosis was diagnosed when it was because it could have been so much more serious.

Alan –

I can live with it. I can manage it. And I can have a...obviously my life is changed by what I can do and what I can't do but I've adjusted to that. There are some things that I miss and some things that I'd like to do but there are a lot of other things that...I've discovered a whole bunch of new things that I could do instead so I have a great life, I have a really... very rich, very full life. Still trying to learn and still trying to grow. I think learning is...just not about osteoporosis but for life in general just...to keep on learning is a great thing. I love it.

Shelley –

I'm still kind of on a rollercoaster, but I'm learning...part of the reason I feel like I'm on a rollercoaster is because no matter what I have done with my diet, with my exercise, with my medications, my numbers never change, my numbers just don't budge and it can be discouraging if I focus on the numbers. And one of the things that I've learned and I'm still learning is that the numbers aren't everything, that how I feel is much more important and the fact that I'm able to move through my life much stronger than I was before. And in many ways my spiritual journey is leading me to believe that I am...that I'm really staying focused on what I have and what I can do instead of begrudging what I can't do.

Alan –

I love to have goals. I'm very goal-oriented. So if you have a goal, for example somebody might want to visit their daughter and have to walk up a flight of steps to get there. So the idea of maybe having Thanksgiving dinner at your daughter's house and you have to get up those steps to get there so let's take those literally one step at a time and build up to that. So I think having a goal is really important.

Phyllis & Bob –

I feel like I'm going to be ok. I will be ok because I have a lot to live for and I have a lot of years to do it in. That's the way I feel.