

Title: Treating Osteoporosis with Strontium Ranelate

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Abstract:

Osteoporosis can lead to significant morbidity and mortality due to fractures. Post-menopausal women with osteoporosis should follow general guidelines in regards to calcium, vitamin D, and exercise. When added to this regimen, strontium ranelate 2 grams taken daily can significantly reduce the risk of vertebral fractures as well as non-vertebral fractures. It also increased bone mineral density at the lumbar spine, femoral neck and total hip.

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## KEY POINTS

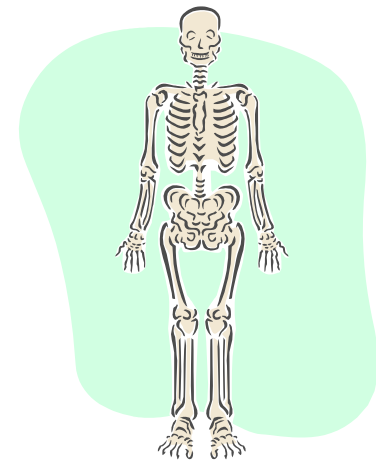
- Osteoporosis is thinning of the bones that makes bones more likely to break.
- To treat osteoporosis you should take calcium and vitamin D and exercise regularly. You may also consider other medications such as strontium.
- Strontium is a drug that you take every day. It helps prevent broken bones. Side effects are generally mild. Talk to your doctor if you have questions.



## MORE INFORMATION

- National Osteoporosis Foundation ([www.nof.org](http://www.nof.org))
- Medlineplus ([www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)) and search "osteoporosis"

## TREATING OSTEOPOROSIS WITH STRONTIUM RANELATE



University of Minnesota



## OSTEOPOROSIS

Osteoporosis is thinning of the bones that makes bones weak and more likely to break. Anyone can get osteoporosis but it is more common in older women. As many as one half of all women older than 50 will break a bone due to osteoporosis. Risk factors include: being older, thin build, a family history of osteoporosis, being white or Asian, taking medications such as steroids. Osteoporosis may be discovered using a test called a DEXA Scan.

## WHAT CAN I DO

To keep bones strong eat a diet rich in calcium and vitamin D, exercise regularly and do not smoke. Medications may help, One medication that may help is called strontium ranelate.



## STRONTIUM RANELATE: THE BASICS

Strontium ranelate is a mineral that comes in powder form. Typically people take 2 gram of strontium ranelate daily.

## CAN STRONTIUM HELP ME?

Large studies of post-menopausal women have shown that strontium ranelate can help treat osteoporosis. Taking strontium daily can decrease the chance that you will have broken bones. Strontium can also increase bone mineral density.

## SIDE EFFECTS OF STRONTIUM

Generally mild, The most common side effects are diarrhea, upset stomach, and headaches. Possible more serious side effects include an increased risk of blood clots and seizures.

