A Four-year Randomized Controlled Trial of Hormone Replacement and Bisphosphonate, alone or in Combination, in Woman with Postmenopausal Osteoporosis

The trial was a four-year randomized controlled trial (HRT) comparing eptodone, which is a bisphosphonate, to controls, and an estrogen/progestin regimen. The main outcome measure was the change in bone mineral density (BMD) at the femoral neck and total body. The study included 200 postmenopausal women, aged 50-70 years, with a history of osteoporosis. The women were randomized to receive either eptodone, estrogen/progestin, or a placebo. The results showed that both groups had significant improvements in BMD, with no significant differences between the two treatment groups. However, the estrogen/progestin group had a lower incidence of hot flashes and vaginal dryness compared to the eptodone group. Overall, the study suggests that both eptodone and estrogen/progestin are effective treatments for osteoporosis in postmenopausal women.
References:


