

Stephanie Swann
Aged 38
From Winchester
Married
No kids

My grandmother was diagnosed with osteoporosis in her 60's. It was revealed when she was being treated for a fractured arm after a fall. She became very bent in her spine as she aged which was hard for her. My mother was then diagnosed with the condition a few years after she went through the menopause.

I had never really considered my own bone health until i had a cartilage problem with my knee. As a wedding photographer, my job is very physical. I am also an avid cyclist and love sport and yoga and working out. I was struggling more and more with pain in my knee and was ultimately facing surgery. It was at this point that i started to look at alternative ways to boost my physiology.

This is when i learned about Pure-Col - a collagen supplement that is popular with athletes and sportspeople as it helps to supplement the decline of your own natural collagen levels. It therefore helps to repair and strengthen the body including cartilage, bone, muscle and tendon etc. I made an astonishing recovery over a period of about six months and, since i was aware of the fact that osteoporosis runs in my family and I had experienced first hand how it feels to be immobilised, I wanted to ensure i remained as healthy as possible from thereon. My job depends on it and i would go mad if i couldn't continue with my fitness.

I am a firm believer that prevention is better than cure. I saw how osteoporosis can affect you from what i had seen within my own family and i guess i was concerned that i may be predisposed to suffering from it too. So i decided to continue taking Pure-Col as a means to bolster myself physically from this disease.

My GP is aware of my family history and has suggested i have a test but i haven't had one as yet. My grandmother and mother weren't affected by osteoporosis until later in life so I guess that until i feel something is wrong, i will continue living as healthily as I can. Other ways i do this is by working out regularly as this apparently helps to boost bone density which in turn delays bone degeneration and helps keep the onset of osteoporosis at bay. i also take a calcium supplement and Pure-Col every day.

While I'm partial to a glass of wine, I don't drink excessively, i don't smoke and I eat a balanced diet so i figure i am doing all the right things. My mum continues to look and feel healthy, even though she is living with the disease. I want to continue life as normal so as long as i keep things in moderation i feel that is all i can do.