

Medicines Update

Stress Fractures with Bisphosphonates

Background

There are a group of medicines called bisphosphonates, which are used to treat and prevent bone-related conditions.

Examples you may have heard of are **alendronic acid** and **risedronate**.

What is the issue?

Recently a person taking a bisphosphonate was not monitored sufficiently and as a result, they developed a **stress fracture** in their thigh. This is a rare but known side effect, particularly in people who take the medicine long-term.

What do I need to do?

- 1 Regularly monitor any person taking a bisphosphonate.
- 2 Report any symptoms of thigh, hip or groin pain to the GP, as this is often experienced before the fracture occurs.
- 3 Ensure the person has regular medicines reviews by a healthcare professional.