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Osteoporosis: Original Article

The effect of mandatory generic substitution on the safety of alendronate and patients' adherence

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Pages 1347-1355 | Accepted 26 Jun 2012, Published online: 16 Jul 2012

 Cite this article  <https://doi.org/10.1185/03007995.2012.708326>

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This prospective study involved two groups of patients: (1) postmenopausal osteoporotic women prescribed once-weekly Fosamax (proprietary group) but were switched to apo-alendronate after 2 years ('switched over' group); and (2) patients initiated with once-weekly apo-alendronate (generic group). Participants were recruited from the Osteoporosis Clinic of a tertiary hospital. Data were collected through interviews.

Main outcome measures:

Side-effects and medication adherence.

Results:

A total of 131 participants were recruited: proprietary group = 64 and generic group = 67. An intergroup and a within-group comparison were made. Side-effects were reported by 6 (9.4%), 30 (44.8%) and 12 (18.8%) participants in the proprietary, generic and 'switched over' groups, respectively. Participants who were on generic alendronate were at a significantly higher risk of experiencing side-effects compared to those who were taking proprietary alendronate [odds ratio (OR):7.84 (95% CI: 2.98–20.65), $p < 0.001$]. However, no significant statistical difference was found between the 'switched over' and the proprietary group [OR: 2.23 (95% CI: 0.78–6.37), $p = 0.127$]. Four out of 12 (33.3%) patients who experienced side-effects immediately after switching to generic alendronate discontinued generic alendronate due to intolerable gastrointestinal side-effects. There was no difference in medication adherence to generic or proprietary alendronate.

Conclusions:

Medication adherence was similar in both groups. Side-effects were more likely to occur in the generic group, although the switch to generic alendronate was not associated with a higher risk of experiencing side-effects. The switch to generic alendronate is not cost-effective, as the cost of generic alendronate are not significantly lower than the cost of proprietary alendronate.

Keywords:



Transparency

Declaration of funding

Funding for research – none.

Declaration of financial/other relationships

The authors declare that they have no competing interests. CMRO peer reviewers on this manuscript have no relevant financial relationships to disclose.

Acknowledgments

We would like to record our appreciation to the staff of the Osteoporosis Clinic of the hospital under study for their assistance and cooperation. Last but not least, we would like to thank all the participants for their involvement in this study.

This material has not been previously published except as an abstract in the 2nd International Conference on Pharmacy and Advanced Pharmaceutical Sciences, Yogyakarta, Indonesia, 19–20 July 2011, abstract no P10: 64.

Notes

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