

LECTURE PRESENTATION

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Pharmacological therapy of osteoporosis

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Osteoporosis is a disease associated with an increased risk of fractures. Vertebral and hip fractures are associated with high mortality or loss of autonomy. The aim of this review is to explore the scientific evidence for current therapies for postmenopausal osteoporosis and fractures and to establish how to treat osteoporosis in clinical practice without risk for patients.

We performed research by the use of pubmed of all randomized controlled trials on osteoporosis therapy. The key works used were “osteoporosis therapy”; “postmenopausal osteoporosis” and “osteoporosis trial”.

Efficacious pharmacological therapy include alendronate, risedronate, hormone replacement therapy, strontium ranelate, that are successful agents for femoral and vertebral sites. All osteoporosis patients may take calcium and vitamin D supplementation often not recommended by the physicians. Treatment of Osteopenic patients need further evidence. Early diagnosis and treatment can help to reduce the complications such as fractures but adverse effects may be monitoring and need particular knowledge in this setting [1-4].

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