

Treatments for Osteoporosis

Eating a diet rich in vitamin D and calcium continues to be important throughout your life, as well as getting weight-bearing exercise. However, once you have been diagnosed with osteoporosis, diet and exercise may no longer be enough to help you maintain bone or build new bone. Medication may be necessary to treat your osteoporosis.

The goal of treating osteoporosis is to prevent bone breaks. Your health care provider will help choose the right medication for you.

Antiresorptive medications help to maintain bone and decrease your risk of bone breaks.

- Bisphosphonates are a type of medication usually taken by mouth for 5 to 10 years or intravenously (by IV) for 3 to 6 years. These medications include:
 - Alendronate: Taken once per week by mouth
 - Risendronate: Taken once per week by mouth
 - Ibandronate: Taken once per month by mouth or by IV four times per year
 - Zoledronic Acid: Taken once per year by IV
- Denosumab: Taken once every six months as an injection

Anabolic medications can build bone and are prescribed for people at very high risk of bone breaks.

- Parathyroid hormone (PTH) analogs are a category of medications that are taken for a maximum of 2 years. These medications include:
 - Teriparatide: Taken once daily as an injection
 - Abaloparatide: Taken once daily as an injection
- Romosozumab is a medication taken for a maximum of 1 year as a monthly injection.



In most cases, once you complete a course of anabolic medications, you will be prescribed an antiresorptive medication to help maintain the bone that you have built.

Estrogen therapy and estrogen agonists can also help to maintain bone and are sometimes used as part of osteoporosis treatment.

Sources:

The National Osteoporosis Foundation
The American Association of Clinical Endocrinology
The World Health Organization
The International Society for Clinical Densitometry

For more information about osteoporosis please visit The National Osteoporosis Foundation online at: www.nof.org/patients/

21-PRIM-00010-ML
Avera's mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values. If you think you may have problems paying part of your bill, contact your local business office or billing staff. We can discuss payment options that may be available to you.



© Copyright 2021
Content from Avera is protected by U.S. copyright laws. All rights reserved. This health-related information is not intended to be a substitute for professional medical advice or for the care that patients receive from their health care provider.