

Table 8. Alendronate (Fosamax) for men

Study	Regimens	Treatment Duration	N	Endpoints	Results
Orwoll et al ¹² (treatment)	Alendronate: 10 mg/d or placebo	2 years	241	Percentage change in lumbar spine, hip and total body BMD.	The alendronate group had significant increases in lumbar spine ($7.1 \pm 0.3\%$), femoral neck ($2.5 \pm 0.4\%$) and total body ($2.0 \pm 0.2\%$) BMD ($P < 0.001$). The placebo group only had an increase in lumbar spine BMD ($1.8 \pm 0.5\%$) ($P < 0.001$). There were no significant changes in femoral neck or total body BMD in the placebo group.