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**Monthly vs. Weekly Bisphosphonates: What Do Patients Prefer?**

**Introduction:** Postmenopausal osteoporosis is a common chronic disease. Bisphosphonates are considered the treatment of choice due to their proven effectiveness. As with any chronic disease, patient preference plays a significant role in the long-term adherence to these medications.

**Objective:** The aim of this study was to evaluate patient preference between monthly ibandronate and weekly alendronate administration.

**Materials and Methods:** This was a prospective, comparative, single-center study conducted within the rheumatology department of a university hospital, over a 18-month study period from March 2023 to September 2024. Inclusion criteria were postmenopausal women diagnosed with osteoporosis under the prescription of oral bisphosphonates. Exclusion criteria included patients with osteoporosis due to other causes or those receiving other bone-targeted treatments. The included patients were divided into two groups (Group A and Group B). One group received monthly ibandronate for 6 months, followed by weekly alendronate for 6 months, while the other group followed the reverse treatment sequence.

**Results:** 300 patients were included, with 150 cases in each group. 89.7% of the patients expressed a preference for either ibandronate or alendronic acid, while 10.3% had no preference between the two drugs. Among the patients who expressed a preference, 73.5% preferred ibandronate, compared to 26.5% for the alendronate group, with a statistically significant difference (<0.0002). The most common reasons for choosing ibandronate were: better long-term adherence (71.4%), an improved lifestyle due to the monthly regimen (70%), and better tolerance to side effects (16.3%). In total, a significantly higher number of patients found monthly ibandronate to be more convenient (p < 0.0001).

**Conclusion:**  
In our series, a significantly higher number of women treated for postmenopausal osteoporosis expressed a preference for monthly ibandronate treatment compared to weekly alendronate treatment. This could lead to better adherence among these patients.

