

For appointments at  
Albany, Takapuna, Epsom,  
Botany and Henderson :  
Ph: 09-623-2301  
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Email: [admin@bonedensity.co.nz](mailto:admin@bonedensity.co.nz)  
[www.bonedensity.co.nz](http://www.bonedensity.co.nz)

## NEWSLETTER

Spring 2010

AUCKLAND  
**Bonedensity**  
Managing Bone Health

### ZOLEDRONATE CLINIC FOR ACLASTA® INFUSION

Auckland Bone Density will provide a zoledronate (Aclasta®) Infusion Clinic service from 1 September 2010, when Aclasta® becomes funded by Pharmac via Special Authority criteria identical to those for alendronate (Fosamax Plus). We would be happy to facilitate Special Authority applications when applicable, ensure that a detailed information sheet is mailed to patients in advance of appointments and ensure that all safety criteria are met. Infusions will be on a 1-2 year schedule, and a report issued to referring doctors at each infusion visit.

#### Indications:

1. Paget's Disease

Specific criteria for funding can be found at [www.pharmac.govt.nz](http://www.pharmac.govt.nz) under Special Authority Forms in the Musculoskeletal System section.

2. Osteoporosis

- a) intolerance of oral alendronate (Fosamax Plus)
- b) difficulty adhering to weekly alendronate
- c) declining bone density despite adherence to weekly alendronate (Fosamax Plus)
- d) personal preference

#### Costs:

a) Aclasta®

- funded via Special Authority; **OR** \$ 750 + GST privately (if funding criteria not met)

b) Prescription fee, infusion service and specialist review:

First infusion:	\$250.00	\$	These professional fees may be covered
Further infusion:	\$200.00	\$	by health insurance policies.

The Aclasta® referral form can be downloaded from our website [www.bonedensity.co.nz](http://www.bonedensity.co.nz)



#### Physicians

Assoc-Prof. Geoff Braatvedt  
MD, FRACP

Assoc-Prof. Andrew Grey  
MD, FRACP

Dr Brandon Orr-Walker  
FRACP

Prof. Ian Reid  
MD, FRACP

Dr Pat Frengley  
FRACP, FACP

Prof. Ian Holdaway  
MD, FRACP

Assoc-Prof. Warwick Bagg  
MD, FRACP

Dr. Jenny Lucas  
MBChB, FRACP



## AUCKLAND BONE DENSITY NEWSLETTER

Spring 2010

### FOOD CALCIUM

We have had many calls about the adverse effects of calcium tablets, following the summary by Prof Ian Reid in our summer 2010 newsletter (accessible at [www.bonedensity.co.nz](http://www.bonedensity.co.nz)). Many patients are wondering how to enhance their food calcium intake, now that we are discouraging the use of calcium tablets. We hope that this table will be useful for your patients.

Generally speaking, if you do not eat three servings of dairy products or alternatives such as tinned fish every day, then you are probably not getting enough calcium.

A good calcium intake maintained throughout life can help to maintain strong, healthy bones.

#### FOOD CALCIUM TARGET IN ADULTS = APPROXIMATELY 1000mg/day

<i>Food</i>	<i>Calcium content</i>	<i>Food</i>	<i>Calcium content</i>
1 glass of homogenised milk (200ml)	●	1 medium bowl of muesli (80g)	●
1 glass of non-fat milk (200 ml)	● ◐	3 (2.5cm) cubes of tofu (125g)	●
1 glass of high-calcium milk (200 ml)	● ●	1 cup of cooked broccoli or spinach	◐
1 pottle of yoghurt (150g)	●	1 cup of baked beans (270g)	◐
3 slices of cheddar cheese (40g)	● ◐	1 cup of mussels (160g)	● ◐
1 cup of icecream (140g)	●	1/2 cup of almonds	●
1/2 can sardines (50g)	● ◐	1/2 cup dried figs (105g)	● ◐
1 cup of salmon (240g)	●	1 cup of stewed rhubarb	●

Each ● = approximately 200mg of calcium \*

\* Data sourced from the concise New Zealand Food Composition Table 1993