

Table 6. Alendronate (Fosamax) for glucocorticoid-induced osteoporosis

Study	Regimens	Treatment Duration	N	Endpoints	Results
Saag et al ¹⁰ (prevention and treatment)	Alendronate: 2.5 mg/d, 5 mg/d, 10 mg/d, or placebo Patients had to have been on at least 7.5 mg of prednisone (or equivalent) for 1 year	2 years	560	BMD of lumbar spine, hip, and total body	The 10 mg group had significant increases in lumbar spine, trochanter, and total body BMD. The 5 mg group had significant increases in total body BMD. The 2.5 mg group had small but nonsignificant increases in lumbar spine BMD.