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EFFECT OF ALENDRONATE IN POSTMENOPAUSAL WOMEN WITH SYSTEMIC OSTEOPOROSIS TREATMENT

Povoroznyuk V.V., Orlyk T.V., Dzerovych N.I.

Institute of Gerontology AMS Ukraine,
Ukrainian Scientific-Medical Centre for the Problems of Osteoporosis, Kyiv, Ukraine

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.