

**Table 5. Alendronate (Fosamax) for postmenopausal osteoporosis**

Study	Regimens	Treatment Duration	N	Endpoints	Results
McClung et al <sup>9</sup> (prevention of post-menopausal bone loss)	Alendronate: 1 mg/d, 5 mg/d, 10 mg/d, 20 mg/d, or placebo	2 years	447	BMD of lumbar spine, femoral neck, and trochanter	Alendronate 5, 10, and 20 mg/d increased BMD from baseline at the lumbar spine, femoral neck, and trochanter by 1-4%. The 1 mg dose and placebo led to losses of 2-4% at these sites. Small sample size relative to the number of treatment groups (n ~ 90 per group).