

## OSTEOPOROSIS TREATMENTS (Part 1 of 2)

**Risk factors:** age, gender, Asian or Caucasian descent, petite and thin women, prior osteoporotic fracture, femoral neck BMD, low BMI, rheumatoid arthritis, family or personal history of hip fractures, smoking, heavy alcohol intake, chronic glucocorticoid use, type 1 diabetes, hyperthyroidism, hypogonadism, menopause at <45yrs of age, malnutrition or malabsorption, chronic liver disease.

### Prevention:

**Recommended Calcium intake:** 1–3yrs: 700mg; 4–8yrs: 1000mg; 9–18yrs: 1300mg; 19–50yrs: 1000mg; males 51–70yrs: 1000mg; females 51–70yrs, 71+yrs: 1200mg; pregnancy or nursing mothers: 1000–1300mg

**Recommended Vitamin D intake:** >1yr: 600 IU/day; 50+yrs: 800–1,000 IU/day. Usually met through sunlight exposure. HRT if bone loss due to estrogen deficiency at menopause, initiate estrogen therapy at lowest effective dose. Individualize and reevaluate periodically. Intact uteri: prescribe progestin with estrogen. Hysterectomy: may prescribe estrogen continuously.

**Others:** weight-bearing exercises, fall prevention, smoking cessation, alcohol restriction, weight and dietary management, preventative drug therapy

Generic	Brand	Strength	Form	Dose
<b>BISPHOSPHONATES</b>				
alendronate	—	5mg, 10mg, 35mg, 40mg 70mg/75mL	tabs oral soln	<i>Treatment:</i> 10mg once daily or 70mg once weekly. <i>Prevention:</i> 5mg once daily or 35mg once weekly
	<b>Binosto</b>	70mg	effervescent tabs for oral soln	<i>Treatment:</i> 70mg once weekly
	<b>Fosamax</b>	70mg	tab	<i>Treatment:</i> 70mg once weekly <i>Prevention:</i> 35mg once weekly
alendronate/ cholecalciferol (Vit. D <sub>3</sub> )	<b>Fosamax Plus D</b>	70mg /2800 IU, 70mg/5600 IU	tab	<i>Treatment:</i> 70mg/2800 IU or 70mg/5600 IU once weekly
ibandronate	<b>Boniva</b>	150mg	tab	<i>Prevention and Treatment:</i> 150mg once monthly
		3mg/3mL	inj	<i>Prevention and Treatment:</i> 3mg IV bolus over 15–30secs every 3mos
risedronate	<b>Actonel</b>	5mg, 30mg, 35mg, 150mg	tab	<i>Prevention and Treatment:</i> 5mg once daily or 35mg once weekly or one 75mg tab taken on 2 consecutive days per month or 150mg once a month
	<b>Atelvia</b>	35mg	del-rel tabs	<i>Treatment:</i> 35mg once weekly
zoledronic acid	<b>Reclast</b>	5mg/100mL	inj	<i>Treatment:</i> 5mg IV infusion once a year <i>Prevention:</i> 5mg IV infusion once every 2yrs
<b>CALCITONIN</b>				
calcitonin-salmon	—	200 IU/spray	nasal spray	<i>Treatment:</i> 1 spray in alternating nostril daily
	<b>Miacalcin</b>	200 IU/mL	inj	<i>Treatment:</i> 100 IU SC or IM daily
<b>HORMONE REPLACEMENT THERAPY</b>				
conjugated estrogens	<b>Premarin</b>	0.3mg, 0.45mg, 0.625mg, 0.9mg, 1.25mg	tab	0.3mg daily; adjust
conjugated estrogens/ bazedoxifene	<b>Duavee</b>	0.45mg/20mg	tab	1 tab daily
conjugated estrogens, then conjugated estrogens/ medroxyprogesterone	<b>Premphase</b>	0.625mg, then 0.625mg/5mg	tab	1 tab once daily in correct order (ie, 14 tabs of 0.625mg estrogen, then 14 tabs of 0.625mg estrogen/5mg of medroxyprogesterone; repeat)

(continued)

## OSTEOPOROSIS TREATMENTS (Part 2 of 2)

Generic	Brand	Strength	Form	Dose
<b>HORMONE REPLACEMENT THERAPY (continued)</b>				
conjugated estrogens/ medroxyprogesterone	<b>Prempro</b>	0.3mg/1.5mg, 0.45mg/1.5mg, 0.625mg/2.5mg, 0.625mg/5mg	tab	1 tab once daily
estradiol	<b>Alora</b>	0.025mg/day, 0.05mg/day, 0.075mg/day, 0.1mg/day	transdermal system	0.025mg/day patch applied twice weekly; adjust
	<b>Climara</b>	0.025mg/day, 0.0375mg/day, 0.05mg/day, 0.06mg/day, 0.075mg/day, 0.1mg/day		0.025mg/day patch applied once weekly; adjust
	<b>Estrace</b>	0.5mg, 1mg, 2mg	tab	0.5mg daily
	<b>Menostar</b>	14mcg/day	transdermal system	1 patch once weekly
	<b>Minivelle</b>	0.025mg/day, 0.0375mg/day, 0.05mg/day, 0.075mg/day, 0.1mg/day	transdermal system	0.025mg/day patch twice weekly (every 3–4 days); adjust
	<b>Vivelle</b>	0.05mg/day, 0.1mg/day	transdermal system	0.025mg/day patch applied twice weekly
	<b>Vivelle-Dot</b>	0.025mg/day, 0.0375mg/day, 0.05mg/day, 0.075mg/day, 0.1mg/day		
estradiol/ levonorgestrel	<b>Climara Pro</b>	0.045mg/0.015mg/day	transdermal system	1 patch once weekly
estradiol/ norethindrone acetate	<b>Activella</b>	0.5mg/0.1mg, 1mg/0.5mg	tab	1 tab once daily
estrone sodium sulfate (as estropipate)	<b>Ogen</b>	0.625mg, 1.25mg, 2.5mg	tab	0.625mg daily
norethindrone acetate/ ethinyl estradiol	<b>Femhrt</b>	0.5mg/2.5mcg, 1mg/5mcg	tab	1 tab once daily
<b>INTERFERON</b>				
interferon gamma-1b	<b>Actimmune</b>	100mcg/0.5mL	SC inj	$BSA \leq 0.5m^2$ : 1.5mcg/kg/dose 3 times weekly $BSA > 0.5m^2$ : 50mcg/m <sup>2</sup> (1 million IU/m <sup>2</sup> ) 3 times weekly
<b>OSTEOCLAST INHIBITOR (RANKL INHIBITOR)</b>				
denosumab	<b>Prolia</b>	60mg/mL	SC inj	60mg once every 6mos
<b>PARATHYROID HORMONE</b>				
teriparatide	<b>Forteo</b>	250mcg/mL	SC inj	20mcg once daily
<b>PARATHYROID HORMONE RELATED PEPTIDE ANALOG</b>				
abaloparatide	<b>Tymlos</b>	2000mcg/mL	SC inj	80mcg once daily
<b>SELECTIVE ESTROGEN RECEPTOR MODULATORs (SERMs)</b>				
raloxifene	<b>Evista</b>	60mg	tab	<i>Prevention and Treatment</i> : 60mg once daily

### NOTES

Not an inclusive list of medications, official indications, and/or doses. Please see drug monograph at [www.eMPR.com](http://www.eMPR.com) and/or contact company for full drug labeling.

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