



WOMEN'S HEALTH

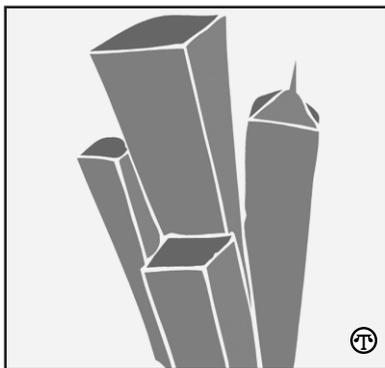
Cities Most At Risk For Osteoporosis

(NAPSA)—Big cities where residents often pride themselves on being tough—from New York to Chicago to Pittsburgh—also rank high among the nation's most fragile, according to the Boniva® (ibandronate sodium) Fragile Cities Index that analyzed osteoporosis risk.

The analysis was undertaken after a recent Surgeon General's Report on bone health elevated osteoporosis to a national health threat on par with smoking and obesity.

According to the Index, the "Steel City" of Pittsburgh ranked No. 1 for osteoporosis risk. Following closely behind were Tampa, Miami, Cleveland and New York with Boston, Philadelphia, Baltimore, Orlando and Hartford rounding out the top ten.

"Effective osteoporosis management is important for all patients—for those living in the most Fragile Cities and in other areas of the country too," said Dr. John Sunyecz, a menopause spe-



There are ways to reduce your risk of fracture due to osteoporosis—no matter what city you live in.

cialist in Pittsburgh who sees many osteoporosis patients. "To minimize the risk of fractures due to osteoporosis, patients should get adequate calcium and vitamin D, exercise and stay on their medication, as directed by their healthcare provider."

The Surgeon General recognizes that many patients stop tak-

ing osteoporosis medications. To help improve this, patients are encouraged to:

1. Develop a support system. Friends and family can help motivate you to treat your osteoporosis the right way.

2. Know Your Options. Medical treatment choices have changed over the years and you should learn more about which medications slow bone loss, reduce fracture risk and increase bone density. For example, the U.S. Food and Drug Administration recently approved once-monthly oral Boniva 150 mg Tablets, the first and only once-a-month medicine for the treatment of postmenopausal osteoporosis.

3. Talk to your doctor about treatment options. Since osteoporosis is a silent disease and your bones won't necessarily "feel" stronger, you may wonder if your medication is making a difference. Keep your doctor informed about your efforts to stay on treatment and ask for an update on your condition.

Note to Editors: Important Safety Information: Boniva is contraindicated in patients unable to stand or sit upright for at least 60 minutes or with uncorrected hypocalcemia. Boniva is contraindicated in patients with known hypersensitivity to Boniva or any of its components. Hypocalcemia and other disturbances of bone and mineral metabolism should be effectively treated before starting therapy. Adequate intake of calcium and vitamin D is important in all patients. Boniva is not recommended for use in patients with severe renal impairment (creatinine clearance <30 mL/min). Rarely, patients have reported severe bone, joint and/or muscle pain after taking bisphosphonate therapy for osteoporosis. Additionally, osteonecrosis of the jaw has rarely been reported in patients treated with bisphosphonates; most cases have been in cancer patients undergoing dental procedures. Boniva, like other bisphosphonates administered orally, may cause upper gastrointestinal disorders such as dysphagia, esophagitis, and esophageal or gastric ulcer. As aspirin, NSAIDs and bisphosphonates are associated with GI irritation, caution should be exercised when used concomitantly. The overall adverse events profile of Boniva 2.5 mg daily was similar to that of placebo. In a 1-year study comparing Boniva 150 mg once-monthly and Boniva 2.5 mg daily, the overall incidence of adverse events with the 2 dosing regimens was similar. The most commonly reported adverse events regardless of causality were abdominal pain (Boniva 150 mg 7.8 percent vs Boniva 2.5 mg 5.3 percent), hypertension (6.3 percent vs 7.3 percent), dyspepsia (5.6 percent vs 7.1 percent), arthralgia (5.6 percent vs 3.5 percent), nausea (5.1 percent vs 4.8 percent) and diarrhea (5.1 percent vs 4.1 percent). For more information on Boniva, including complete prescribing information, go to www.4boniva.com.