

## **IMPORTANT NOTIFICATION OSTEOPOROSIS PATIENTS TAKING Prolia (denosumab) and/OR Reclast (zoledronate)**

In the interest of your safety and that of our community while under the Shelter in Place Order, Marin Endocrine & Diabetes Care has made the following decisions:

- In-office administration of Prolia is temporarily postponed
- We recommend delaying the administration of Reclast in our infusion center

While these short-term delays won't significantly impact your overall fracture risk, they will help to reduce the spread of the virus, especially in our older population.

Marin Endocrine & Diabetes Care is closely tracking medication delays and will contact you when the stay at home orders are lifted and we will get you back to your therapies as soon as it's safe. Please feel free to call our staff with any questions and concerns. You are also welcome to schedule a Telehealth office visit with your practitioners.

### **Maintaining Your Bone Health During Sheltering in Place**

- Maintain in-home fall prevention strategies:
  - Remove loose rugs, and obstacles from high traffic areas
  - Install non-slip mats in the shower
  - Make sure your home is well both night and day
  - Be careful walking your dog – that leash can be a tripping hazard
- Continue your exercise program within the limits allowed by social distancing. Core strengthening and walking are especially vital.
- Keep taking calcium and vitamin D supplements as directed by your doctor
- Eat a balanced diet and avoid excessive alcohol and smoking