PRODUCT MONOGRAPH

[Pr]phl-RISEDRONATE

Risedronate Sodium (as the hemi-pentahydrate)

35 mg Tablets

Bone Metabolism Regulator

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Date of Preparation:
September 29, 2010

Submission Control No: 121683

Table of Contents

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PART I: HEALTH PROFESSIONAL INFORMATION

SUMMARY PRODUCT INFORMATION

Route of Administration	Dosage Form/ Strength	Clinically Relevant Nonmedicinal Ingredients
oral	tablet 35 mg	*none* *For a complete listing see Dosage Forms, Composition and Packaging Section*

INDICATIONS AND CLINICAL USE

phl-RISEDRONATE (risedronate sodium hemi-pentahydrate) is indicated for:

- the treatment and prevention of osteoporosis in postmenopausal women
- the treatment of osteoporosis in men, to improve bone mineral density

Postmenopausal Osteoporosis: In the treatment of osteoporosis in postmenopausal women, risedronate sodium prevents vertebral and nonvertebral osteoporosis-related fractures and increases bone mineral density (BMD) at all measured skeletal sites of clinical importance for osteoporotic fractures, including spine, hip, and wrist.

Osteoporosis may be confirmed by the presence or history of osteoporotic fracture, or by the finding of low bone mass (e.g., at least 2 standard deviation [SD] below the premenopausal mean).

For the prevention of osteoporosis in postmenopausal women who are at risk of developing osteoporosis, risedronate sodium preserves or increases BMD at sites of clinical importance.

Risedronate sodium may be considered in postmenopausal women who are at risk of developing osteoporosis and for whom the desired clinical outcome is to maintain bone mass and to reduce the risk of fracture.

Factors such as family history of osteoporosis (particularly maternal history), previous fracture, smoking, moderately low BMD, high bone turnover, thin body frame, Caucasian or Asian race, and early menopause are associated with an increased risk of developing osteoporosis and fractures.

Geriatrics: In the 1-year study comparing daily versus weekly oral dosing regimens of risedronate sodium in postmenopausal women, 41 % of patients receiving risedronate sodium 35 mg Once-a-Week were between 65 and 75 years of age and 23% were over 75 years of age. In the male osteoporosis study, 27% of patients receiving risedronate sodium were between 65 and 75 years of age and 10% were ≥ 75 years. See CLINICAL TRIALS section.

Based upon the above study populations, no overall differences in efficacy or safety were observed between these patients and younger patients (< 65 years).

Pediatrics: Safety and efficacy in children and growing adolescents have not been established.

CONTRAINDICATIONS

- Patients who are hypersensitive to this drug or to any ingredient in the formulation. For a complete listing, see DOSAGE FORMS, COMPOSITION AND PACKAGING.

- Hypocalcemia (see WARNINGS AND PRECAUTIONS, General).

WARNINGS AND PRECAUTIONS

General

Hypocalcemia and other disturbances of bone and mineral metabolism should be effectively treated before starting risedronate sodium therapy.

Adequate intake of calcium and vitamin D is important in all patients, especially in patients with Paget's disease in whom bone turnover is significantly elevated (see DRUG INTERACTIONS).

Osteonecrosis of the Jaw: In post-marketing reporting, osteonecrosis of the jaw has been reported in patients treated with bisphosphonates. The majority of reports occurred following dental procedures such as tooth extractions and have involved cancer patients treated with intravenous bisphosphonates, but some occurred in patients receiving oral treatment for postmenopausal osteoporosis and other diagnoses. Many had signs of local infection, including osteomyelitis. Osteonecrosis has other well documented multiple risk factors. It is not possible to determine if these events are related to bisphosphonates, to concomitant drugs or other therapies, to the patient's underlying disease or to other co-morbid risk factors (e.g. anemia, infection, pre-existing oral disease). A dental examination with appropriate preventative dentistry should be considered prior to treatment with bisphosphonates in patients with concomitant risk factors (e.g. cancer, immune suppression, head and neck radiotherapy or poor oral hygiene). While on treatment, these patients should avoid invasive dental procedures if possible. For patients requiring dental procedures, there are no data available to suggest whether discontinuation of bisphosphonate treatment prior to the procedure reduces the risk of osteonecrosis of the jaw. Clinical judgment, based on

individual risk assessment, should guide the management of patients undergoing dental procedures.

Musculoskeletal: In postmarketing experience, severe and occasionally incapacitating bone, joint, and/or muscle pain has been reported in patients taking bisphosphonates (see ADVERSE REACTIONS). The time to onset of symptoms varied from one day to several months after starting the drug. Most patients had relief of symptoms after stopping the medication. A subset of patients had recurrence of symptoms when rechallenged with the same drug or another bisphosphonate. Consider discontinuing use if severe symptoms develop.

Gastrointestinal

Bisphosphonates may cause upper gastrointestinal (GI) disorders such as dysphagia, esophagitis, esophageal ulcer, and gastric ulcer (see ADVERSE REACTIONS). Since some bisphosphonates have been associated with esophagitis and esophageal ulcerations, to facilitate delivery to the stomach and minimize the risk of these events, patients should take risedronate sodium while in an upright position (i.e., sitting or standing) and with sufficient plain water (≥120 mL). Patients should not lie down for at least 30 minutes after taking the drug. Health professionals should be particularly careful to emphasize the importance of the dosing instructions to patients with a history of esophageal disorders (e.g., inflammation, stricture, ulcer, or disorders of motility).

Renal

Risedronate sodium is not recommended for use in patients with severe renal impairment (creatinine clearance < 30 mL/min).

Special Populations

Pediatrics: The safety and efficacy of risedronate sodium in children and growing adolescents have not been established.

Pregnant Women: Risedronate sodium is not intended for use during pregnancy. There are no studies of risedronate sodium in pregnant women.

Nursing Women: Risedronate sodium is not intended for use with nursing mothers. It is not known whether risedronate sodium is excreted in human milk. Risedronate sodium was detected in feeding pups exposed to lactating rats for a 24-hour period post-dosing, indicating a small degree of lacteal transfer. Since many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants from bisphosphonates, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother.

ADVERSE REACTIONS

Adverse Drug Reaction Overview

Bisphosphonates may cause upper gastrointestinal disorders such as dysphagia, esophagitis, esophageal ulcer and gastric ulcer. It is therefore important to follow the recommended dosing instructions (see DOSAGE AND ADMINISTRATION).

Musculoskeletal pain, rarely severe, has been reported as a common adverse event in patients who received risedronate sodium for all indications.

In postmenopausal and glucocorticoid-induced osteoporosis studies with risedronate sodium, the most commonly reported adverse reactions were abdominal pain, dyspepsia and nausea. In addition, upper abdominal pain and diarrhea were the most commonly reported adverse reactions for the highest risedronate sodium monthly dose.

In Paget's disease studies with risedronate sodium, the most commonly reported adverse reactions were diarrhea, nausea, abdominal pain and headache.

Clinical Trial Adverse Drug Reactions

Because clinical trials are conducted under very specific conditions the adverse reaction rates observed in the clinical trials may not reflect the rates observed in practice and should not be compared to the rates in the clinical trials of another drug. Adverse drug reaction information from clinical trials is useful for identifying drug-related adverse events and approximate rates of occurrence.

Treatment and Prevention of Postmenopausal Osteoporosis: Risedronate sodium 5 mg daily has been studied for up to 3 years in over 5000 women enrolled in Phase III clinical trials for treatment or prevention of postmenopausal osteoporosis. Most adverse events reported in these trials were either mild or moderate in severity, and did not lead to discontinuation from the study. The distribution of severe adverse events was similar across treatment groups. In addition, the overall incidence of adverse events (AEs) was found to be comparable amongst risedronate sodium and placebo-treated patients.

Table 1 lists adverse events considered possibly or probably drug-related, reported in ≥ 1% of risedronate sodium 5 mg daily-treated patients, in Phase III postmenopausal osteoporosis trials. Discontinuation of therapy due to serious clinical adverse events occurred in 5.5 % of risedronate sodium 5 mg daily-treated patients and 6.0% of patients treated with placebo.

Table 1 Drug-Related* Adverse Events Reported in ≥ 1% of Risedronate Sodium 5 mg Daily-Treated Patients in Combined Phase III Postmenopausal Osteoporosis Trials		
Adverse Event	Risedronate Sodium 5 mg N = 1742 (%)	Placebo Control N = 1744 (%)
Body as a Whole		
Abdominal Pain	4.1	3.3
Headache	2.5	2.3
Asthenia	1.0	0.7
Digestive System		
Dyspepsia	5.2	4.8
Nausea	4.8	5.0
Constipation	3.7	3.6
Diarrhea	2.9	2.5
Flatulence	2.1	1.8
Gastritis	1.1	0.9
Skin and Appendages		
Rash	1.4	0.9
Pruritus	1.0	0.5
* Considered to be possibly or probably causally related by clinical study Investigators.		

Once-a-Week Dosing: In the 1-year, double-blind, multicentre study comparing risedronate sodium 35 mg Once-a-Week to risedronate sodium 5 mg daily for the treatment of osteoporosis in postmenopausal women, the overall safety and tolerability profiles of the 2 oral dosing regimens were similar.

The proportion of patients who experienced an upper gastrointestinal adverse event and the pattern of those events were found to be similar between the risedronate sodium 35 mg Once-a-Week and risedronate sodium 5 mg daily-treated groups. In addition to the previously described adverse reactions reported in risedronate sodium osteoporosis clinical trials, arthralgia (risedronate sodium 35 mg, 2.1%; risedronate sodium 5 mg, 1.3%) was reported in ≥ 1% of patients and in more risedronate sodium 35 mg weekly treated patients than risedronate sodium 5 mg daily.

In the 1-year, double-blind, multicentre study comparing risedronate sodium 35 mg Once-a-Week to placebo for the prevention of osteoporosis in postmenopausal women, the overall safety and tolerability profiles of the two groups were comparable with the exception of "arthralgia". Specifically, 13.9% of patients taking risedronate sodium 35 mg Once-a-Week experienced arthralgia compared to 7.8% of placebo patients. The overall safety profile observed in this study showed no substantive difference from that observed in the risedronate sodium 5 mg daily versus risedronate sodium 35 mg Once-a-Week treatment study.

Treatment of Osteoporosis in Men, to Improve Bone Mineral Density: In a 2-year, double-blind, multicentre study using risedronate sodium 35 mg Once-a-Week (n=191) and placebo (n=93) in men with osteoporosis, the overall safety and tolerability profiles of the two treatment groups were similar.

Patients with active or a history of upper gastrointestinal disorders at baseline and those taking acetylsalicylic acid (ASA), non-steroidal anti-inflammatory drugs (NSAIDs) or

drugs traditionally used for the treatment of peptic ulcers were not specifically excluded from participating in the 2-year male osteoporosis study. The proportion of patients who experienced an upper gastrointestinal adverse event and the pattern of those events were higher in placebo (18%) than in risedronate sodium 35 mg Once-a-Week treated patients (8%).

In addition to the previously described adverse events reported in risedronate sodium osteoporosis clinical trials, the following adverse events were reported in ≥ 2% of patients and in more risedronate sodium-treated patients than placebo-treated patients in the male osteoporosis study (events are included without attribution of causality): hypoaesthesia (risedronate sodium 35 mg, 2%; placebo, 1%), nephrolithiasis (risedronate sodium 35 mg, 3%, placebo, 0%), benign prostatic hyperplasia (risedronate sodium 35 mg, 5%; placebo, 3%), and arrhythmia (risedronate sodium 35 mg, 2%; placebo, 0%).

Glucocorticoid-Induced Osteoporosis: Risedronate sodium 5 mg daily has been studied in two Phase III glucocorticoid-induced osteoporosis trials enrolling more than 500 patients. The adverse event profile of this population was similar to that seen in postmenopausal osteoporosis trials. The overall incidence of adverse events was found to be comparable between the risedronate sodium 5 mg daily and placebo treatment groups, with the exception of back and joint pain. Back pain was reported in 8.8% of placebo-treated patients and 17.8% of risedronate sodium-treated patients; joint pain occurred in 14.7% of placebo patients and 24.7% of risedronate sodium patients. Most adverse experiences reported were either mild or moderate in severity, and did not lead to discontinuation from the study. Discontinuation of therapy due to serious clinical adverse events occurred in 2.9% of risedronate sodium 5 mg daily-treated patients and 5.3% of patients treated with placebo. The occurrence of adverse events does not appear to be related to patient age, gender or race.

Table 2 lists adverse events considered possibly or probably drug-related, reported in ≥ 1% of risedronate sodium 5 mg daily-treated patients, in Phase III glucocorticoid-induced osteoporosis studies.

Table 2
Drug-Related* Adverse Events Reported in ≥ 1% of Risedronate Sodium 5 mg Daily-Treated Patients in the Phase III Glucocorticoid Osteoporosis Trials

Adverse Event	Risedronate Sodium 5 mg N = 174 (%)	Placebo Control N = 170 (%)
Body as a Whole		
Abdominal Pain	4.0	4.7
Headache	1.1	1.2
Digestive System		
Dyspepsia	5.7	2.9
Nausea	5.7	5.3
Constipation	2.9	3.5
Diarrhea	2.9	3.5
Dry Mouth	1.1	0.6
Duodenitis	1.1	0.0
Esophagitis	1.1	0.0
Flatulence	1.1	1.8
Gastrointestinal Disorder	1.1	0.0
Nervous System		
Dizziness	1.1	1.2
Skin and Appendages		

Rash	1.1	2.4
Skin Disorder	1.1	0.0
* Considered to be possibly or probably causally related by clinical study Investigators.		

Endoscopic Findings: Risedronate sodium 5 mg daily clinical studies enrolled over 5 700 patients for the treatment and prevention of postmenopausal and glucocorticoid-induced osteoporosis, many with pre-existing gastrointestinal disease and concomitant use of NSAIDs or ASA. Investigators were encouraged to perform endoscopies in any patients with moderate-to-severe gastrointestinal complaints while maintaining the blind. These endoscopies were ultimately performed on equal numbers of patients between the treated and placebo groups (75 risedronate sodium; 75 placebo).

Across treatment groups, the percentage of patients with normal esophageal, gastric, and duodenal mucosa on endoscopy was similar (21% risedronate sodium; 20% placebo). Positive findings on endoscopy were also generally comparable across treatment groups. There were a higher number of reports of mild duodenitis in the risedronate sodium group; however, there were more duodenal ulcers in the placebo group. Clinically important findings (perforations, ulcers, or bleeding) among this symptomatic population were similar between groups (39% risedronate sodium; 51% placebo).

In the 1-year study comparing risedronate sodium 35 mg Once-a-Week to risedronate sodium 5 mg daily in the treatment of postmenopausal osteoporosis, endoscopies performed during the study revealed no dose dependent pattern in the number of patients with positive endoscopic findings or in the anatomical location of abnormalities detected.

Paget's Disease of Bone: Risedronate sodium has been studied in over 390 patients with Paget's disease of bone. The adverse experiences reported have usually been mild or moderate and generally have not required discontinuation of treatment. The occurrence of adverse experiences does not appear to be related to patient age, gender, or race.

In a Phase III clinical study, risedronate sodium and Didronel® (etidronate disodium tablets) showed similar adverse event profiles: 6.6% (4/61) of the patients treated with risedronate sodium 30 mg daily for 2 months discontinued treatment due to adverse experiences, compared with 8.2% (5/61) of the patients treated with Didronel 400 mg daily for 6 months.

Table 3 lists adverse events considered possibly or probably drug related, reported in ≥ 1% of risedronate sodium 30 mg daily-treated patients, in the Phase III Paget's trial.

Table 3 Drug-Related* Adverse Events Reported in ≥ 1% of Risedronate Sodium 30mg Daily-Treated Patients in the Phase III Paget's Trial		
Adverse Event	Risedronate Sodium 30 mg/day x 2 months N = 61 (%)	Didronel 400 mg/day x 6 months N = 61 (%)
Body as a Whole		
Abdominal Pain	6.6	3.3
Headache	4.9	6.6
Infection	3.3	6.6
Flu Syndrome	1.6	0.0
Neck Rigidity	1.6	1.6
Neoplasm	1.6	0.0
Pain	1.6	8.2
Chest Pain	1.6	0.0
Digestive System		
Diarrhea	13.1	9.8
Nausea	8.2	4.9
Constipation	3.3	1.6
Flatulence	3.3	4.9
Colitis	1.6	0.0
Metabolic and Nutritional		
Peripheral Edema	1.6	0.0
Hypocalcemia	1.6	0.0
Weight Decreased	1.6	0.0
Musculoskeletal System		
Arthralgia	9.8	8.2
Leg Cramps	1.6	0.0
Myasthenia	1.6	0.0
Bone Pain	1.6	0.0
Nervous System		
Dizziness	1.6	0.0
Respiratory System		
Apnea	1.6	0.0
Bronchitis	1.6	0.0
Sinusitis	1.6	0.0
Skin		
Rash	1.6	0.0
Special Senses		
Amblyopia	1.6	0.0
Corneal Lesion	1.6	0.0
Dry Eyes	1.6	0.0
Ear Pain	1.6	1.6
Tinnitus	1.6	0.0
Urogenital System		
Nocturia	1.6	0.0
* Considered to be possibly or probably causally related by clinical study Investigators.		

In the Phase III comparative study versus Didronel, patients with a history of upper GI disease or abnormalities were not excluded. Patients were also not excluded based on NSAID or ASA use. The proportion of risedronate sodium 30 mg daily-treated patients with mild or moderate upper GI experiences was similar to that in the Didronel-treated group, with no severe upper GI experiences observed in either treatment group.

Less Common Clinical Trial Adverse Drug Reactions

The following adverse drug reactions were reported in ≤ 1% of patients who received risedronate sodium for all indications:

- Uncommon (0.1-1.0%): duodenitis, iritis
- Rare (<0.1%): abnormal liver function tests, glossitis

Abnormal Hematologic and Clinical Chemistry Findings

Asymptomatic mild decreases in serum calcium and phosphorus levels have been observed in some patients (see ACTION AND CLINICAL PHARMACOLOGY, Pharmacodynamics).

Rare cases of leukemia have been reported following therapy with bisphosphonates. Any causal relationship to either the treatment or to the patients' underlying disease has not been established.

Post-Market Adverse Drug Reactions

Hypersensitivity and skin Reactions: Reported rarely, angioedema, generalized rash and bullous skin reactions, some severe.

Osteonecrosis of the Jaw: Osteonecrosis of the jaw has been reported rarely (see WARNINGS AND PRECAUTIONS).

Ophthalmologic: Reported rarely, iritis and uveitis.

DRUG INTERACTIONS

Overview

No specific drug-drug interaction studies were performed. Animal studies have demonstrated that risedronate sodium is highly concentrated in bone and is retained only minimally in soft tissue. No metabolites have been detected systemically or in bone. The binding of risedronate to plasma proteins in humans is low (24%), resulting in minimal potential for interference with the binding of other drugs. In an additional animal study, there was also no evidence of hepatic microsomal enzyme induction. In summary, risedronate sodium is not systemically metabolized, does not induce cytochrome P_{450} enzymes and has low protein binding. Risedronate sodium is therefore not expected to interact with other drugs based on the effects of protein binding displacement, enzyme induction or metabolism of other drugs.

Drug-Drug Interactions

Patients in the clinical trials were exposed to a wide variety of commonly used concomitant medications (including NSAIDs, H_2-blockers, proton pump inhibitors, antacids, calcium channel blockers, beta-blockers, thiazides, glucocorticoids,

anticoagulants, anticonvulsants, cardiac glycosides) without evidence of clinically relevant interactions.

The drugs listed in this table are based on either drug interaction case reports or predicted interactions due to the expected magnitude and seriousness of the interaction (i.e., those identified as contraindicated).

Table 4
Established or Predicted Drug-Drug Interactions

Risedronate sodium	Reference	Effect	Clinical Comment
Antacids/supplements which contain polyvalent cations (e.g., calcium, magnesium, aluminum and iron)	T	Interference with the absorption of risedronate sodium.	Such medications should be administered at a different time of the day (see DOSAGE AND ADMINISTRATION).
Hormone replacement therapy	CT	No clinically significant effect.	If considered appropriate, Risedronate sodium may be used concomitantly with hormone replacement therapy (see CLINICAL TRIALS, Study 8).
H_2-blockers and proton pump inhibitors (PPIS)	CT	Among H2-blockers and PPIs users, the incidence of upper gastrointestinal adverse events was similar between the Risedronate sodium-treated patients and placebo-treated patients.	Of over 5700 patients enrolled in the risedronate sodium 5 mg daily Phase III osteoporosis studies, 21% used H2-blockers and H2-blockers and/or PPIs.
		Among H_2-blockers and PPls users, the incidence of upper gastrointestinal adverse experiences was found to be similar between the weekly- and daily-treated groups.	In the l year study comparing Risedronate sodium Once-a-Week and daily dosing regimens in postmenopausal women, at least 9% of patients in the risedronate sodium 35 mg Once-a-Week and 5 mg daily groups used H_2-blockers and/or PPIs.

Legend: CT = Clinical Trial; T = Theoretical

Of over 5 700 patients enrolled in the risedronate sodium 5 mg daily Phase III osteoporosis studies, ASA use was reported by 31% of patients and NSAID use by 48%. Among these ASA or NSAID users, the incidence of upper gastrointestinal adverse events was similar between the risedronate sodium -treated patients and placebo-treated patients.

In the 1-year study comparing risedronate sodium 35 mg Once-a-Week to risedronate sodium 5 mg daily, ASA use was reported by 56% and NSAID use by 41%. The incidence of upper gastrointestinal adverse events was similar between the risedronate sodium weekly- and daily-treated groups.

Drug-Food Interactions

Clinical benefits may be compromised by failure to take risedronate sodium on an empty stomach. For dosing information see DOSAGE AND ADMINISTRATION.

Drug-Herb Interactions
Interactions with herbs have not been studied.

Drug-Laboratory Interactions
Bisphosphonates are known to interfere with the use of bone-imaging agents. Specific studies with risedronate sodium have not been performed.

DOSAGE AND ADMINISTRATION

Dosing Considerations

- Patients should receive supplemental calcium and vitamin D if dietary intake is inadequate (see WARNINGS AND PRECAUTIONS, General).
- Food and medications containing polyvalent cations (e.g., calcium, magnesium, aluminum and iron) can interfere with the absorption of risedronate sodium. Therefore, food and other medications should be administered at a different time of the day (see Recommended Dose and Dosage Adjustment).
- Each tablet should be swallowed whole while the patient is in an upright position and with sufficient plain water (≥ 120 mL) to facilitate delivery to the stomach. Patients should not lie down for at least 30 minutes after taking the medication (see WARNINGS AND PRECAUTIONS**,** General).

Recommended Dose and Dosage Adjustment
For all indications and doses: The patient should be informed to pay particular attention to the dosing instructions as clinical benefits may be compromised by failure to take the drug according to instructions. Specifically, risedronate sodium should be taken on an empty stomach at least 30 minutes before consuming the first food, drink (other than plain water) and/or any other medication of the day. Each tablet should be swallowed whole - do not chew.

Treatment of Postmenopausal Osteoporosis: The recommended regimen is 35 mg once-a-week, taken orally.

Prevention of Postmenopausal Osteoporosis: The recommended regimen is 35 mg once-a-week, taken orally.

Treatment of Osteoporosis in Men, to Improve Bone Mineral Density: The recommended regimen is 35 mg once-a-week, taken orally.

Renal Impairment: No dosage adjustment is necessary in patients with a creatinine clearance ≥ 30 mL/min or in the elderly. Not recommended for use in patients with severe renal impairment (creatinine clearance < 30 mL/min).

Geriatrics: No dosage adjustment is necessary in elderly patients (see INDICATIONS AND CLINICAL USE, Geriatrics).

Missed Dose

Patients should be instructed that if they miss a dose of risedronate sodium 35 mg Once-a-Week on their regularly scheduled day, they should take 1 tablet of risedronate sodium on the day they first remember missing their dose. Patients should then return to taking 1 tablet once a week as originally scheduled on their chosen day. Patients should not take 2 tablets on the same day.

OVERDOSAGE

Decreases in serum calcium following substantial overdose may be expected in some patients. Signs and symptoms of hypocalcemia may also occur in some of these patients.

Administration of milk or antacids containing calcium may be helpful to chelate risedronate sodium and reduce absorption of the drug. In cases of substantial overdose, gastric lavage may be considered to remove unabsorbed drug if performed within 30 minutes of ingestion. Standard procedures that are effective for treating hypocalcemia, including the administration of calcium intravenously, would be expected to restore physiologic amounts of ionized calcium and to relieve signs and symptoms of hypocalcemia.

For management of a suspected drug overdosage, contact your regional Poison Control Center Immediately

ACTION AND CLINICAL PHARMACOLOGY

Mechanism of Action

Risedronate sodium, a pyridinyl-bisphosphonate in the form of hemi-pentahydrate with small amounts of monohydrate, inhibits osteoclast bone resorption and modulates bone metabolism. Risedronate has a high affinity for hydroxyapatite crystals in bone and is a potent antiresorptive agent. At the cellular level, risedronate inhibits osteoclasts. The osteoclasts adhere normally to the bone surface, but show evidence of reduced active resorption (e.g., lack of ruffled border). Histomorphometry in rats, dogs, minipigs and humans showed that risedronate treatment reduces bone turnover (i.e., activation frequency, the rate at which bone remodelling sites are activated) and bone resorption at remodelling sites.

Pharmacodynamics

Treatment and Prevention of Osteoporosis in Postmenopausal Women: Osteoporosis is a degenerative and debilitating bone disease characterized by decreased bone mass and increased fracture risk at the spine, hip, and wrist. The diagnosis can be confirmed by the finding of low bone mass, evidence of fracture on x-ray, a history of osteoporotic fracture,

or height loss or kyphosis indicative of vertebral fracture. Osteoporosis occurs in both men and women but is more common among women following menopause.

In healthy humans, bone formation and resorption are closely linked; old bone is resorbed and replaced by newly-formed bone. In postmenopausal osteoporosis, bone resorption exceeds bone formation, leading to bone loss and increased risk of bone fracture. After menopause, the risk of fractures of the spine and hip increases dramatically; approximately 40% of 50-year-old women will experience an osteoporosis-related fracture of the spine, hip, or wrist during their remaining lifetimes. After experiencing one osteoporosis-related fracture, the risk of future fracture increases 5-fold compared to the risk among a non-fractured population. One in five men older than 50 years will have an osteoporotic fracture, most commonly at the spine, hip and wrist.

Risedronate sodium treatment decreases the elevated rate of bone turnover and corrects the imbalance of bone resorption relative to bone formation that is typically seen in postmenopausal osteoporosis. In clinical trials, administration of risedronate sodium to postmenopausal women resulted in dose-dependent decreases in biochemical markers of bone turnover, including urinary markers of bone resorption and serum markers of bone formation, at doses as low as 2.5 mg daily. At the 5 mg daily dose, decreases in resorption markers were evident within 14 days of treatment. Changes in bone formation markers were observed later than changes in resorption markers, as expected, due to the coupled nature of bone formation and bone resorption; decreases in bone formation of about 20% were evident within 3 months of treatment. Bone turnover markers (BTMs) reached a nadir of about 40% below baseline values by the sixth month of treatment and remained stable with continued treatment for up to 3 years.

These data demonstrate that risedronate sodium 5 mg administered daily to postmenopausal women produces a rapid reduction in bone resorption without over-suppression of bone formation. Bone turnover is decreased as early as 2 weeks and maximally within about 6 months of treatment, with achievement of a new steady-state which more nearly approximates the rate of bone turnover seen in premenopausal women.

In a 1-year study comparing risedronate sodium 35 mg Once-a-Week to risedronate sodium 5 mg daily for the treatment of osteoporosis in postmenopausal women, similar decreases in bone resorption (about 60%) and formation markers (about 40%) were observed for both dosage regimens.

As a result of the inhibition of bone resorption, asymptomatic and usually transient decreases from baseline in serum calcium (about 2%) and serum phosphate levels (about 5%) and compensatory increases in serum parathyroid hormone (PTH) levels were observed within 6 months in risedronate sodium 5 mg daily-treated patients in postmenopausal osteoporosis trials. No further decreases in serum calcium or phosphate, or increases in PTH were observed in postmenopausal women treated for up to 3 years. In a 1-year study for the treatment of osteoporosis in postmenopausal women comparing risedronate sodium 35 mg Once-a-Week to risedronate sodium 5 mg daily, similar mean changes from baseline in serum calcium, phosphate and PTH were found for both dosage regimen.

Consistent with the effects of risedronate sodium on biochemical markers of bone turnover, daily oral doses as low as 2.5 mg produced dose dependent, significant increases in lumbar spine bone mineral density (BMD) (2.5 mg, 3% to 3.7%; 5 mg, 4% to 4.5%) after 12 months of treatment in large-scale postmenopausal osteoporosis trials. A dose-dependent response to treatment was also observed in the BMD of the femoral neck over the same time (2.5 mg, 0.7% to 0.9%; 5 mg, 1.5% to 2%). In the 1-year study for the treatment of osteoporosis in postmenopausal women, comparing risedronate sodium 35 mg Once-a-Week to risedronate sodium 5 mg daily, similar mean changes from baseline in BMD of the lumbar spine, total proximal femur, femoral neck and femoral trochanter were found for both dosage regimens (see CLINICAL TRIALS, Treatment of Osteoporosis in Postmenopausal Women).

Treatment of Osteoporosis in Men, to Improve Bone Mineral Density: In a 2-year clinical trial in the treatment of osteoporosis in men, risedronate sodium 35 mg once a week decreased urinary collagen cross-linked N-telopeptide (NTX) (a marker of bone resorption), and serum bone specific alkaline phosphatase (BAP) (a marker of bone formation) by approximately 40% and 30%, below baseline values, respectively, within 12 months. The BTMs all had statistically significant decreases in bone turnover from baseline compared to placebo at all time points. The decreases in bone turnover were observed within 3 months after inititation of therapy and maintained throughout the 2-year study.

Pharmacokinetics

Table 5
Summary of Pharmacokinetic Parameters of risedronate sodium

	C_{max} (ng/mL)	t_{max} (h)	$t_{½}$, z (h)	AUC $_{0-\infty}$ (ng*h/mL)	Clearance (L/h/kg)	V_z (L/kg)
35 mg tablet; multiple dose[a], steady state	10.6	0.49	nd	53.3	12.9	nd

a administered weekly
t_{1R}, z is the half-life of the terminal exponential phase.
Vz is the terminal volume of distribution for IV doses and is uncorrected for bioavailability for oral doses.
n d not determined

Absorption: Absorption after an oral dose is relatively rapid (t_{max} ~1 hour) and occurs throughout the upper gastrointestinal tract. Absorption is independent of dose over the range studied (single dose, from 2.5 to 30 mg; multiple dose, from 2.5 mg to 5 mg daily; and multiple dose, 35 and 50 mg weekly). Steady-state conditions in the serum are observed within 57 days of daily dosing. Mean oral bioavailability of the tablet is 0.63% and is bioequivalent to a solution. Extent of absorption when administered 30 minutes before breakfast is reduced by 55% compared to dosing in the fasting state (i.e., no food or drink for 10 hours prior to or 4 hours after dosing). Dosing 1 hour prior to breakfast reduces extent of absorption by 30% compared to dosing in the fasting state. Dosing either 30 minutes prior to breakfast or 2 hours after a meal results in a similar extent of absorption.

Distribution: The mean steady-state volume of distribution is 6.3 L/kg in humans. Human plasma protein binding of drug is about 24%. Preclinical studies in rats and dogs dosed intravenously with single doses of [^{14}C] risedronate indicate that approximately 60% of the dose is distributed to bone. The remainder of the dose is excreted in the urine. After multiple oral dosing in rats, the uptake of risedronate in soft tissues was found to be minimal (in the range of 0.001% to 0.01%), with drug levels quickly decreasing after the final dose.

Metabolism: There is no evidence that risedronate is systemically metabolized.

Excretion: Approximately half of the absorbed dose is excreted in urine within 24 hours, and 85% of an intravenous dose is recovered in the urine over 28 days. Mean renal clearance is 105 mL/min (CV = 34%) and mean total clearance is 122 mL/min (CV = 19%), with the difference primarily reflecting non-renal clearance or clearance due to adsorption to bone. The renal clearance is not concentration dependent, and there is a linear relationship between renal clearance and creatinine clearance. Unabsorbed drug is eliminated unchanged in feces. Once risedronate is absorbed, the serum concentration-time profile is multi-phasic with an initial half-life of about 1.5 hours and a terminal exponential half-life of 480 hours. Although the elimination rate of bisphosphonates from human bone is unknown, the 480 hour half-life is hypothesized to represent the dissociation of risedronate from the surface of bone.

Special Populations and Conditions

Pediatrics: Risedronate pharmacokinetics have not been studied in patients < 18 years of age.

Geriatrics: Bioavailability and disposition are similar in elderly (> 65 years of age) and younger subjects. No dosage adjustment is necessary.

Gender: Bioavailability and disposition following oral administration are similar in men and women.

Race: Pharmacokinetic differences due to race have not been studied.

Hepatic Insufficiency: No studies have been performed to assess risedronate's safety or efficacy in patients with hepatic impairment. Risedronate is not metabolized in rat, dog, and human liver preparations. Insignificant amounts (< 0.1% of intravenous dose) of drug are excreted in the bile in rats. Therefore, dosage adjustment is unlikely to be needed in patients with hepatic impairment.

Renal Insufficiency: Risedronate is excreted intact primarily via the kidney. Patients with mild-to-moderate renal impairment (creatinine clearance > 30 mL/min) do not require a dosage adjustment. Exposure to risedronate was estimated to increase by 44% in patients with creatinine clearance of 20 mL/min. Risedronate sodium is not recommended for use in patients with severe renal impairment (creatinine clearance < 30 mL/min) because of a lack of clinical experience.

Genetic Polymorphism: No data are available.

STORAGE AND STABILITY

Store at controlled room temperature (15°C - 30°C).

DOSAGE FORMS, COMPOSITION AND PACKAGING

phl-RISEDRONATE is supplied as 35 mg strength oval, orange coated tablet, debossed with "RS" on one side and "35" on the other side.

phl-RISEDRONATE tablets 35 mg are available in HDPE bottles of 30 tablets and blister package of 4 tablets.

Medicinal Ingredients: Each coated phl-RISEDRONATE tablet for oral administration contains the equivalent of 35 mg of anhydrous risedronate sodium in the form of the hemipentahydrate with small amounts of monohydrate.

Nonmedicinal ingredients: Colloidal Silicon Dioxide, Iron Oxide Red, Iron Oxide Yellow #10, Maltodexterin, Mannitol, Polyvinyl Alcohol-Polyethylene Glycol Graft Copolymer, Povidone, Pregelatinized Starch, Sodium Starch Glycolate, Sodium Stearyl Fumarate, Sucrose, Talc, Titaniun Dioxide, and Triethyl Citrate.

PART II: SCIENTIFIC INFORMATION

PHARMACEUTICAL INFORMATION

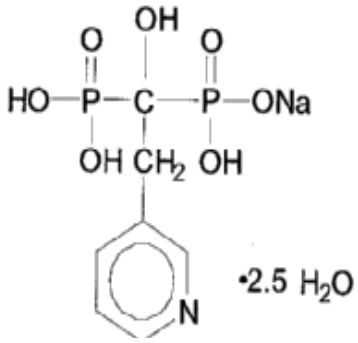
Drug Substance

Common Name: Risedronate sodium hemi-pentahydrate

Chemical Name: phl-RISEDRONATE tablets contain risedronate sodium in the form of hemi -pentahydrate with small amounts of monohydrate. The chemical name of risedronate sodium is [1-hydroxy-2-(3-pyridinyl)ethylidene]bis[phosphonic acid] monosodium salt.

Molecular Formula: $C_7H_{10}N0_7P_2Na\cdot 2.5H_20$

Structural Formula:



Molecular Weight: Anhydrous: 305.10
Hemi-pentahydrate: 350.13

Solubility: Risedronate sodium is soluble in pH 7.0 potassium phosphate dibasic solution, 0.1 N sodium hydroxide, and water; very slightly soluble in 0.1 N hydrochloric acid, practically insoluble in ethanol, and insoluble in isopropanol.

Solution pH: The pH of a 1.0% aqueous solution of risedronate sodium is 4.15.

Dissociation Constants: The five pKa values for risedronate sodium are as follows:
$pK_1=1.6\pm0.2, pK_2=2.2\pm0.2, pK_3=5.9\pm0.1,$
$pK_4=7.1\pm0.1$ and $pK_5= 11.7\pm0.3$.

Description: Risedronate sodium is a fine white to off-white crystalline powder.

CLINICAL TRIALS

Comparative Bioavailability Study

A blind, randomized, 2-way crossover, bioequivalence study of phl-RISEDRONATE 35 mg tablet was performed versus "Procter & Gamble" Pharmaceuticals ACTONEL®, administered as 1 X 35 mg tablet in 70 healthy adult male volunteers under fasting conditions. 64 healthy male volunteers were included in the calculation of presented pharmacokinetic parameters.

Bioavailability data were measured and the results are summarized in the following table:

SUMMARY TABLE OF THE COMPARATIVE BIOAVAILABILITY DATA

Risedronate (1 x 35 mg tablet) From measured data **uncorrected for potency** Geometric Mean Arithmetic Mean (CV %)				
Parameter	**Test***	**Reference†**	**% Ratio of Geometric Means**	**Confidence Interval 90%**
AUC_T (pg·h/mL)	24182.8 28494.5 (67.9)	23015.1 27491.8 (66.7)	105.07	91.71 – 120.39
AUC_I (pg·h/mL)	25122.9 29558.7 (67.4)	23869.0 28467.1 (66.4)	105.25	91.91 – 120.53
C_{max} (pg/mL)	8113.8 9909.8 (81.1)	7881.4 10164.6 (88.8)	102.95	88.71 – 119.48
T_{max}§ (h)	1.00 (0.25 – 4.00)	1.00 (0.25 – 2.50)		
$T_{½}$€ (h)	3.25 (29.9)	3.19 (37.4)		

*phl-RISEDRONATE 35 mg tablets

†Actonel® 35 mg tablets, Procter & Gamble Pharmaceuticals Canada Inc., purchased in Canada

§ Expressed as the median (range)

€ Expressed as the arithmetic mean (CV %)

Treatment of Osteoporosis in Postmenopausal Women

Study Demographics and Trial Design

Table 6
Summary of Patient Demographics for Clinical Trials of risedronate sodium in the Treatment of Osteoporosis in Postmenopausal Women

Study Number	Trial Design[a]	Dosage	Duration	Patients N = number	Age Range (Age Mean)	Gender
1 VERT-MN	R, PC, DB, MC, PG	2.5 mg/day 5 mg/day Placebo	2 years 3 years 3 years	1226	48-85 (71.0)	Postmenopausal female
2 VERT-NA	R, PC, DB, MC, PG	2.5 mg/day 5 mg/day Placebo	1 year 3 years 3 years	2458	28-85 (68.6)	Postmenopausal female
3	R, PC, DB, MC, PG	2.5 mg/day 5 mg/day Placebo	2 years	543	45-80 (64.7)	Postmenopausal female
4	R, PC, DB, MC, PG	2.5 mg/day 5 mg/day Placebo	12 – 18 months	648	39-80 (62.5)	Postmenopausal female
5	R, AC, DB, MC, PG	5 mg/day 35 mg/week* 50 mg/week* *Placebo other 6 days	12 months	1456	48-95 (67.9)	Postmenopausal female

a R: randomized; AC: active-controlled; DB: double-blind; MC: multicentre; PG: parallel-group

In Studies 1 and 2, patients were selected on the basis of radiographic evidence of previous vertebral fracture, and had established disease. The average number of prevalent vertebral fractures per patient at study entry was 4 in Study 1, and 2.5 in Study 2, with a broad range of baseline bone mineral density (BMD) levels. All patients in Studies 1 to 5 received supplemental calcium 1000 mg/day. In Studies 1, 2 and 5, patients with low vitamin D levels also received supplemental vitamin D. All fractures (symptomatic/painful/clinical vertebral fractures and asymptomatic/nonpainful/silent vertebral fractures) were systematically captured and measured by annual radiographs.

In Studies 3 and 4, postmenopausal women were recruited on the basis of low lumbar spine bone mass (i.e., more than 2 SD below the premenopausal mean) rather than a history of vertebral fracture.

In Study 5, patients had either lumbar spine bone mass more than 2.5 SD below the premenopausal mean, or lumbar spine bone mass more than 2.0 SD below, and a prevalent vertebral fracture.

Patients with active or a history of upper gastrointestinal disorders at baseline and those taking ASA, NSAIDs or drugs usually used for the treatment of peptic ulcers were not specifically excluded from participating in the risedronate sodium daily, weekly or monthly dosing osteoporosis studies.

Study Results

Results of Studies 1 and 2:

The pivotal studies of risedronate sodium in the treatment of postmenopausal osteoporosis clearly demonstrate that risedronate sodium 5 mg daily reduces vertebral fracture incidence in patients with low bone mass and vertebral fractures, regardless of age, years since menopause, or disease severity at baseline. Risedronate sodium 5 mg daily significantly reduced the risk of new vertebral fractures in each of the two large treatment studies. When measured by annual radiographs, the effect of risedronate sodium 5 mg daily on vertebral fracture incidence was seen at the first year of treatment in each study. In the North American study, treatment with risedronate sodium 5 mg daily for 1 year significantly reduced the risk of new vertebral fractures by 65% compared to treatment with placebo ($p < 0.001$). In the Multinational study, a similar significant reduction of 61% was seen ($p = 0.001$). Treatment with risedronate sodium 5 mg daily also significantly reduced the proportion of patients experiencing new and worsening vertebral fractures in each of the studies. Figures 1 and 2 below display the cumulative incidence of vertebral and nonvertebral fractures (i.e., hip, wrist, humerus, clavicle, pelvis and leg). In both figures, the cumulative incidence of these types of fractures is lower with risedronate sodium compared with placebo at all time points, consistent with risedronate sodium's positive effect on bone strength.

Table 7
Effect of risedronate sodium on Fracture, Height and Bone Mineral Density in the Treatment of Osteoporosis in Postmenopausal Women

Endpoints		Risedronate sodium 5 mg	Placebo	Mean Difference from Placebo	Relative Risk Reduction %	p-value
Study 1: VERT-MN						
Cumulative incidence of new vertebral fracture over 3 years	(% of patients)	18.1	29.0		49	<0.001
Median annual height change[b]	(mm/yr)	-1.33	-2.4			0.003
Mean increase in BMD	(%)					
6 months	Lumbar spine	3.3	-0.1	3.4		<0.001
36 months	Lumbar spine	7.1	1.3	5.9		<0.001
	Femoral neck	2.0	-1.0	3.1		<0.001
	Trochanter	5.1	-1.3	6.4		<0.001
36 months	Midshaft radius	0.5	-1.9	2.4		<0.001
Study 2: VERT-NA						
Cumulative incidence of new vertebral Fracture over 3 years	(% of patients)	11.3	16.3		41	0.003
Median annual height change[b]	(mm/yr)	-0.67	-1.14			0.001
Mean increase in BMD	(%)					
6 months	Lumbar spine	2.7	0.4	2.2		<0.001
36 months	Lumbar spine	5.4	1.1	4.3		<0.001
	Femoral neck	1.6	-1.2	2.8		<0.001
	Trochanter	3.3	-0.7	3.9		<0.001
36 months	Midshaft radius	0.2	-1.4	1.6		<0.001
Prospectively Combined Studies 1 and 2: VERT-MN and VERT-NA						
Cumulative incidence of non-vertebral Fracture[a] over 3 years	(% of patients)	7.1	11.0		36	0.005

[a] Osteoporosis-related non-vertebral fractures (hip, wrist, humerus, clavicle, pelvis, and leg)
[b] Measured by stadiometer

Cumulative New Vertebral Fracture Incidence in Postmenopausal Women with Osteoporosis

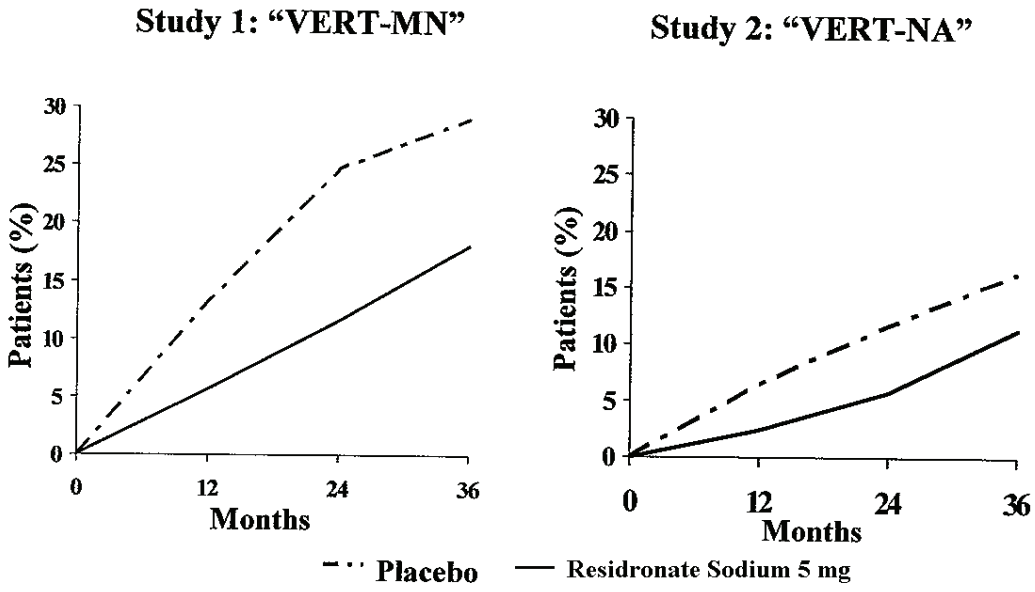
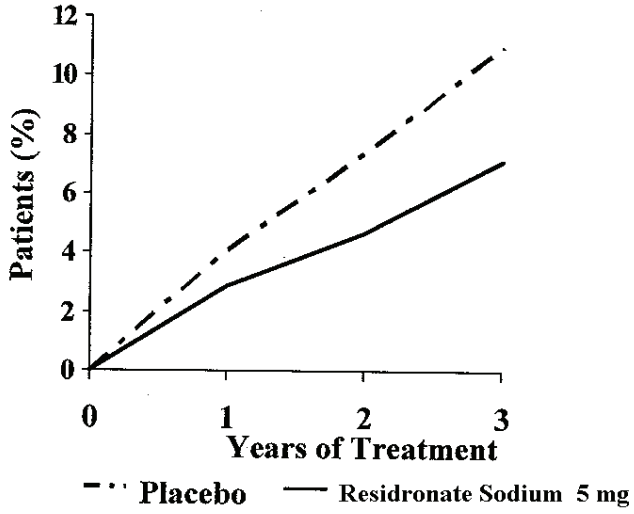


Figure 2
Cumulative Incidence of Osteoporosis-Related Non-vertebral Fractures Studies 1 and 2 Combined



Risedronate sodium 5 mg daily was associated with a significant reduction of about 50% in the annual rate of height loss compared to treatment with placebo.

Risedronate sodium 5 mg daily produced increases in lumbar spine BMD which were progressive over the 3 years of treatment, and were statistically significant relative to baseline and to placebo at 6 months and at all later time points (12, 18, 24 and 36 months).

Results of Studies 3 and 4

Table 8
Effect of risedronate sodium on Bone Mineral Density in the Treatment of Osteoporosis in Postmenopausal Women

Endpoints		Risedronate sodium 5 mg daily Mean Increase in BMD %	Placebo Mean Increase in BMD %	Mean Difference from Placebo %
Study 3				
6 months	Lumbar Spine	3.3	0.4	2.8**
24 months	Lumber Spine	4.1	0.0	4.1**
	Femoral Neck	1.3	-1.0	2.3*
	Trochanter	2.7	-0.6	3.3**
Study 4				
6 months	Lumbar Spine	3.3	0.7	2.6**
18 months	Lumber Spine	5.2	0.3	5.0**
	Femoral Neck	3.1	0.2	2.8**
	Trochanter	4.8	1.4	3.3**
vs placebo: *p<0.01; **p<0.001				

In Studies 3 and 4, in these women with low bone mass, risedronate sodium 5 mg daily produced significant mean increases in BMD of the lumbar spine compared to placebo at 6 months in women with low bone mass. Compared to placebo after 1.5 to 2 years, further significant mean increases in BMD were seen at the lumbar spine, femoral neck and trochanter.

The results of four large, randomized, placebo-controlled trials (Studies 1 to 4) in women with postmenopausal osteoporosis separately and together demonstrate that risedronate sodium 5 mg daily reverses the progression of disease, increasing BMD at the spine, hip and wrist compared to the effects seen with placebo.

Results of Study 5

Table 9
Comparison of Risedronate Sodium Once-a-Week vs. Daily Dosing in the Treatment of Osteoporosis in Postmenopausal Women - Primary Efficacy Analysis of Completers

Endpoints		Risedronate sodium 5 mg Daily Mean Increase in BMD % (95% Confidence Interval) N=391	Risedronate sodium 35 mg Once-a-Week Mean increase in BMD % (95% Confidence Interval) N=387
12 months	Lumbar Spine	4.0 (3.7, 4.3)	3.9 (3.6, 4.3)

The results of the intent-to-treat analysis with the last observation carried forward were consistent with the primary efficacy analysis of completers. There were also no statistically significant differences between the two treatment groups at 1 year in regards to BMD increases from baseline at other skeletal sites (total proximal femur, femoral neck, and femoral trochanter). Based on these BMD outcomes, risedronate sodium 35 mg Once-a-Week was concluded to be non-inferioir to risedronate sodium 5 mg daily.

In trials with risedronate sodium 5 mg daily, changes in BMD of this magnitude were associated with a significant decrease in fracture incidence relative to placebo (see Table 7). This is further supported by the fact that within the 1-year study comparing risedronate sodium 35 mg Once-a-Week to risedronate sodium 5 mg daily, no statistically significant differences amongst these treatment groups were seen with respect to the number of patients with at least 1 new fractured vertebra at 1 year. Risedronate sodium 35 mg taken once a week is similar in safety and efficacy to risedronate sodium 5 mg daily for the treatment of postmenopausal osteoporosis.

Histology/Histomorphometry: Histomorphometric evaluation of 278 bone biopsy samples from 204 postmenopausal women who received risedronate sodium 5 mg or placebo once daily for 2 to 3 years (including 74 pairs of biopsies, 43 from risedronate sodium-treated patients) showed a moderate and expected decrease in bone turnover in risedronate sodium-treated women.

Histologic assessment showed no osteomalacia, impaired bone mineralization, or other adverse effects on bone in risedronate sodium-treated women. These findings demonstrate that the bone formed during risedronate sodium administration is of normal quality.

Prevention of Osteoporosis in Postmenopausal Women

Study Demographics and Trial Design

Table 10
Summary of Patient Demographics for Clinical Trials of risedronate sodium in the Prevention of Osteoporosis in Postmenopausal Women

Study Number	Trial Design	Dosage	Duration	Patients N = number	Age Range (Age Mean)	Gender
6	R, PC, DB, MC, PG	2.5 mg/day 5 mg/day	2 years	383	42-63 (52.7)	Postmenopausal female
7	R, DB, PC, MC, PG	35 mg/week Placebo	1 year	280	44-64 (53.6)	Postmenopausal female

R: randomized; PC: placebo-controlled; DB: double-blind; MC: multicentre; PG: parallel-group

Women in Study 6 were within 3 years of menopause and all patients in this study received supplemental calcium 1000 mg/day.

Study 7 included women who were 0.5 to 5 years postmenopausal without osteoporosis. All patients were supplemented with 1000 mg elemental calcium and 400 IU vitamin D per day.

Results of Study 6:

Table 11
Effect of Risedronate Sodium 5 mg Daily on Bone Mineral Density in Postmenopausal Women without Osteoporosis

Endpoints		Risedronate sodium 5 mg Mean Increase in BMD %	Placebo Mean Increase in BMD %	Mean Difference from Placebo %
24 months	Lumbar Spine	2.0	-2.5	4.5*
	Femoral Neck	1.0	-2.3	3.3*
	Trochanter	2.3	-2.0	4.3*

*vs. placebo: $p \leq 0.001$

Increases in BMD were observed as early as 3 months following initiation of risedronate sodium treatment. Prevention of spinal bone loss was observed in the vast majority of women who received risedronate sodium treatment. In contrast, most placebo-treated women experienced significant and progressive bone loss, despite receiving supplemental calcium 1000 mg/day. Risedronate sodium 5 mg daily was similarly effective in patients with lower baseline BMD (i.e., more than 1 SD below the premenopausal mean) and in those with higher BMD.

Results of Study Number 7

Table 12
Effect of risedronate sodium 35 mg Once-a-Week on Bone Mineral Density in Postmenopausal Women without Osteoporosis

Endpoints		Risedronate sodium 35 mg Once-a-Week Mean Increase in BMD %	Placebo Mean Increase in BMD %	Mean Difference from Placebo %
6 months	Lumbar Spine	1.7	-0.5	2.2*
	Trochanter	1.0	-0.4	1.3*
	Femoral Neck	0.4	-1.0	1.4*
12 months	Lumbar Spine	1.9	-1.1	3.0*
	Trochanter	1.0	-0.7	1.7*
	Femoral Neck	0.3	-1.0	1.3**

*vs. placebo: $p \leq 0.0001$; ** $p = 0.0041$

Combined Administration with Hormone Replacement Therapy

Study Demographics and Trial Design

Table 13
Summary of Patient Demographics for Clinical Trials of risedronate sodium in Combined Administration with Hormone Replacement Therapy

Study Number	Trial Design	Dosage	Duration	Patients N = number	Age Range (Age Mean)	Gender
8	R, PC, DB, MC, PG, Stratified	Risedronate sodium 5 mg/day and estrogen 0.625mg/day Placebo and estrogen 0.625 mg/day	1 year	524	37 - 82 (58.9)	Postmenopausal female

R: randomized; PC: placebo-controlled; DB: double-blind; MC: multicentre; PG: parallel-group

For inclusion in Study 8 women had a mean lumbar spine BMD 1.3 SD below the pre-menopausal mean and had recently initiated conjugated estrogen treatment (i.e., not taken estrogen for more than 1 month in the past year).

Results of Study Number 8

Table 14
Effect of risedronate sodium on BMD Bone Mineral Density in Combination Therapy with Conjugated Estrogen

Endpoints		Risedronate sodium 5 mg and Conjugated Estrogen Mean increase in BMD (%)	Conjugated Estrogen Mean increase in BMD (%)
12 months	Lumbar Spine	5.2	4.6
	Femoral Neck	2.7*	1.8
	Trochanter	3.7	3.2
	Midshaft Radius	0.7*	0.4

All values represent significant ($p \leq 0.05$) change vs. baseline;
*vs. conjugated estrogen alone: $p \leq 0.05$

Consistent with the changes in BMD, the reduction in bone turnover, as measured by urinary deoxypyridinoline/creatinine, was significantly greater in the combined risedronate sodium 5 mg daily plus estrogen group compared to the estrogen alone group (45-50% vs. 40%) and remained within the premenopausal range.

Histomorphometric evaluation of 93 bone biopsy samples from 61 women on estrogen therapy who received either placebo or risedronate sodium 5 mg daily for 1 year (including 32 pairs of biopsies, 16 from risedronate sodium-treated patients) found decreases in bone turnover in the risedronate sodium-treated patients that were consistent with the changes in bone turnover markers (BTMs).

Bone histology demonstrated that the bone of patients treated with risedronate sodium plus estrogen was of normal lamellar structure and normal mineralization.

Treatment of Osteoporosis in Men, to Improve Bone Mineral Density Study

Demographics and Trial Design

Table 15
Summary of Patient Demographics for Clinical Trial of risedronate sodium in Treatment of Osteoporosis in Men, to Improve Bone Mineral Density

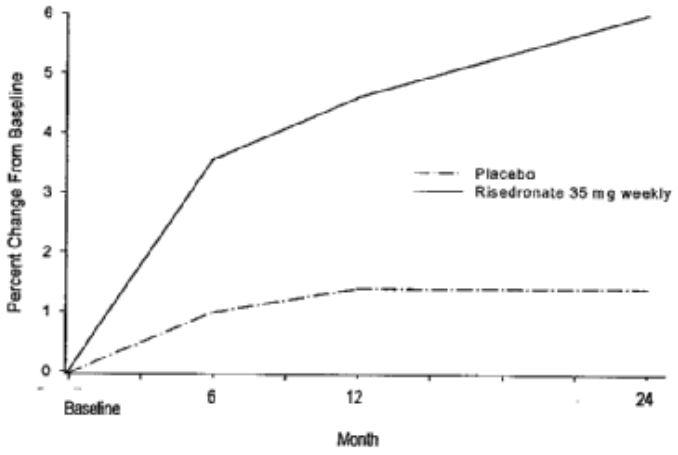
Study Number	Trial Design	Dosage	Duration	Patients N = number	Age Range (Age Mean)	Gender
9	R, DB PC, MC, PG	Risedronate sodium 35 mg/week Placebo	2 years	191 93	36-84 (60.8)	Men

R: randomized ; DB: double-blind; PC: placebo-controlled; MC: multicentre; PG: parallel-group

Results of Study 9:
Risedronate sodium 35-mg once a week demonstrated efficacy in men with osteoporosis, as measured by change in BMD. All patients in this study received supplemental calcium 1 000 mg/day and vitamin D 400-500 IU/day.

Risedronate sodium 35 mg produced significant mean increases in BMD at the lumbar spine, femoral neck, trochanter, and total hip compared to placebo in a 2 year study (lumbar spine, 4.5%; femoral neck, 1.1%; trochanter, 2.2%; total hip, 1.5%). Statistically significant increases in lumbar spine BMD were observed within 6 months following initiation of risedronate sodium treatment. Lumbar spine BMD percent change from baseline at Months 6, 12, and 24 showed that the risedronate sodium 35 mg once-a-week group had a statistically significant increase in mean percent change from baseline versus placebo at all time points (see Figure 3).

Figure 3
Mean Percent Change from Baseline in Lumbar Spine BMD at all Time Points (Intent-to-Treat Population)



DETAILED PHARMACOLOGY

There are extensive preclinical data to support that bone produced during risedronate sodium treatment at therapeutic doses is of normal quality, consistent with clinical experience. Risedronate demonstrated potent anti-osteoclast, antiresorptive activity in ovariectomized animals, increasing bone mass and biomechanical strength dose-dependently. Risedronate treatment maintained the positive correlation between BMD and bone strength. In intact dogs, risedronate induced positive bone balance at the level of the basic multicellular unit.

Long-term oral administration of risedronate to ovariectomized rats (up to 2.5 mg/kg/day for 12 months) and ovariectomized minipigs (up to 2.5 mg/kg/day for 18 months) did not impair bone structure, mineralization, or biomechanical strength. These doses were 5 times the optimal antiresorptive dose for these species. Normal lamellar bone was formed in these animals. Risedronate treatment did not impair the normal healing of radial fractures in adult dogs. The Schenk rat assay, based on histologic examination of the epiphyses of growing rats after drug treatment, demonstrated that risedronate did not interfere with bone mineralization even at the highest dose tested (5 mg/kg/day, subcutaneously), which was >3000 times the lowest antiresorptive dose (1.5 µg/kg/day).

TOXICOLOGY

Acute Toxicity: Lethality after single oral doses was seen in female rats at 903 mg/kg (5 826 mg/m^2) and male rats at 1 703 mg/kg (10 967 mg/m^2). The minimum lethal dose in mice, rabbits, and dogs was 4 000 mg/kg (10 909 mg/m^2), 1 000 mg/kg (10 870 mg/m^2), and 128 mg/kg (2 560 mg/m^2), respectively. These values represent 140 to 620 times the human 30 mg dose based on surface area, mg/m^2.

Chronic Toxicity: In a 1-year daily repeat dose toxicity study in dogs, the limiting toxicity of risedronate was observed at 8 mg/kg/day (160 mg/m^2) and consisted of liver, testicular, renal, and gastrointestinal changes. Gastrointestinal effects at 16 mg/kg (111 mg/m^2) were the first limiting toxicity in rats in a 26-week study. These doses are equivalent to approximately 6.25 to 9 times the human 30 mg dose based on surface area, mg/m^2. In 6 month and 1-year monthly repeat dose toxicity studies in dogs, the limiting systemic toxicity of risedronate was observed at 32 mg/kg (640 mg/m^2) and consisted of liver, testicular, and renal toxicities. Gastric lesions were observed at 16 mg/kg (320 mg/m^2). These doses are equivalent to approximately 3.5 and 7 times the human 150 mg dose based on surface area, mg/m^2.

Carcinogenicity: Three carcinogenicity studies in two species (mouse and rat) have been completed. All studies clearly showed dose-dependent bone pharmacologic effects. Risedronate was not carcinogenic in male or female rats dosed daily by gavage for 104 weeks at doses up to 24 mg/kg/day (12 times the human 30 mg dose based on surface area, mg/m^2). Similarly, there was no evidence of a carcinogenic potential in male or female mice dosed daily by gavage for 80 weeks at doses up to 32 mg/kg/day (5 times the human 30 mg dose based on surface area, mg/m^2).

Mutagenesis: In a series of seven *in vitro* and *in vivo* mutagenicity assays, risedronate was not genotoxic. An *in vitro* chromosomal aberration assay in Chinese hamster ovary cells was weakly positive at highly cytotoxic doses (> 675 µg/mL). However, when the assay was repeated at doses exhibiting increased cell survival (300 µg/mL), risedronate was negative.

Reproduction:
In female rats, ovulation was inhibited at an oral dose of 16 mg/kg/day (approximately 5.2 times the 30 mg/day human dose based on surface area, mg/m^2). Decreased implantation was noted in female rats treated with doses ≥7 mg/kg/day (approximately 2.3 times the 30 mg/day human dose based on surface area, mg/m^2). In male rats, testicular and epididymal atrophy and inflammation were noted at 40 mg/kg/day (approximately 13 times the 30 mg/day human dose based on surface area, mg/m^2). Testicular atrophy was also noted in male rats after 13 weeks of treatment at oral doses of 16 mg/kg/day (approximately 5.2 times the 30 mg/day human dose based on surface area, mg/m^2). There was moderate-to-severe spermatid maturation block after 13 weeks in male dogs at an oral dose of 8 mg/kg/day (approximately 8 times the 30 mg/day human dose based on surface area, mg/m^2). These findings tended to increase in severity with increased dose and exposure time.

Survival of neonates was decreased in rats treated during gestation with oral doses ≥16 mg/kg/day (approximately 5.2 times the 30 mg/day human dose based on surface area, mg/m^2). Body weight was decreased in neonates from dams treated with 80 mg/kg (approximately 26 times the 30 mg/day human dose based on surface area, mg/m^2). In rats treated during gestation, the number of fetuses exhibiting incomplete ossification of sternebrae or skull was statistically significantly increased at 7.1 mg/kg/day (approximately 2.3 times the 30 mg/day human dose based on surface area, mg/m^2). Both incomplete ossification and unossified sternebrae were increased in rats treated with oral doses ≥16 mg/kg/day (approximately 5.2 times the 30 mg/day human dose based on surface area, mg/m^2). A low incidence of cleft palate was observed in fetuses from female rats treated with oral doses ≥3.2 mg/kg/day (approximately 1 time the 30 mg/day human dose based on surface area, mg/m^2). The relevance of this finding to human use of risedronate sodium is unclear. No significant fetal ossification effects were seen in rabbits treated with oral doses up to 10 mg/kg/day during gestation (approximately 6.7 times the 30 mg/day human dose based on surface area, mg/m^2). However, in rabbits treated with 10 mg/kg/day, 1 of 14 litters were aborted and 1 of 14 litters were delivered prematurely.

Similar to other bisphosphonates, treatment during mating and gestation with doses as low as 3.2 mg/kg/day (approximately 1 time the 30 mg/day human dose based on surface area, mg/m^2) has resulted in periparturient hypocalcemia and mortality in pregnant rats allowed to deliver.

Bisphosphonates are incorporated into the bone matrix, from which they are gradually released over periods of weeks to years. The amount of bisphosphonate incorporation into adult bone, and hence, the amount available for release back into the systemic circulation, is directly related to the dose and duration of bisphosphonate use. There are no data on fetal risk in humans. However, there is a theoretical risk of fetal harm, predominantly

skeletal, if a woman becomes pregnant after completing a course of bisphosphonate therapy. The impact of variables such as time between cessation of bisphosphonate therapy to conception, the particular bisphosphonate used, and the route of administration (intravenous versus oral) on this risk has not been studied.

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Actonel® Product Monograph, Warner Chilcott Canada Co., Date of revision; February 16, 2010, control number 136541.

PART III: CONSUMER INFORMATION
[Pr]phl-RISEDRONATE
Risedronate Sodium

This leaflet is part III of a three-part "Product Monograph" published when phl-RISEDRONATE was approved for sale in Canada and is designed specifically for Consumers. This leaflet is a summary and will not tell you everything about phl-RISEDRONATE. Contact your doctor or pharmacist if you have any questions about the drug.

ABOUT THIS MEDICATION

What the medication is used for:
- Treatment and prevention of osteoporosis in postmenopausal women.
- Treatment of osteoporosis in men, to improve bone mineral density.

What it does:
phl-RISEDRONATE is a non-hormonal drug (i.e., not an estrogen) that helps to slow bone loss. In many people, phl-RISEDRONATE helps to increase bone density. In osteoporosis, the body removes more bone than it replaces. This causes bones to get weaker and more likely to break or fracture (usually at the spine, wrist or hip). Spine fractures may result in a curved back, height loss or back pain. phl-RISEDRONATE corrects this imbalance by decreasing the elevated rate of bone removal. phl-RISEDRONATE can therefore help reduce the risk of spine and non-spine fractures.

Your doctor may measure the thickness (i.e., density) of your bone through a bone mineral density (BMD) test or x-ray to check your progress against further bone loss or fracture.

phl-RISEDRONATE is not a pain reliever. Your doctor may prescribe or recommend another medicine specifically for pain relief.

When it should not be used:
- If you have low blood calcium levels (hypocalcemia).
- If you are allergic to risedronate sodium or any other ingredients in phl-RISEDRONATE

What the medicinal ingredient is:
Risedronate sodium

What the nonmedicinal ingredients are:
Colloidal Silicon Dioxide, Iron Oxide Yellow #10, Iron Oxide Red, Maltodexterin, Mannitol, Polyvinyl Alcohol-Polyethylene Glycol Graft Copolymer, Povidone, Pregelatinized Starch, Sodium Starch Glycolate, Sodium Stearyl Fumarate, Sucrose, Talc, Titaniun Dioxide, Triethyl Citrate.

What dosage forms it comes in:
35 mg Tablets

WARNINGS AND PRECAUTIONS

Before you use phl-RISEDRONATE, talk to your doctor or pharmacist if:

- You have had problems or disease in your kidneys, esophagus (the tube connecting the mouth and the stomach), stomach or intestines.
- You cannot carry out dosing instructions (see PROPER USE OF THIS MEDICATION).
- You are pregnant or nursing.
- You have one of the following risk factors: cancer, chemotherapy, radiotherapy of the head or neck, treatment with corticosteroids, or dental problems or dental infections. If so, a dental examination and any necessary dental procedures should be considered before you start treatment with phl-RISEDRONATE.

Be sure to tell your health care providers, including doctors and dentists, about all medicines you are taking, including phl-RISEDRONATE.

Calcium and vitamin D are also important for strong bones. Your doctor may ask you to take calcium and vitamin D while you are on phl-RISEDRONATE therapy (see INTERACTIONS WITH THIS MEDICATION section).

INTERACTIONS WITH THIS MEDICATION

Vitamin and mineral supplements, as well as antacids, may contain substances (e.g., calcium, magnesium, aluminum, and iron) which can stop your body from absorbing or using phl-RISEDRONATE. These should be taken at a different time of day.

If taken with some other medicines, the effects of phl-RISEDRONATE or the effects of other medicines may be changed. It is important to tell your doctor what other medications you are taking, even if the medicine does not require a prescription (including vitamin and herbal supplements).

Food, if taken with phl-RISEDRONATE, may prevent your body from absorbing or using phl-RISEDRONATE Take phl-RISEDRONATE on an empty stomach. See PROPER USE OF THIS MEDICATION for instructions

PROPER USE OF THIS MEDICATION

As with all medications, it is important to take as directed by your doctor.

Usual dose:

Treatment of postmenopausal osteoporosis:

- 1 tablet (35 mg) per week

Prevention of postmenopausal osteoporosis:

- 1 tablet (35 mg) per week

Treatment of Osteoporosis in Men, to Improve Bone Mineral Density:

- 1 tablet (35 mg) per week

Once weekly dosing (35 mg per week):

- Choose a day of the week to take your tablet.
- On your chosen day, take one phl-RISEDRONATE tablet first thing in the morning with plain water before you have anything to eat or drink. Aside from plain water, do not eat or drink for at least 30 minutes after taking phl-RISEDRONATE.
- Plain water is allowed at all times.

Instructions for all dosing options:

- Plain water is allowed at all times.
- Take each tablet with at least ½ cup (120 mL) of plain water. Do not take with coffee, tea, milk, or juice; they may prevent your body from absorbing phl-RISEDRONATE.
- Aside from plain water, do not eat or drink for at least 30 minutes after taking phl-RISEDRONATE
- Swallow whole - do not chew or wait for it to dissolve.
- Do not lie down for at least 30 minutes after taking a dose. You may sit, stand or do normal activities like read the newspaper, take a walk, etc.

These recommendations help phl-RISEDRONATE work correctly and help you avoid possible irritation of the esophagus (the tube connecting the mouth and the stomach).

You should take phl-RISEDRONATE for as long as your doctor recommends, to continue to prevent bone loss and protect your bones from fractures.

Missed Dose:

Weekly dose (35 mg tablet): If you forget to take your dose on the regularly scheduled day, simply take 1 tablet on the day you first remember having missed your dose. Then resume your schedule by taking 1 tablet on the originally chosen day of the week. If you've missed your dose by exactly one week, do not take 2 tablets on the same day. Simply take 1 tablet as you normally would have on this day and resume your usual weekly schedule.

Overdose:

If you take too many tablets on any given day, drink a full glass of milk and contact your health care practitioner, hospital emergency department or regional Poison Control Center immediately, even if there are no symptoms. Do not induce vomiting.

SIDE EFFECTS AND WHAT TO DO ABOUT THEM

Drugs like phl-RISEDRONATE may cause problems in your stomach and esophagus (the tube connecting the mouth and the stomach), such as trouble swallowing, heartburn, chest pain and ulcers. If you have these symptoms, stop taking phl-RISEDRONATE and tell your doctor right away. Remember to take phl-RISEDRONATE as directed.

In clinical studies of osteoporosis with risedronate sodium, the most commonly reported side effects were abdominal pain, heartburn and nausea.

phl-RISEDRONATE may cause pain in bones, joints or muscles, rarely severe. Pain may start as soon as one day or up to several months after starting phl-RISEDRONATE.

Very rarely patients have reported non-healing jaw wounds while receiving risedronate sodium or other drugs in this class. Consult your doctor if you experience persistent pain in your mouth, teeth or jaw, or if your gums or mouth heal poorly

SERIOUS SIDE EFFECTS, HOW OFTEN THEY HAPPEN AND WHAT TO DO ABOUT THEM

Symptom / effect	Talk with your doctor or pharmacist		Stop taking drug and call your doctor or pharmacist
	Only if severe	In all cases	
Common (more than 1 in 100)			
Pain in bones, joints, or muscles	✓		
Abdominal pain	✓		
Uncommon (less than 1 in 100)			
Painful and inflamed eye			✓
Rare (less than 1 in 1,000)			
Painful tongue		✓	
Very rare (less than 1 in 10,000)			
Allergic reactions such as: hives; rash; swelling of face, lips, tongue, or throat; difficult or painful swallowing; trouble breathing			✓
Jaw problems associated with delayed healing and infection, often following tooth extraction.		✓	
Symptoms of low blood calcium level such as numbness, tingling, muscle spasms		✓	

This is not a complete list of side effects. For any unexpected effects while taking phl-RISEDRONATE, contact your doctor or

pharmacist.

HOW TO STORE IT

- Keep phl-RISEDRONATE and all other medications out of the reach of children.
- Store at room temperature (15° - 30°C).
- Do not keep medicine that is out of data or that you no longer need.

REPORTING SIDE EFFECTS

You can report any suspected adverse reactions associated with the use of health products to the Canada Vigilance Program by one of the following 3 ways:

- Report online at www.healthcanada.gc.ca/medeffect
- Call toll-free at 1-866-234-2345
- Complete a Canada Vigilance Reporting Form and:
  - Fax toll-free to 1-866-678-6789, or
  - Mail to: Canada Vigilance Program
    Health Canada
    Postal Locator 0701D
    Ottawa, ON K1A 0K9

  Postage paid labels, Canada Vigilance Reporting Form and the adverse reaction reporting guidelines are available on the MedEffect™ Canada Web site at www.healthcanada.gc.ca/medeffect .

NOTE: Should you require information related to the management of side effects, contact your health professional. The Canada Vigilance Program does not provide medical advice.

MORE INFORMATION

This document plus the full product monograph, prepared for health professionals, can be obtained by contacting the sponsor, Pharmel Inc. at, 1-888-550-6060.

This leaflet was prepared by
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Last revised: September 29, 2010