

## Raloxifene

Raloxifene is a type of medication called a 'selective estrogen receptor modulator'. This medication acts in the same way as estrogen on the bones but has the opposite effect to estrogen in some other parts of the body. Raloxifene helps to prevent bone loss and reduce the risk of fracture. However, unlike estrogen, it decreases the risk of developing breast cancer.

### ***What is it called?***

Raloxifene (Evista®)

### ***How does it work?***

This medication strengthens the bones and prevents bone loss.

### ***How do I take it?***

This medication is taken as a tablet, once a day.

### ***How long do I take it for?***

This medication appears to be safe and effective when taken for long periods of time. Therefore, most specialists recommend long-term treatment.

### ***Who should not take this medication?***

People who have a history of blood clots should not take this medication.

### ***What side effects might I expect?***

This medication may worsen post-menopausal symptoms, such as hot flashes. It has also been shown to increase the risk of blood clot (about 1 extra case for every 1000 women treated).

### ***What are the costs involved?***

Raloxifene costs ~ \$30 per month. This medication is covered by Alberta Seniors Blue Cross in some cases.