

**Table 9. Alendronate (Fosamax) for once-weekly dosing in postmenopausal osteoporosis**

Study	Regimens	Treatment Duration	N	Endpoints	Results
Schnitzer et al <sup>13</sup> (treatment)	Alendronate: 10 mg/d, 35 mg 2x/wk, or 70 mg/wk	1 year	1,258	Percentage change of lumbar spine, total hip, femoral neck, and trochanter BMD from baseline; biochemical markers of bone turnover	Mean increases in lumbar spine BMD at 12 months were: 5.1% in the 70 mg/wk group, 5.2% in the 35 mg 2x/wk group, and 5.4% in the 10 mg/d group. There were no significant differences in the number of gastroduodenal adverse effects among the three groups. Merck Pharmaceuticals (Fosamax) funded the study.