

Creating Health & Nutrition Fact Sheets

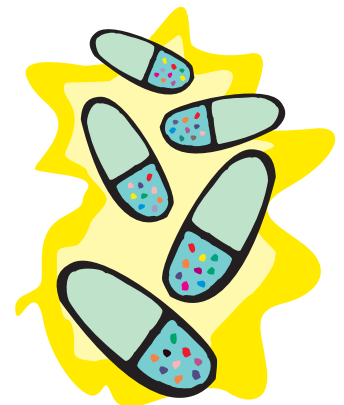
for the StrongWomen™ Program

Although there is no cure for osteoporosis, some medications can help stop or slow bone loss, help form new bone, and reduce the risk of fractures. Discuss the risk and benefits of all medication with your health care provider. Be sure to

Medications to Lower the Risk of and Treat Osteoporosis

understand the potential side effects of any drug recommended. Read carefully the detailed

information provided by your pharmacist.



Medications for Osteoporosis Prevention and Treatment

Types	Brand names*	Therapy options	FDA approval	How administered
alendronate	Fosamax	Bisphosphonates	Approved for preventing and treating osteoporosis in men and postmenopausal women.	Available as pill in daily and weekly doses.
ibandronate	Boniva	Bisphosphonates	Approved for preventing and treating osteoporosis in postmenopausal women.	Available as a pill in monthly dose and as an intravenous injection administered once every 3 months.
risedronate	Actonel	Bisphosphonates	Approved for preventing and treating osteoporosis in men and postmenopausal women.	Available as a pill in daily and weekly doses.
salmon calcitonin	Miacalcin Fortical	Calcitonin	Approved for treating osteoporosis in postmenopausal women	Available as daily nasal spray or injection.



Medications for Osteoporosis Prevention and Treatment, *continued*

Types	Brand names*	Therapy options	FDA approval	How administered
estrogen therapy	Including Climara, Estrace, Estraderm, Estratab, Ogen, Ortho-Est, Premarin, Vivelle	Estrogen/Hormone Therapy (ET/HT)	Approved for preventing osteoporosis in postmenopausal women.	Available in pill and skin patch forms.
hormone therapy	Including Activella, Femhrt, Ortho-Prefest, Premphase, Prempro	Estrogen/Hormone Therapy (ET/HT)	Approved for preventing osteoporosis in postmenopausal women.	Available in pill and skin patch forms.
teriparatide	Forteo	Parathyroid Hormone	Approved for treating osteoporosis in postmenopausal women and men at high risk for fracture.	Available as daily injection.
raloxifene	Evista	Selective Estrogen Receptor Modulators (SERMs)	Approved for preventing and treating osteoporosis in postmenopausal women.	Available as pill in daily dose.

*Brand names included here are provided as examples only, and their inclusion does not mean that these products are endorsed. Also, if a particular brand name is not mentioned, this does not mean or imply that the product is unsatisfactory.

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Source: http://www.niams.nih.gov/bone/hi/osteoporosis_medicine.htm, accessed April 16, 2007

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