

FOSAMAX[®] (alendronate sodium)

Fact Sheet

- FOSAMAX[®] is part of a class of medications called *bisphosphonates* and is a non-hormonal, bone-specific oral therapy used in the prevention and treatment of osteoporosis.
- FOSAMAX[®] was the first drug approved in Canada for the prevention and treatment of osteoporosis. It is available in 90 countries including Canada and is the leading product worldwide for the treatment of postmenopausal osteoporosis.

How Does FOSAMAX[®] Work?

- As a major therapeutic advance, FOSAMAX[®] increases bone mineral density (BMD). By decreasing bone resorption, FOSAMAX[®] shifts the balance of the bone re-building cycle towards the build-up of healthy bones, restoring some of the bone lost as a result of osteoporosis.
- In most patients FOSAMAX[®] also works by increasing the amount and strength of bone.

Efficacy & Tolerability

In clinical studies FOSAMAX[®] (daily dose):

- showed measurable increases in BMD in the spine in 96 per cent of patients treated for three years. ^{1,2}
- reduced the risk of hip fractures in women by 63 per cent in 18 months, and the risk of painful spinal fractures by 59 per cent as early as one year after beginning therapy. ³
- demonstrated a 90 per cent reduction in the risk of multiple vertebral fractures in patients treated for three years. ^{4,5}
- showed a five-fold increase in lumbar-spine BMD in men younger than 65 years of age and a threefold increase for men older than 65 years. ⁶
- was not associated with an increased incidence of upper gastrointestinal tract adverse events, even in high-risk patients. ⁷ Side effects were mild and generally did not stop patients from taking FOSAMAX[®].

Indications

- FOSAMAX® 70 mg once weekly is indicated for the treatment of osteoporosis in postmenopausal women and in men.
- FOSAMAX® 10 mg once daily is indicated for the treatment of osteoporosis in postmenopausal women and men.
- FOSAMAX® 5mg once daily is indicated for the prevention of osteoporosis in postmenopausal women.
- FOSAMAX® 5mg and 10 mg once daily are indicated for the prevention and treatment of glucocorticoid-induced osteoporosis in women and men.
- FOSAMAX® 40 mg once daily is indicated for the treatment of Paget's disease of the bone in men and women.
- Used in combination with HRT (estrogen ± progestin), FOSAMAX® results in greater bone mass than seen with either treatment used alone.

Administration

- FOSAMAX® must be taken at least one-half hour before the first food, beverage or medication of the day, only with a full glass of plain water to ensure adequate absorption. Patients should not lie down for at least 30 minutes after taking FOSAMAX®.

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