

The SupportEd Osteoporosis Patient Program*



As part of the SupportEd Osteoporosis Patient Program, Arrotex will provide active patients enrolled in the program with a **free supply of Vitamin D supplements[†] every 4 months**

How it works:

1

Once your Prolia[®] is dispensed, your pharmacist will enroll you in the SupportEd Osteoporosis Patient Program and provide you with your first **free pack of Chemists' Own Vitamin D3 (1000IU)**



2

The SupportEd Osteoporosis Patient Program will remind you **every 4 months** to pick up your **free Vitamin D** supply from your pharmacy. Your pharmacist will also remind you to book an appointment with your GP for your next Prolia[®] script, before your 6 monthly injection is due.

3

As part of the SupportEd Osteoporosis Patient Program, you will also receive supportive emails and SMS reminders to help you along your treatment journey and remember to have your Prolia[®] on time, every 6 months.²

* The SupportEd Osteoporosis Patient Program encompasses Arrotex's portfolio of osteoporosis medications

[†] Packaging and product image is for illustrative purposes and should be used as a guide only

² To reduce the risk of hypocalcaemia, patients must be adequately supplemented with calcium and vitamin D3¹

You have been prescribed Prolia[®]

How long do I need to take Prolia[®] for?

- Prolia[®] is a medicine that is given as a single injection every 6 months.²
- It is important to continue receiving your Prolia[®] injection every 6 months as Prolia[®] can only treat osteoporosis and bone loss for as long as you keep having the treatment. Please talk to your doctor before you consider stopping treatment.²
- To remember your next injection, each pack of Prolia[®] contains a reminder card with stickers that can be removed from the carton. Use the peel-off stickers to mark the next injection date on your calendar.²

Vitamin D is needed to absorb calcium from the intestine to support healthy bones.³

- Vitamin D helps to absorb calcium in the foods you eat, as well as contributing to a healthy immune system and healthy muscles and bones.³
- Vitamin D also supports growth and maintenance of the skeleton and calcium levels in the blood.³
- Vitamin D deficiency can lead to a higher risk of falls and fracture in older adults.³
- A good way to get vitamin D is to get a little bit of sunlight every day. You should sit in the morning or afternoon sunlight for 5–10 minutes with your arms exposed (or equivalent). If you are naturally darker skinned, you will need longer sun exposure as the pigment in dark skin reduces the penetration of UV light. In winter, you need to increase the sun exposure (2–3 hours per week if you're in the southern half of Australia).³
- You should also take daily vitamin D supplements while receiving Prolia[®].² Please discuss this with your healthcare professional.

Speak to your pharmacist when filling your Prolia[®] script to be enrolled in the SupportEd Osteoporosis Patient Program and receive your first free Vitamin D supplement with your Prolia[®] script and then every 4 months thereafter.

For more information on Prolia, or to report an adverse event or product complaint involving Prolia[®], call Amgen Medical Information on 1800 803 638.

References:

1. Prolia[®] (denosumab) Approved Product Information Available at www.amgen.com.au/Prolia.PI
2. Prolia[®] (denosumab) Consumer Medicine Information. Available at: www.amgen.com.au/Prolia.CMI.
3. Healthy Bones Australia. Vitamin D and Bone Health Factsheet 1st Edition 11/20. Available from <https://healthybonesaustralia.org.au/wp-content/uploads/2022/10/hba-fact-sheet-vitamin-d.pdf> [Accessed July 2024]

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