

| Medicine / intervention | Comparator | Study population  | Outcome   | Duration of trial   | Number needed to treat (NNT) |     | Annualised NNT |  | Comments  | Ref |  |
|-------------------------|------------|---|---|---------------------|------------------------------|-----|----------------|--|---|-----|--|
| Osteoporosis            |            |   |   |                     |                              |     |                |  |   |     |  |
| Alendronate             | Placebo    | Postmenopausal women<br>a) For primary prevention average T-score was within 2 standard deviations of the mean for bone density<br>b) For secondary prevention women who had experienced previous vertebral compression fractures | Rate of vertebral, non-vertebral or hip fractures (as below) over a 5 year period<br>Vertebral primary prevention | 60 months (5 years) |                              |     |                |  | Age range 42-85 but >62 for secondary prevention. | 63  |  |
|                         |            |   |   |                     | 65-69                        | 148 | 65-69          | 740  |   |     |  |
|                         |            |   |   |                     | 70-74                        | 123 | 70-74          | 615  |   |     |  |
|                         |            |   |   |                     | 75-79                        | 67  | 75-79          | 335  |   |     |  |
|                         |            |   |   |                     | 80-84                        | 97  | 80-84          | 485  |   |     |  |
|                         |            |   |   |                     | 85-89                        | 89  | 85-89          | 445  |   |     |  |
|                         |            |   | 90+   |                     | 47                           | 90+ | 235            | These NNTs apply to the first 5 years of treatment only.<br><br>All patients received calcium and vitamin D. |   |     |  |
|                         |            |   | Non-vertebral primary prevention  |                     | 65-69                        | 104 | 65-69          |  | 520   |     |  |
|                         |            |   |   |                     | 70-74                        | 67  | 70-74          |  | 335   |     |  |
|                         |            |   |   |                     | 75-79                        | 59  | 75-79          |  | 295   |     |  |
|                         |            |   |   |                     | 80-84                        | 42  | 80-84          |  | 210   |     |  |
|                         |            |   |   |                     | 85-89                        | 32  | 85-89          |  | 160   |     |  |
|                         |            |   |   |                     | 90+                          | 12  | 90+            |  | 60  |     |  |
|                         |            |   | Hip primary prevention  |                     | 65-69                        | 23  | 65-69          |  | 118   |     |  |
|                         |            |   |   |                     | 70-74                        | 118 | 70-74          |  | 590   |     |  |
|                         |            |   |   |                     | 75-79                        | 50  | 75-79          |  | 250   |     |  |
|                         |            |   |   |                     | 80-84                        | 27  | 80-84          |  | 135   |     |  |
|                         |            |   |   |                     | 85-89                        | 11  | 85-89          |  | 55  |     |  |
|                         |            |   |   |                     | 90+                          | 9   | 90+            |  | 45  |     |  |