

골다공증의 약물치료

Medical Treatment of Osteoporosis

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Abstract

Osteoporosis is a common and significant health problem in more than 1/3 of postmenopausal women. Strategies for the medical treatment of osteoporosis are primarily based on decreasing the resorption component of bone turnover by estrogen, alendronate, risedronate, raloxifene, or calcitonine. Recently there are therapies that are focused on increasing bone formation by fluoride, parathyroid hormone, or strontium ranelate. This article reviews the medical treatment of osteoporosis focusing on the pharmacokinetic effects on the bone metabolism, anti - fracture effects, usage of the drugs and their side effects.

Keywords : **Osteoporosis; Treatment; Side effect**

D

(FDA) 가
 , D D
 , SERM(Selective Estrogen Receptor Modulator) (100~250 mg/day)

2.

FDA D,
 IL - 6

1. D 가
 가
 5
 50%, 90%

. 1 1,000 mg,
 1,200~1,500 mg
 400~600 mg 가,
 400~600 mg, 600~1,000 mg

가 D가
 D
 vit. D2(ergocalciferol),
 25 - hydroxyvitamin D(25 - OHD, calcifediol), 1 -
 hydroxyvitamin D(1 - D), 1,25 - dihydroxyvitamin
 D(1,25(OH)2D, calcitriol)
 D 1,25(OH)2D 1 - D 가
 , SLE
 가 HRT(Hormone Replace-
 ment Therapy) 가 WHI(Women's
 Health Initiative) 8.5 5.2

0.625 mg CEE 2.5 mg 4.

MPA , 25 Paget

가

1.29 , 1.26 , 1.41 , . pyrophosphate P - O - P

2.13 , 가 P - C - P

, 0.63 , 0.83 ,

0.66

가 1.15 . 1 , 가

가 100 , 가 1,000 ,

가 5,000 .

가

3. , apoptosis

C 32 . 0.7%

, 30 1

, , , , ,

20~40 가 .

, 1

brush border 3

, 2 ,

. 2

가 10 mg 10

PROOF(Prevent Recurrence of Osteoporotic Frac- 가 11.4%

ture) 200 IU가 가 , 3 가

가 , 가 10 .

70 mg 1 1

. 1 가

가 가

가 .

가 5 mg 5.9%,

3.1% , 41 ~ 49%,
33 ~ 39%, 40 ~ 60%
70%

6. (Tibolone : Livial)

Norethindrone

7. (Ipriflavone : Teobone)

isoflavone

5. SERM(Selective Estrogen Receptor Modulator)

(selective
estrogen receptor modulator, SERM)가

1.

slow - releas- 가
ing fluoride 가
가 가
가 가 .
2. (PTH)
3. (Strontium Ranelate)
PTH가
PTH가
IL - 6
가 가
PTH
IGF - I, II
가 가 1 2 g 3
14.4%, 8.3% 가 ,
49%, 3
41%
가 가
Paget (6.1%)가 3
가 3
가 2 가
가가
가 가
digitalis 가 2 가
가 가
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