

IF YOU HAVE OSTEOPOROSIS, NOW THERE'S NEW HOPE.



Now there's FOSAMAX.

INTRODUCING THE FIRST HORMONE-FREE TREATMENT FOR OSTEOPOROSIS PROVEN TO REBUILD BONE IN WOMEN PAST MENOPAUSE.

It's true. New FOSAMAX has been proven to restore lost bone in many women past menopause. This is good news for the millions who have this bone-thinning disease.

Is FOSAMAX right for you? Ask your doctor. It should be used with caution if you have certain stomach or digestive problems, and should not be used if you have certain disorders of the esophagus (the tube that connects your mouth with your stomach), are unable to stand or sit upright for at least 30 minutes or have severe kidney disease, low

levels of calcium in your blood, or are pregnant or nursing. And like any prescription drug, FOSAMAX may cause side effects, most commonly stomach and muscle/bone pain. Generally, the side effects are mild and usually have not stopped people from taking it. However, some patients may develop serious reactions in the esophagus.

New, hormone-free FOSAMAX. If you're like most women with osteoporosis, it could be an exciting new option for you. And a way to go from just hoping for stronger bones to actually having them.

ASK YOUR DOCTOR. OR CALL 1 800 363-9189 FOR MORE INFORMATION.

Please read the Patient Information below and discuss it with your doctor.

FOSAMAX

(alendronate sodium tablets)

FOSAMAX[®] (alendronate sodium tablets)
Patient Information about
FOSAMAX[®] (FOS-ah-max)[®] for Osteoporosis
Generic name: alendronate sodium (LEN-dro-nay)
Please read this information before you start taking FOSAMAX. Also, read the Patient Information leaflet that goes with your prescription. Just in case anything has changed. Remember, this leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medicine and at regular checkups.
How should I take FOSAMAX?
There are 3 important things you must do to help make sure you will benefit from FOSAMAX:
1. After getting up for the day, swallow your FOSAMAX tablet with a full glass of water only.
- Do not eat or take any other medicine for at least 30 minutes after taking FOSAMAX.
2. After swallowing your FOSAMAX tablet do not lie down — stay fully upright (sitting or standing) for at least 30 minutes and until after your first meal of the day. Do not drink or eat until at least 1 hour after taking FOSAMAX.
3. Do not take FOSAMAX at bedtime or before getting up for the day.
The above actions will help the FOSAMAX tablet reach your stomach quickly and help avoid irritation of your esophagus. The tube that connects your mouth with your stomach.
4. After swallowing your FOSAMAX tablet, wait at least 30 minutes before taking your first meal, beverage, or other medications of the day. Including antacids, calcium supplements and vitamins.
FOSAMAX is effective only if taken when your stomach is empty.
5. If you develop difficulty or pain when swallowing, chest pain, or pain or burning in the stomach, stop taking FOSAMAX and call your doctor.
6. Take FOSAMAX once a day every day.
7. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it.

FOSAMAX can treat your osteoporosis only if you continue to take it.
6. If you miss a dose do not take it later in the day. Continue your usual schedule of 1 tablet once a day the next morning.
What is FOSAMAX?
FOSAMAX is for the treatment of osteoporosis (thinning of bone) in women after menopause. You will find more information about osteoporosis at the end of this leaflet.
How does FOSAMAX work?
FOSAMAX works by:
- Reducing the activity of the cells that cause bone loss.
- Decreasing the rate of bone loss that occurs after menopause.
- Increasing the amount of bone in most patients.
These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The severity of bone loss increases and the bone is less likely to fracture. Thus, FOSAMAX reverses the progression of osteoporosis.
Who should not take FOSAMAX?
Patients who:
- Have certain disorders of the esophagus (the tube that connects your mouth with your stomach).
- Have difficulty swallowing, chest pain, or pain or burning in the stomach.
- Have low levels of calcium in their blood.
- Have kidney disease.
- Are pregnant or nursing.
FOSAMAX is for use by women after menopause. If you are pregnant or nursing, do not take FOSAMAX. Talk to your doctor.
What other medical problems should I discuss with my doctor?
Talk to your doctor about any:
- Problems with swallowing.
- Stomach or digestive problems.
- Other medical problems you have or have had in the past.
What are the possible side effects of FOSAMAX?
Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. However, some patients may develop chest pain or severe difficulty or pain when swallowing due to serious reactions such as irritation or ulceration of the esophagus (the tube that connects your mouth with your stomach). This may occur especially if patients do not drink a full glass of water with FOSAMAX and/or if they lie down in less than 30 minutes after taking their first dose of the day. It may also occur if patients continue to take FOSAMAX after developing symptoms suggesting irritation of the esophagus.
Some patients treated with FOSAMAX experienced abdominal discomfort, pain, which was the most commonly reported side effect. Less frequently reported were other digestive discomforts such as:
- Heartburn, burping, indigestion or pain of the esophagus (the tube that connects your mouth with your stomach), swelling, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea and gas.
Musculoskeletal pain, headache, or an altered sense of taste were also experienced by some patients. Many of these have occurred.
Anyone who has a medical problem you think may be related to FOSAMAX, talk to your doctor.
What should I know about osteoporosis?
Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then new bone is formed. The balanced process of resorbing and forming bone keeps your skeleton healthy and strong.
Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause. Menopause happens when the ovaries stop producing the female hormone, estrogen, or are removed (which may occur, for example, at the time of a hysterectomy). After menopause, bone is removed faster than it is formed, so bone loss occurs and bones become weaker.

At the start osteoporosis usually has no symptoms, but it can result in fractures (broken bones). Fractures usually cause pain. Fractures of the bones of the spine may not be painful, but over time they can heighten loss. Eventually the spine becomes curved and the body becomes bent over. Fractures may happen during normal everyday activity such as lifting or from minor injury that would normally not cause bone to break. Fractures most often occur at the hip, wrist, or arm. They can lead to pain, severe disability, or loss of mobility.
How can osteoporosis be professionally assessed or treated?
- Medication. Your doctor may prescribe FOSAMAX.
- Lifestyle changes. In addition to FOSAMAX, your doctor may recommend one or more of the following lifestyle changes:
- Stop smoking. Smoking appears to increase the risk of osteoporosis and fractures that may cause fractures.
- Exercise regularly. Use muscle, bone and mind exercises to stay strong and healthy. Exercise should be safe to prevent further osteoporosis. You should consult your doctor before you begin any exercise program.
- Eat a balanced diet. Adequate dietary calcium is important to patients with osteoporosis. Your doctor can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.
This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, drink a full glass of milk and contact your local poison control center or emergency room immediately. Do not induce vomiting. Do not lie down.
The Patient Information leaflet provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor in addition, talk to your pharmacist or other health care provider.
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