

Medications that May Cause Bone Loss

The following is an excerpt from the National Osteoporosis Foundation's Prevention: Who's at Risk?

Some medications can be harmful to your bones, especially if you take them at high doses or for a long time. One of the riskiest types of medications for bones is steroid medications. Many people take these medications to ease inflammation in conditions like rheumatoid arthritis or asthma.



It's important to talk with your healthcare provider about the risks and benefits of any medications you take and about how they may affect your bones. Do not stop any treatment or change the dose of your medications unless your healthcare provider says it's safe to do so. Many of the medications that can cause bone loss include the following:

- Aluminum-containing antacids
- Antiseizure medications (only some), such as Dilantin® or Phenobarbital
- Aromatase inhibitors, such as Arimidex®, Aromasin®, and Femara®
- Cancer chemotherapeutic drugs

- Cyclosporine A and FK506 (Tacrolimus)
- Glucocorticoids, such as cortisone and prednisone
- Gonadotropin-releasing hormone (GnRH), such as Lupron® and Zoladex®
- Heparin
- Lithium
- Medroxyprogesterone acetate for contraception (Depo-Provera®)
- Methotrexate
- Proton pump inhibitors (PPIs), such as Nexium®, Prilosec®, and Prevacid®
- Selective serotonin reuptake inhibitors (SSRIs), such as Lexapro®, Prozac®, and Zoloft®
- Tamoxifen® (premenopausal use)
- Thiazolidenediones (Actos® and Avandia®)
- Thyroid hormones in excess

This list may not include all medications that cause bone loss.

Source: National Osteoporosis Foundation (2008). Prevention: Who's at risk? [online]. Retrieved August 9, 2010. From <http://www.nof.org/prevention/risk.htm>.