

For osteoporosis prevention

High [calcium](#) intake during [childhood](#) may increase peak bone mass.

In adulthood: increased calcium intake is ineffective. Weight-bearing exercise in adulthood helps slow calcium loss from bones. Also effective: [estrogen](#), [bisphosphonates](#) ([alendronate](#) and [risedronate](#)), and [raloxifene](#).

From:

<https://neurosurgerywiki.com/wiki/> - **Neurosurgery Wiki**



Permanent link:

<https://neurosurgerywiki.com/wiki/doku.php?id=risedronate>

Last update: **2024/06/07 02:58**