PIPADOR REVISION

MRCOG Part 1 Revision Notes

Drugs for Osteoporosis

PHARMACOLOGY • LECTURE 396

VISUAL EXAMINATION REVISION NOTES

2026 Edition

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MRCOG PART 1 REVISION NOTES | PHARMACOLOGY

Drugs for Osteoporosis

Mechanisms, administration, adverse effects and special considerations of osteoporosis drugs

Alendronate	Denosumab	HRT	Anabolic
First line	Don't stop without follow-on therapy	< 60 / POI	Severe disease

■ **KEY FACTS: Learning objectives**

- Describe the mechanisms of drugs for osteoporosis.
- Describe choice, administration and adverse effects (NOGG).
- Describe special considerations in women of reproductive age.

396.1 Drugs

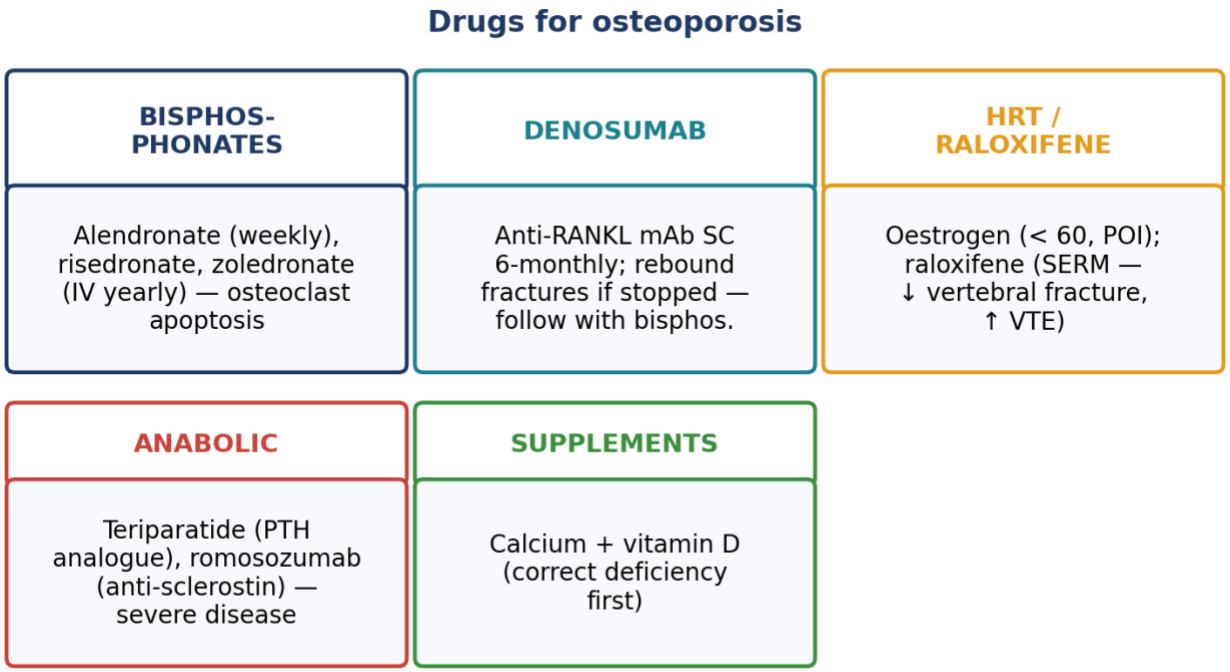


Figure 396.1 — Drugs for osteoporosis

Drug	Key adverse effects
Bisphosphonates	Oesophagitis (oral), acute-phase reaction (IV zoledronate), hypocalcaemia, osteonecrosis of the jaw, atypical femoral fracture
Denosumab	• Hypocalcaemia (renal impairment), ONJ • **Rebound vertebral fractures** if stopped without bisphosphonate
Raloxifene	VTE, hot flushes; ↓ breast cancer risk
Teriparatide	Hypercalcaemia; daily SC injection (max 2 years)
Romosozumab	↑ Cardiovascular events (avoid after MI/stroke)

Drug	Key adverse effects
HRT	Breast, VTE risks (Lecture 389)

396.2 Administration and special groups

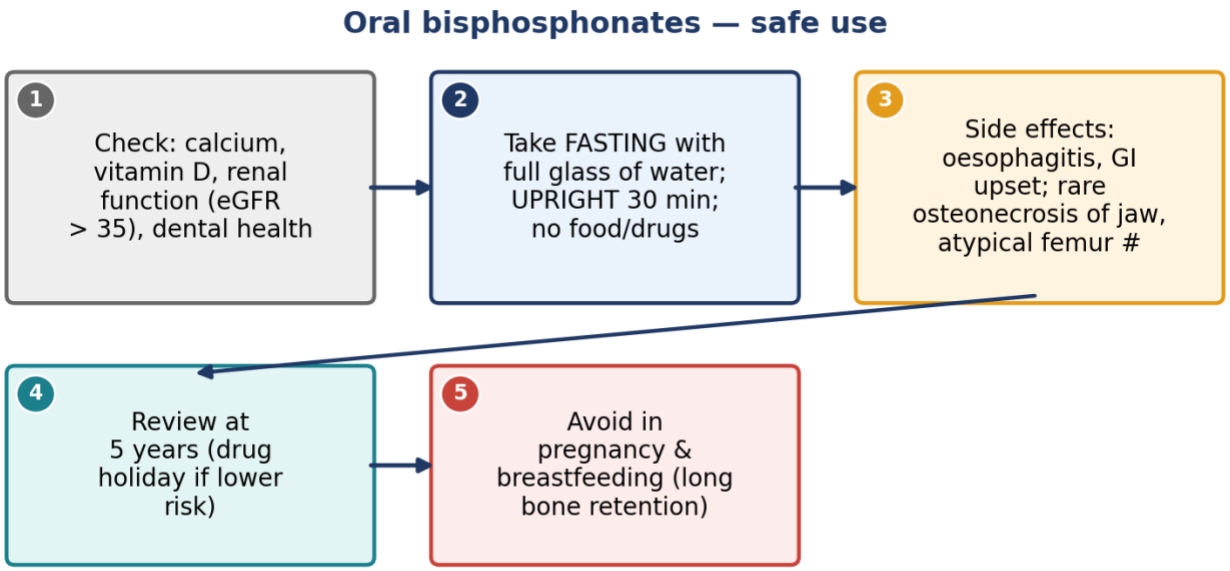


Figure 396.2 — Oral bisphosphonates

- Younger women (POI, anorexia, steroids, pregnancy/lactation-associated osteoporosis): correct cause, HRT/COC, calcium and vitamin D
  - **Avoid bisphosphonates if future pregnancy likely** (retained in bone for years) — specialist advice.
- Glucocorticoid-induced osteoporosis: start bone protection early when ≥ 7.5 mg prednisolone ≥ 3 months in older women (NOGG).

396.3 Must-know summary

■ EXAM TIP

- Bisphosphonates first line (fasting, upright 30 min); drug holiday at 5 years if lower risk.
- Denosumab: rebound fractures on stopping.
- HRT for POI/< 60; raloxifene (VTE); anabolics for severe disease.
- Avoid bisphosphonates if pregnancy planned.

■ MNEMONIC / MEMORY AID

Bisphosphonate rules — 'Empty stomach, Full glass, Stand tall'.