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Osteoporosis Therapy Charts

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Postmenopausal Osteoporosis Therapy Charts

Because of the wide variety of estrogen and progestogen products that are now available in the US and Canada, NAMS has prepared these charts for healthcare providers to help clarify these osteoporosis therapy products. Please note that inclusion does not imply that NAMS endorses the products listed in these charts.

Government-approved Drugs for Postmenopausal Osteoporosis in the United States and Canada

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Generic (Brand name)	Dose and Route	Indication	Contraindications
Bisphosphonates (oral unless otherwise specified)			
Alendronate (Fosamax) (Various generics)	70 mg/wk oral tablet or oral solution* 35 mg/wk, 5 mg/d 10 mg/d	Treatment Prevention Treatment	<ul style="list-style-type: none"> Abnormalities of the esophagus Inability to stand or sit upright for at least 30 minutes Hypersensitivity to any component of this product Hypocalcemia Patients at increased risk of aspiration should not receive FOSAMAX oral solution
Alendronate + vitamin D ₃ (Fosamax Plus D*, Fosavance**)	70 mg + 2,800 IU/wk; 70 mg + 5,600 IU/wk	Treatment	
Risedronate (Actonel)	5 mg/d; 35 mg/wk; 75 mg in 2 consecutive d/mo; 150 mg/mo	Prevention + Treatment	
Risedronate (Atelvia)	35 mg/wk (delayed release)	Treatment	
Risedronate + calcium carbonate (Actonel with Calcium)	35 mg/wk (day 1) + 1,250 mg Ca for no-risedronate days (days 2-7 of 7-d treatment cycle)	Prevention + Treatment	
Ibandronate (Boniva*)	150 mg/mo; 2.5 mg/d 3 mg every 3 mo I.V.	Prevention + Treatment; Treatment	<ul style="list-style-type: none"> Allergy to etidronate disodium or any ingredients of the medication Osteomalacia (softening of the bones)
Etidronate (Didrocal**)	400 mg/d oral tablet for 14 d every 3 mo, with calcium taken between cycles	Prevention + Treatment	
Zoledronic acid (Reclast*)	5 mg/2 y I.V.	Prevention + Treatment	
Zoledronic acid (Aclasta**)	5 mg/y I.V.	Treatment	<ul style="list-style-type: none"> Hypocalcemia Creatinine clearance < 35 mL/min and acute renal impairment Hypersensitivity to zoledronic acid or any components of this product
Estrogen agonist/antagonist			
Raloxifene (Evista)	60 mg/d oral tablet	Prevention + Treatment	<ul style="list-style-type: none"> Venous thromboembolism Pregnancy, women who may become pregnant, and nursing mothers
Calcitonin			
Calcitonin-salmon (Fortical)	200 IU/d nasal spray	Treatment (>5 y postmenopause)	Allergy to calcitonin-salmon
Calcitonin-salmon (Miacalcin)	200 IU/d nasal spray 100 IU every other day s.c.	Treatment (>5 y postmenopause)	Allergy to synthetic calcitonin-salmon
Parathyroid hormone			
Teriparatide (recombinant human PTH 1-34) (Forteo)	20 µg/d s.c.	Treatment (high Fx risk)	<ul style="list-style-type: none"> Hypersensitivity to teriparatide or to any of its excipients Reactions have included angioedema and anaphylaxis

RANK ligand inhibitor			
Denosumab (Prolia)	60 mg every 6 mo s.c.	Treatment	Hypocalcemia
Estrogen-only prescription drugs approved for prevention of postmenopausal osteoporosis			
Conjugated estrogens (Premarin)	0.3, 0.45*, 0.625, 0.9, 1.25 mg/d	Prevention	<ul style="list-style-type: none"> • Undiagnosed abnormal genital bleeding • Known, suspected, or history of cancer of the breast except in appropriately selected patients being treated for metastatic disease • Known or suspected estrogen-dependent neoplasia • Active deep vein thrombosis, pulmonary embolism or a history of these conditions • Active or recent (within the past year) arterial thromboembolic disease (for example, stroke, myocardial infarction) • Liver dysfunction or disease • Known thrombophilic disorders (e.g., protein C, protein S, or antithrombin deficiency) • Known hypersensitivity to any of the ingredients in this product • Known or suspected pregnancy
Estropipate (Ogen)	0.625 (0.75 estropipate), 1.25 (1.5), 2.5 (3.0) mg/d (in Canada, only approved for treatment)	Prevention	
17 β -estradiol (Alora*)	0.025, 0.05, 0.075, 0.1 mg/d matrix patch (twice/wk)	Prevention	
17 β -estradiol (Climara)	0.025, 0.0375*, 0.05, 0.075, 0.1 mg/d (0.025 dose not approved in Canada) matrix patch (once/wk)	Prevention	
17 β -estradiol (Estrace)	0.5, 1.0, 2.0 mg/d	Prevention	
17 β -estradiol (Menostar*)	0.014 mg/d matrix patch (once/wk)	Prevention	
17 β -estradiol (Vivelle*)	0.025, 0.0375, 0.05, 0.075, 0.1 mg/d matrix patch (twice/wk)	Prevention	
17 β -estradiol (Vivelle-Dot*, Estradot**)	0.025, 0.0375, 0.05, 0.075, 0.1 mg/d matrix patch (twice/wk)	Prevention	
17 β -estradiol (Estraderm)	0.05, 0.1 mg/d reservoir patch (twice/wk)	Prevention	
Estrogen-progestin prescription drugs approved for prevention of postmenopausal osteoporosis			
Conjugated estrogens + medroxyprogesterone acetate (continuous-cyclic) (Premphase*)	0.625 mg E + 5.0 mg P/d (2 tablets: E and E+P)	Prevention	<ul style="list-style-type: none"> • Undiagnosed abnormal genital bleeding • Known, suspected, or history of breast cancer • Known or suspected estrogen-dependent neoplasia • Active deep vein thrombosis, pulmonary embolism or a history of these conditions • Active arterial thromboembolic disease (for example, stroke and myocardial infarction), or a history of these conditions • Known liver dysfunction or disease • Known thrombophilic disorders (e.g., protein C, protein S, or antithrombin deficiency) • Known or suspected pregnancy
Conjugated estrogens + medroxyprogesterone acetate (continuous-combined) (Prempo*)	0.3 or 0.45 mg E + 1.5 mg P/d (1 tablet); 0.625 mg E + 2.5 mg or 5.0 mg P/day (1 tablet)	Prevention	
Conjugated estrogens + medroxyprogesterone acetate (continuous-combined) (Premplus Cycle**)	0.625 mg E/d with 10 mg P taken for the last 14 d each mo	Prevention	
Ethinyl estradiol + norethindrone acetate (femhrt*, femHRT**)	2.5 μ g E + 0.5 mg P/day (1 tablet); 5 μ g E + 1 mg P/d (1 tablet)	Prevention	
17 β -estradiol + norethindrone acetate (Activella*)	0.5 mg E + 0.1 mg P/day (1 tablet); 1 mg E + 0.5 mg P/d (1 tablet)	Prevention	
17 β -estradiol + norgestimate (intermittent-combined) (Prefest*)	1 mg E + 0.09 mg P (2 tablets: E and E+P)	Prevention	
17 β -estradiol + levonorgestrel (continuous-combined) (Climara Pro*)	0.045 mg E + 0.015 mg P (22 cm ² patch, once/wk)	Prevention	

* Available in the United States but not Canada.

** Available in Canada but not the United States.

Products not marked are available in both the United States and Canada.

I.V. = intravenous, s.c. = subcutaneous