

# P35 EFFECT OF ALENDRONATE IN POSTMENOPAUSAL WOMEN WITH SYSTEMIC OSTEOPOROSIS TREATMENT

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### EFFECT OF ALENDRONATE IN POSTMENOPAUSAL WOMEN WITH SYSTEMIC OSTEOPOROSIS TREATMENT

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**Objective.** To evaluate the effect of alendronic acid 70 mg in treatment of systemic osteoporosis in postmenopausal women.

**Object.** 15 women with systemic osteoporosis without severe concurrent pathology, aged 50-80 years were inspected: average age – 66,3±2,5 years.

**Methods.** Bone mineral density (BMD) was defined with Dual-energy X-ray absorptiometer „Prodigy” (GE Medical systems). Examination was performed before onset of treatment and after a three, six, nine and twelve months treatment course. alendronic acid was taken in a dose of 70 mg per os once a week and 1 tablet of Calcemin-advance (Calcium – 500 mg, Vit. D – 400 IU) 2 times per day.

**Results.** BMD of spine significantly increased in comparison with indexes before treatment after three (t=3,76; p=0,002), six (t=2,95; p=0,01), nine (t=3,05; p=0,01) and twelve (t=3,95; p=0,007) months. BMD of femur (total) significantly increased in comparison with indexes before treatment after nine months (t=3,58; p=0,005). BMD of spine increased on

8,3% and BMD of femur (total) on 3,2% after twelve months. BMD of total body significantly increased in comparison with indexes before treatment after nine months ( $t=3,58$ ;  $p=0,005$ ).

**Conclusions.** It has been demonstrated that alendronic acid treatment significantly increases BMD of spine and femur.