

60. Osteoporosis drugs and clotting

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Q: "Has anyone taken Evista®? I heard that it can cause clotting but is good for the bones. I was on hormone replacement therapy when I got my first clot so that is out."

A: Yes, Evista can cause clotting and should, in most cases, not be taken by the woman with a history of blood clots.

Drugs that increase the risk of clotting:

- * Any estrogen-containing preparations
- * Evista (= raloxifene)

Drugs that do not increase the risk of clotting:

- * Fosamax® (= alendronate)
- * Actonel® (= risedronate)
- * Didronel® (=etidronate)
- * Calcimar&3174; or Miacalcin® (= calcitonin)
- * Aredia® (= Pamidronate), given intravenously
- * Zometa® (= Zoedronic acid), given intravenously

Phytoestrogens (isoflavones, soy concentrates, genistin, daidzein, etc.): Some data suggest that this product may slow osteoporosis and may be beneficial for hot flashes, but other studies have not shown a beneficial effect of these compounds. However, nothing is known whether they increase the risk of venous thromboembolism.

Reference:

- "Clinical Effects of Phytoestrogens". *Clinical Obstetrics and Gynecology* 2001;44:836-842