

Quotes from Ursula Andress

“Osteoporosis is a ‘silent thief’ that can steal your bones’ strength and the ability to be active. It affects women (and men!) of all ages but, as one gets older, the risk of osteoporosis increases. Often people don’t even know that they have the disease until they break a wrist or fracture a hip.”

“I am really excited about supporting *Timeless Women: The Campaign for Stronger Bones* because it’s a campaign for independent women like me who live active, full lives and don’t want osteoporosis to slow us down or take us prisoner.”

“This report shows that osteoporosis does not have to hold back everyday life, with a healthy lifestyle and the treatment suitable for you. I feel lucky that with the help of my doctor I can still be me, living life and doing activities that I want and expect to be able to do.”

“*The Timeless Women* report makes it all too clear that many mistaken ideas about osteoporosis still exist, like the one that women with osteoporosis have a stoop, or are hunched ... like ‘little old ladies’... I think instead women want to remain active and strong, and not ‘slow down’ as they age. This perception is damaging to women with the disease and clearly one that we need to change!”

“Then, if you’ve got osteoporosis, you need to maintain or adopt a healthy lifestyle and work with your doctor to find the right treatment for you – a treatment that suits your lifestyle and that you feel comfortable with.”

“The 2009 *Timeless Moments* survey shows that many daughters do speak to their mothers about health. This means that daughters (and sons!) play a vital role in helping their mother to stay healthy. Osteoporosis can affect one in three women over the age of 50 so it is crucial that women of all ages learn and speak about osteoporosis and ensure that they take steps to maintain their active, independent lifestyles.”