

A selection of scientific studies on the effects of Fosamax and similar drugs on bone density and fracture risk.

The Fracture Intervention Trial (FIT), FIT-2, the FIT Long-term Extension of FIT (FLEX), the Fosamax International Study (FOSIT) all were ongoing research into Fosamax and its class of drugs, called bisphosphonates. Here are a few citations of the many papers produced:

Cummings SR, Black DM, Thompson DE, Applegate WB, Barrett-Connor E, Musliner TA, et al. Effect of alendronate on risk of fracture in women with low bone density but without vertebral fractures: results from the Fracture Intervention Trial. *JAMA*. 1998;280:2077-82.

Black DM, Cummings SR, Karpf DB, et al. 1996 Randomised trial of effect of alendronate on risk of fracture in women with existing vertebral fractures. *Lancet*. 348:1535–1542.

Quandt SA, Thompson DE, Schneider DL et al (2005) Effect of alendronate on vertebral fracture risk in women with bone mineral density T-score from -1.6 to -2.6 at the femoral neck: The Fracture intervention trial. *Mayo Clin Proc* 80:343–349 [[PubMed](#)]

Effects of Alendronate on Bone Density and Fracture Risk in Postmenopausal Women with Low Bone Mass: Results of the FOSIT Study. Fosamax International Trial Study Group, " *Osteoporosis International* 9 (1999).

[Effects of continuing or stopping alendronate after 5 years of treatment: the Fracture Intervention Trial Long-term Extension \(FLEX\): a randomized trial.](#) Black DM, Schwartz AV, Ensrud KE, Cauley JA, Levis S, Quandt SA, Satterfield S, Wallace RB, Bauer DC, Palermo L, Wehren LE, Lombardi A, Santora AC, Cummings SR; FLEX Research Group. *JAMA*. 2006 Dec 27;296(24):2927-38.

[Randomized trial of effect of alendronate continuation versus discontinuation in women with low BMD: results from the Fracture Intervention Trial long-term extension.](#) Ensrud KE, Barrett-Connor EL, Schwartz A, Santora AC, Bauer DC, Suryawanshi S, Feldstein A, Haskell WL, Hochberg MC, Torner JC, Lombardi A, Black DM; Fracture Intervention Trial Long-Term Extension Research Group. *J Bone Miner Res*. 2004 Aug;19(8):1259-69. Epub 2004 Mar 29.

Schousboe JT, Nyman JA, Kane RL, Ensrud KE. Cost-effectiveness of alendronate therapy for osteopenic postmenopausal women. *Ann Intern Med*. 2005;142:734-41.