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Zoledronic acid—interdose interval of >1 year effective?

A single infusion of zoledronic acid reduces fracture risk for more than 1 year, new data suggest.

Annual infusions of zoledronic acid reduce fracture risk in postmenopausal women with osteoporosis. The antiresorptive effect of a single infusion of zoledronic acid lasts for at least 5 years. Reid *et al.* tested whether fracture risk is also reduced for more than a year after a single infusion of zoledronic acid.

In this post-hoc analysis, the researchers studied the data of 1,367 patients from two previous randomized trials of zoledronic acid who had only received one of the planned infusions of the drug.

Compared with patients who had received a single infusion of placebo, patients who had received a single 5 mg infusion of zoledronic acid had a 32% (95% CI 2–53%) reduction in the risk of fractures over 3 years of follow-up. This

fracture risk reduction was similar to that in patients who had received three or more annual infusions of zoledronic acid (34%, 95% CI 23–43%).

Lead researcher Ian Reid of the University of Auckland comments that, if confirmed, the findings could increase convenience and decrease costs of this therapy for patients. “Our group has two trials underway that are investigating the antifracture efficacy of zoledronate given at intervals between 18 months and 10 years, to determine just how far the interdose interval can be stretched,” he adds.

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Original article Reid, I. R. *et al.* Reductions in the risk of clinical fractures after a single dose of zoledronic acid 5 milligrams. *J. Clin. Endocrinol. Metab.* doi:10.1210/jc.2012-2868