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Osteoporosis prophylaxis with Evista

The active ingredient of Evista is raloxifene hydrochloride ¹.

It belongs to a group of drugs called selective estrogen receptor modulators (SERMs) ².

SERMs act like estrogens by binding to estrogen receptors, thus promoting bone formation ².

Evista reduces the risk of vertebral fractures in women with postmenopausal osteoporosis ³. A reduction in the risk of non-vertebral fractures has not been demonstrated ³.

The recommended dosage of Evista is one tablet once a day, regardless of meals ¹. It is important that you take the medication regularly for the best possible results ².

There are some contraindications to taking Evista. These include a



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history of thrombosis, liver dysfunction, bile stasis, severe renal impairment, unexplained uterine bleeding, and cancer of the endometrium ¹.

Evista should also not be taken during pregnancy and breastfeeding ¹.

Another option is to compensate for a vitamin C deficiency with infusions.

Vitamin C deficiency and scurvy make one think of long sea voyages without

fresh fruit and vegetables and leads to the assumption that this is no longer relevant nowadays.

Unfortunately, the opposite is the case: there is increasing evidence in the medical literature that deficiencies requiring treatment are common in patients with infections, chronic inflammatory diseases such as allergies or arthritis and malignant diseases.

This also seems biologically plausible, because the immune system is dependent on antioxidants such as vitamin C for sufficient healing processes in order to intercept excess so-called radicals before they can destroy healthy tissue.

The fight against oxidative stress and the restoration of normal vitamin C blood levels are part of a meaningful holistic therapy concept.