primary studies - published RCT

Multicentre trial of weekly risedronate on bone density in adults with cystic fibrosis.

Code: PM21849264 **Year:** 2011 **Date:** 2011 **Author:** Haworth CS

Study design (if review, criteria of inclusion for studies)

RCT

Participants

Patients with a lumbar spine (LS), total hip (TH) or femoral neck (FN) bone mineral density (BMD) Z-score of -1 or less

Interventions

patients were randomised to receive risedronate 35 mg weekly or placebo, and calcium (1g)+vitamin D(3) (800IU).

Outcome measures

BMD Z-scores, change in LS, TH and FN BMD

Main results

At baseline, BMD Z-scores in the risedronate (n=17) and placebo (n=19) groups were similar. By 24 months, 7/17 risedronate patients vs 0/19 placebo patients stopped the study medication due to bone pain. After 24 months treatment, the mean difference (95% CI) in change in LS, TH and FN BMD between the risedronate vs placebo groups was 4.3% (0.4, 8.2) p=0.03; 4.0% (-0.5, 8.6) p=0.08; and 2.4% (-3.5, 8.2) p=0.41.

Authors' conclusions

After two years treatment there was a significant increase in LS BMD with weekly risedronate compared to placebo.

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See also

J Cyst Fibros. 2011 Dec;10(6):470-6

Keywords

risedronate; Bisphosphonates; Bone Density Conservation Agents; pharmacological_intervention;