

Bisphosphonates medication for your bones

Why is this recommended?

- Bisphosphonates are a group of medicines used to treat osteopenia or osteoporosis, which are conditions associated with thin or fragile bones that are at increased for fracture.
- These medications help strengthen your bones and prevent future bone fractures.

Is it safe?

- For most people, bisphosphonates are safe and well tolerated. When taken as directed, these medications are very effective in preventing fractures.
- As with any medication, some patients may experience side effects. These can include stomach issues and bone, joint, or muscle pain. Side effects are usually minor, and may go away within a few days.

Weighing the risks and benefits

- Bisphosphonates are the safest choice for most people like you, who have thin or fragile bones, because this risks of falling and breaking a bone are greater than the risks of side effects.

How to take it:

- There are several different types of bisphosphonates, so this will depend on what your provider has prescribed to you.

Your medication is: _____

This medication is taken:

- | | |
|----------------------------------|--|
| <input type="checkbox"/> Daily | <input type="checkbox"/> Orally (by mouth) |
| <input type="checkbox"/> Weekly | <input type="checkbox"/> I.V. (infusion) |
| <input type="checkbox"/> Monthly | |
| <input type="checkbox"/> Yearly | |