

Government-Approved Postmenopausal Osteoporosis Drugs in the United States and Canada

Compiled by The North American Menopause Society (June 2009)

Table 1. Bone-Specific Prescription Drugs Approved for Postmenopausal Osteoporosis in the US and Canada

Composition	Product Name	Availability	Indication	Recommended Dose
<i>Bisphosphonates</i>				
alendronate	Fosamax	Oral tablet, oral solution*	Prevention Prevention + Treatment	5 mg/d or 35 mg/wk 10 mg/d or 70 mg/wk
alendronate + cholecalciferol (vitamin D ₃)	Fosamax Plus D* Fosavance**	Both therapies in single tablet	Treatment	70 mg + 2,800 IU /wk; 70 mg + 5,600 IU/wk*
risedronate	Actonel	Oral tablet	Prevention + Treatment	5 mg/day; 35 mg/wk; 75 mg in 2 consecutive d/mo; 150 mg/mo
risedronate + calcium carbonate	Actonel with Calcium	Packet of oral tablets (not combined therapies) with 4-wk supply	Prevention + Treatment	35 mg/wk (day 1) + 1,250 mg Ca for no-risedronate days (days 2-7 of 7-d treatment cycle)
ibandronate	Boniva*	Oral tablet	Prevention + Treatment	150 mg/mo
		Intravenous injection	Treatment	3 mg every 3 mo
etidronate	Didrocal**	Oral tablet (packaged with calcium carbonate)	Prevention + Treatment	400 mg/d for 14 d every 3 mo, with calcium taken between cycles
zoledronic acid	Reclast* Aclasta**	Intravenous infusion	Prevention + Treatment	5 mg/2 y; 5 mg/y
<i>SERMs</i> (now called estrogen agonists/antagonists by the FDA)				
raloxifene	Evista	Oral tablet	Prevention + Treatment	60 mg/d
<i>Calcitonin</i>				
calcitonin-salmon	Fortical*	Nasal spray	Treatment (>5 y postmenopause)	200 IU/d
	Miacalcin	Nasal spray	Treatment (>5 y postmenopause)	200 IU/d
		Subcutaneous injection*	Treatment (>5 y postmenopause)	100 IU every other day
<i>Parathyroid hormone</i>				
teriparatide (recombinant human PTH 1-34)	Forteo	Subcutaneous injection	Treatment (high Fx risk)	20 µg/d

* 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.

Table 2. Estrogen-Only Prescription Drugs Approved for the Prevention of Postmenopausal Osteoporosis in the US and Canada

Composition	Product Name	Availability	Available Dosages
conjugated estrogens (formerly conjugated equine estrogens)	Premarin	Oral tablet	0.3, 0.45*, 0.645, 0.9, 1.25 mg/d
estropipate (formerly piperazine estrone sulfate)	Ogen	Oral tablet	0.625 (0.75 estropipate, calculated as sodium estrone sulfate 0.625), 1.25 (1.5), 2.5 (3.0) mg/d
17 β -estradiol	Alora*	Matrix patch (twice weekly)	0.025, 0.05, 0.075, 0.1 mg/d
	Climara	Matrix patch (once weekly)	0.025, 0.375*, 0.05, 0.075, 0.1 mg/d
	Estrace	Oral tablet	0.5, 1.0, 2.0 mg/d
	Menostar	Matrix patch (once weekly)	0.014 mg/d
	Vivelle	Matrix patch (twice weekly)	0.025*, 0.0375*, 0.05, 0.075*, 0.1* mg/d
	Vivelle-Dot* Estradot**	Matrix patch (twice weekly)	0.025, 0.0375, 0.05, 0.075, 0.1 mg/d
	Estraderm	Reservoir patch (twice weekly)	0.05, 0.1 mg/d

* 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.

Table 3. Estrogen-Progestin Prescription Drugs Approved for the Prevention of Postmenopausal Osteoporosis (Intact Uterus) in the US and Canada

Composition	Product Name	Availability	Available Dosages
conjugated estrogens (E) + medroxyprogesterone acetate (P) (continuous-cyclic: E alone for days 1-14, followed by E+P on days 15-28)	Premphase*	Oral	0.625 mg E + 5.0 mg P (2 tablets: E and E+P)
conjugated estrogens (E) + medroxyprogesterone acetate (P) (continuous-combined)	Prempro*	Oral	0.3 or 0.45 mg E + 1.5 mg P (1 tablet); 0.625 mg E + 2.5 mg or 5.0 mg P (1 tablet)
	Premplus**	Oral	0.625 mg E + 2.5 or 5.0 mg P (2 tablets: E and P)
ethinyl estradiol (E) + norethindrone acetate (P)	femhrt*	Oral	2.5 µg E + 0.5 mg P (1 tablet); 5 µg E + 1 mg P (1 tablet)
	femHRT**	Oral	5 µg E + 1 mg P (1 tablet)
17β-estradiol (E) + norethindrone acetate (P)	Activella*	Oral	0.5 mg E + 0.1 mg P (1 tablet); 1 mg E + 0.5 mg P (1 tablet);
17β-estradiol (E) + norgestimate (P) (intermittent-combined: E alone for 3 days, followed by E+P for 3 days, repeated continuously)	Prefest*	Oral	1 mg E + 0.09 mg P (2 tablets: E and E+P)
17β-estradiol (E) + levonorgestrel (P) (continuous-combined)	Climara Pro*	Patch	0.045 mg E + 0.015 mg P (22 cm ² patch, once/wk)
17β-estradiol (E) + norethindrone acetate (P) (continuous-sequential: E alone for 2 wks, followed by E+P for 2 wks, repeated continuously)	Estracomb**	Patch	0.05 mg E twice/wk for 2 wk, then 0.05 mg E + 0.25 mg P for 2 wk

* Available in the United States but not Canada.

** Available in Canada but not the United States.