

ALEDRONATE (FOSAMAX)

Alendronate (Fosamax) is a medicine used to treat thinning of the bones. The medical term for this condition is osteoporosis. Fosamax is an important medicine because it can actually reverse bone loss. Its major benefit is that it can actually reverse the thinning of the bones and prevent fractures.

Fosamax is a unique medicine in that it is normally taken in a single dosage one time per week. The dosage is either 35 mg or 70 mg as a single dose depending on your individual situation.

The proper way to take Fosamax is also unique. It should be taken the first thing in the morning on an empty stomach before breakfast. You should take Fosamax with a full glass of water at least thirty minutes before your first food, drink or medicine of the day. Do not lie down for these thirty minutes after taking this medicine. This prevents any irritation to your stomach or esophagus. Swallow the tablet whole. Do not chew, break or crush it.

Most people who take Fosamax one time per week do not have any side effects. As with any medication there is always the chance for stomach upset or heartburn. That is why it is important that you take the medication in the proper fashion.

This medication should not be taken if you have a history of peptic ulcer disease or an abnormal esophagus (swallowing tube). As with any medicine, there are unusual side effects which are not common. If you have any problems taking the medication, please let me know.

Because people take Fosamax for thinning of the bones it is important to take vitamin D and calcium supplements. It is also important to perform weight-bearing exercise on a regular basis. This can be done with the machines available at most gyms. If you need any guidelines or assistance, you can ask me or your regular medical doctor.

When you take Fosamax it is important to have a follow up bone density test. This can be arranged in my office or your regular medical doctor's office. It normally is performed at least six months to a year after beginning treatment.

Fosamax is an important medicine since it can actually reverse bone thinning and prevent fractures. It is important to take the medication in the proper way as outlined above. If you have any questions regarding this medication, please do not hesitate to ask me before you leave the office.