

Important new study in women with osteoporosis – patients required for study

Osteoporosis is a major disease causing disability and death especially as we get older. Our skeleton is effectively replaced **every five to ten years** because the bone is removed and replaced; this is a program of constant maintenance. As women get older, the bone-removing cells (osteoclasts) work harder and the bone rebuilding cells (osteoblasts) can't keep up. Excellent medications to stop progression of the disease have been available for some years. The most commonly used ones must be taken fasting and in a very specific way, and sometimes **cause side effects**. A big problem is that people sometimes **don't remember to take their medications**; a common problem when the medications are to prevent diseases rather than treat present symptoms.

In view of **very encouraging results for an earlier study of a medication given as an injection to treat osteoporosis in women**, the company involved has now asked Professor John Eisman, a well known Endocrinologist based at the Garvan Institute and St Vincent's Hospitals in Sydney, **to recruit patients for a new study**. This new study is studying women being treated for post menopausal osteoporosis, who **have had problems taking an older oral medication** regularly; i.e. alendronate (Fosamax[®], Alendro[®], Adronat[®], Alendrobell[®], Alendronate sodium). Participants will be asked to have either an injection every 6 months or another orally effective treatment taken by mouth on two days, once a month. The aim of this 12-month study is to compare the two medications in their effects on bone structure and strength and to see if the participants prefer the injections to the tablets.

For further information please contact:

Ruth Toppler

Clinical Trial Coordinator

(02) 9295 8269

r.toppler@garvan.org.au

Dr Yvonne Selecki

Clinical Trial Medical Officer

(02) 9295 8269

y.selecki@garvan.org.au