

Medication	✓	Impact on bone	Used for	Common brands
<b>Steroids or corticosteroids</b>		Negatively affects bone building process	rheumatoid arthritis, asthma, Crohn's disease,	Prednisone, prednisolone, Medrol, Deltasone, Decadron, cortisone, Cortel, Celestone, Aristocort, beclomethasone
<b>Thyroid</b>		Interferes with bone-repair and bone-building	Hyperthyroidism	Synthroid, Levothroid, Levoxyl, Unithroid
<b>Antacids with aluminum</b>		Negatively affects calcium and phosphate absorption	heartburn, acid reflux, indigestion, Stomach ulcers, excess stomach acidity	Aludros, Amphojel, Gaviscon, Gelusil, Kolantyl, Maalox, Mylanta, Riopan
<b>Proton Pump Inhibitors</b>		Inhibits calcium absorption	acid reflux, stress gastritis, peptic ulcers	Zantac, Protonix, Prilosec, Aciphex, Dexliant, Axid, Nexium
<b>Some Antibiotics</b>		Impairs healthy bone structure and function	bacterial Infections	Declomycin, Dynacin, Terramycin, Achromycin
<b>Anticonvulsants</b>		Inhibits vitamin D metabolism in liver	seizures	Dilantin, Phenobarbital, Depakote
<b>Loop Diuretics</b>		Induce calcium, Potassium and Magnesium excretion	high blood pressure, congestive heart failure	Lasix, Aldactone, Dyazide, Bumex, Diamox and Edecrin
<b>Blood thinners</b>		Inhibit calcium absorption and bone-building	heart and vascular disease	Heparin, Coumadin, warfarin
<b>Lithium</b>		Increases parathyroid which increases bone resorption	bipolar disorder	Eskalith, Eskalith- CR, Lithobid,
<b>Chemotherapy /Methotrexate</b>		Prevents bone formation	rheumatoid arthritis, psoriasis, breast cancer	Rheumatrex Dose Pack, Trexall, Adriamycin, Adriamycin RDF, Rubex, Adriamycin PFS
<b>Progestin-based contraceptives</b>		May increase bone destruction	injectable contraceptive	Depo-Provera
<b>Premenopausal</b>		May cause increased bone destruction	Synthetic antiestrogen used for breast cancer	Tamoxifen
<b>Thiazolidinedione</b>		Inhibits bone formation	Type II diabetes	Actos and Avandia

If you are on any of the medications listed, check with your doctor about your bone health.  
If you are taking FOUR or more medicines you are at greater risk of having a fall.  
Review your medication with your doctor regularly.