

## Speaking from Experience Living with Osteoporosis USA

### Transcript for Chapter 6 of 6: Words of wisdom

**Don –**

Anybody who is over 45 should at least do the fracture risk calculator. That takes like a minute online. You can go to American Bone Health website and boom, it's right there. Secondly, if it shows that you're in the red zone...there's 3 zones, there's green, yellow and red...if you're in the red zone get a bone density test. It's covered in most health insurance policies. It doesn't hurt at all. I mean, it takes a few minutes. It's not a big deal.

**Alan –**

If there's any reason that you suspect a problem, I would certainly recommend an early diagnosis because there are medications that you can take, the exercise program is really important, the diet program is terribly important. So there's a lot that you can do to manage it.

**Don –**

As soon as you're diagnosed, you should go to the American Bone Health website and just learn everything you can.

**Shelley –**

Reach out, get support, get knowledgeable, get a good physician, do the best you can do with what is in your control and your power to do and just live your life as fully as you can.

**Phyllis & Bob –**

The old saying, the more you know, the better and it's a good feeling to know what this is all about and that gives you confidence. It gives me confidence.

**Alan –**

You have to accept that it is chronic, that it won't go away. But you can live a very, very full, rich life just by following a good program.

**Marti –**

There are some diagnoses of osteoporosis that are going to lead to major lifestyle changes, I get that. But there's also a great deal that you can do on a personal basis with the support of your physician or your family or your friends to continue to have a high-quality life, to continue to be able to walk upright and be healthy and ride your bike and go swimming and play with your kids and all those things that we all want to do without having to think about them. But it's entirely up to you. The doctor has no magic wand that's going to make it better. Everything that you do for your osteoporosis is your responsibility.

**Phyllis & Bob –**

Understand that it's for you and you are important to yourself and to everyone around you.