



TO STUDY EFFICACY AND SAFETY OF ANTIRESORPTIVE THERAPY IN CKD stage 3-5D PATIENTS.

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Abstract:

Background: Bisphosphonate therapy improves BMD and lowers the fracture risk in general population. The large randomized trials excluded those with known renal failure. Post hoc studies on the subjects with an estimated eGFR lower than 60 have shown that the fracture reduction was similar to subjects with a normal eGFR. This study was done to evaluate efficacy and safety of bisphosphonates in subjects with various degrees of renal function impairment.

Material and Methods: Eighty patients of CKD stage 3- 5D were randomized to placebo versus 35 mg of alendronate, taken once a week for 12 months. Primary outcomes of study were assessed with help of DEXA scan for improvement in mean T score, Z score and BMD at level of lumbar spine, femur neck and total hip, done at baseline, at 6 month and 12 month and X rays for evidence of fractures and vascular calcification. Secondary outcomes were assessed by looking for any adverse reactions related to treatment during each follow up visit and improvement in biochemical parameters like PTH, calcium, phosphorous and ALP levels.

RESULTS: There was improvement in mean T score, Z score and BMD at level of lumbar spine, femur neck and total hip at 6 and 12 months in patients, who received oral alendronate compared to controls. This change in mean of T score, Z score and BMD was statistically significant between two groups at 6 and 12 month irrespective of CKD stage. Two patients in control group and one in case group had fracture. The main side-effect in the alendronate group was occurrence of GI intolerance in five subjects.



Biography:

A Dr. Sudhir Mehta is a Nephrologist and he has an experience of 5 years in this field. He completed studies from Dayanand Medical College & Hospital

Publications:

1. "KDIGO 2017 Clinical Practice Guideline Update for the Diagnosis, Evaluation, Prevention, and Treatment of Chronic Kidney Disease–Mineral and Bone Disorder (CKD-MBD). *Kidney Int*"
2. "Ott SM. Therapy for patients with CKD and low mineral density. *Nat Rev Nephrol.*"
- 3 "Miller PD, Roux C, Boonen S, Barton IP, Dunlap LE, Burgio DE. Safety and efficacy of risedronate in patients with age-related reduced renal function as estimated by the Cockcroft and Gault method: A pooled analysis of nine clinical trials"
4. "Jamal SA, Bauer DC, Ensrud KE, Cauley JA, Hochberg M, Ishani A, et al. Alendronate treatment in women with normal to severely impaired renal function: An analysis of the Fracture Intervention Trial

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