

# FIVE FACTS: OSTEOPOROSIS MEDICATIONS

1

Osteoporosis medications help strengthen bones and reduce the risk of fractures.

2

Some osteoporosis medications must be taken on an empty stomach with water while remaining upright afterward.

3

Calcium and Vitamin D are important for osteoporosis medications to work effectively.

4

Taking your medication consistently is important, even if you do not feel symptoms of osteoporosis.

5

Some osteoporosis medications have rare side effects like jaw problems or atypical fractures, so be sure to report new or unusual pain to your provider.

#### References:

<https://www.cdc.gov/nchs/fastats/osteoporosis.htm>

<https://www.aafp.org/afp/2023/0700/practice-guidelines-osteoporosis-treatment>

