

BONE HEALTH

What Is Osteopenia?

Osteopenia refers to bone mineral density that is lower than normal but not low enough to be classified as osteoporosis. Bone mineral density is a measurement of the level of minerals in the bones, which shows how dense and strong they are. Having osteopenia means there is a greater risk for the patient to develop osteoporosis as time passes.

What Is Osteoporosis?

Osteoporosis is a progressive disease that makes bones thinner, more fragile, and more likely to fracture. As you get older, it is important to talk to your doctor about your bone health and find out how you can take action to prevent or treat osteoporosis.

Questions to Ask Yourself:

- **Are you older than 50?** Anyone can get osteoporosis, but it is more common as you get older. About 1 in 2 women over the age of 50 will break a bone because of osteoporosis.
- **Are you past menopause?** Women can lose up to 20% of their bone density in the 5 to 7 years after menopause. Do you have a family history of osteoporosis? If either of your parents had osteoporosis or a history of broken bones, your risk is higher.
- **Have you broken a bone?** For many women, a broken bone from a minor fall is the first clue they have osteoporosis.
- **Have you lost height?** Broken bones in the spine may occur without you knowing it and cause height loss. The only way to identify them may be to have an X-ray of the spine.

Goal of Our Bone Health Clinic

To identify patients at risk for osteoporosis and initiate treatment to prevent fragility fractures. In patients that have sustained a fragility fracture, we hope to initiate treatment to improve bone quality, improve strength, and educate patients about steps to reduce fall risk and thus prevent future fractures.

Services Offered:

- Patient education regarding dietary changes (to ensure adequate calcium and vitamin D intake) and lifestyle modification to reverse osteopenia or osteoporosis.
- DEXA and lab interpretation to make recommendations about treatment.
- Medication therapy prescribed, including but not limited to Forteo, Tymlos, Prolia, and Evenity.

Requirements when Prolia is prescribed:

- Labs must be done within 90 days of next injection
- Follow up appointment with FBJ every 6 months
- DEXA scan performed every 2 years

Requirements when Evenity is prescribed:

- Must follow up with FBJ before your 4th & 8th injection
- Labs must be done within 90 days of next injection
- DEXA scan performed at 1 year (end of treatment)
- Length of time on Evenity 1 year

- Physical therapy evaluation to assess and identify areas of weakness. A home exercise program is then developed to improve bone health and reduce fall risks.
- Monitoring of DEXA scans at recommended intervals and re-evaluation of labs (vitamin D and bone turnover markers) to assess response to treatment.
- Collaboration with primary care providers to address underlying, secondary causes for osteoporosis.
- Increase awareness of osteoporosis in the community and promote primary prevention.

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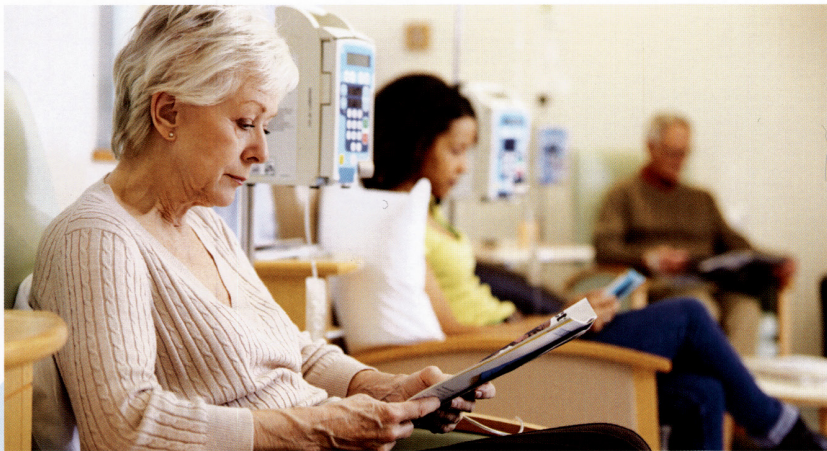


Referrals Just Got Easier

AZIV Infusion delivers services for specialty infusion and injection therapies. These advanced therapies have radically changed the treatment of many immunologic based diseases, and have given new hope to many patients. Our eight ambulatory infusion suites offer a reliable and convenient setting which you will find equipped with high-speed Wi-Fi, a flat screen TV, and comfortable recliners. Our mission is to provide a site of care for patients to receive high-quality care from our skilled professional nurses and supervising physicians that is more cost-effective than hospital-based centers.

We will save you and your staff time and money by being an extension of your team - completing prior authorizations and communicating with you at every step in the process. Our team will:

- Process your patient referral
- Verify benefits and eligibility
- Explore financial assistance and other programs
- Consult patient on benefits and next steps
- Schedule the patient appointment and notify you



CREATED TO SUPPORT YOU

Our commitment includes:

- High level of skilled, expert care
- Onsite physicians provide oversight at each center
- Nurse to patient ratio that does not exceed a 1:3 ratio
- Physician medical directors provide oversight and clinical review
- Clinical notes and feedback provided to your practice for every encounter

To make it easier to send hassle free patient referrals, we've provided information and checklists on our website regarding what we need prior to scheduling an appointment.

AZIV Infusion offers many biologic medications for the treatment of autoimmune and metabolic diseases including a new group of medications called biosimilars. Just as we have become accustomed to using generic medications to replace branded medications once their patents expire; biosimilars can be used to replace the branded biologic molecules.

The FDA have allowed these structurally and therapeutically similar molecules to treat all of the originator diseases. There are only a few of these available at this time, but this is likely to expand in the coming years.

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What happens if I am prescribed Prolia or Evenity injection therapy?

If it is determined Prolia or Evenity injectable medication therapy is required, you will be referred to an infusion therapy center. Flagstaff Bone & Joint will send the referral to the infusion therapy center. The infusion therapy center will verify your benefits and eligibility and will call you to schedule your appointment. Please note, if you have an AZ Medicaid insurance, the authorization process can take up to 14 days to complete. Authorization for most other insurances will take 7 days to complete.

You must have current lab work before AZIV schedules your injection treatment (within 90 days of your next expected injection appointment).

AZIV Infusion Therapy Centers:

Flagstaff Office:

Inside the Arizona Arthritis & Rheumatology practice
Injection therapy available on Tuesdays and Thursdays
399 S Malpais Lane, Ste 108
Flagstaff, AZ 86001
Phone: (602) 386-4968
Fax: (623)594-8533

Prescott Office:

Inside Arizona Heart
Injection therapy available on Wednesdays
1958 Commerce Center Circle
Prescott, AZ 86301
Phone: (602) 386-4968
Fax: (623)594-8533

AZIV Infusion Contact:

Crystal De La Rosa - Authorization & Scheduling
Direct Phone: (480) 626-6677

Flagstaff Bone & Joint Contact:

Kandice Pena, CMA
Can assist with any questions regarding your
osteoporosis treatment plan (including blood work and DEXA scans)
Direct Phone: (928) 213-6245
kpena@flagstaffboneandjoint.com

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