

## Evista (raloxifen)

### What is Evista ?

- Medication used for the prevention or treatment of bone loss in women after menopause
- Called a SERM or "Selective Estrogen Receptor Modulator"
- Works like estrogen to improve bone mass and reduce risk of spinal fractures
- Does not affect the breast or uterus like estrogen.
- Does not treat symptoms of menopause like hot flashes

### How would I take Evista ?

- It is a pill taken once a day, with or without food
- Store the bottle of pills at room temperature. Protect from moisture

### What if I miss a dose of Evista ?

- If you miss a dose, take the missed dose as soon as possible
- If it is almost time for the next dose, skip missed dose and return to your usual schedule
- Do not take a double dose

### What are the possible side effects of Evista ?

- Side effects with Evista are not common but may include:
  - Hot flashes
  - Leg cramps
  - Infrequently may cause serious blood clots to form in the veins in legs, lungs or eyes
  - Would be important to seek medical attention if you developed: leg pain, a feeling of warmth in the calf, new swelling of legs, feet or hands; sudden chest pain, shortness of breath or coughing up blood; sudden change in vision with blurred vision or loss of vision
  - Immobility [like bed rest after surgery or sitting with prolonged travel] could increase risk of forming a blood clot. If you will need to be still for a long time, talk to your doctor or health care provider about how to adjust your Evista

### Are there people who should not take Evista ?

- Remember that your doctor will prescribe this medication for you if the benefits to you are greater than the risk of side effects
- This medication is not recommended:
  - If you have not passed menopause
  - If you are pregnant or could become pregnant
  - If you are breast feeding
  - If you have or have had blood clots requiring a doctor's treatment [including deep venous thrombosis, pulmonary embolus or retinal vein occlusion]
  - If you are being treated for Congestive Heart Failure or Cancer - you should talk to your doctor
  - If anyone in your family has a history of blood clots - you should talk to your doctor
  - If you have liver disease
  - If you are taking estrogen in any form [pill, patch, injection] or medications called cholestyramine or colestipol
  - If you have a condition that limits your mobility, like surgery or prolonged illness
  - If you are allergic to Evista or any of its ingredients

### *PLEASE REMEMBER:*

This is a summary of key information about Evista and does not take the place of discussions with your doctor. Always ask your doctor, pharmacist or health care provider if you have any questions about Evista or Osteoporosis.

Successful prevention or treatment of Osteoporosis involves more than medication and includes a balanced diet with adequate intake of calcium and Vitamin D, avoidance of cigarette use and daily weight bearing exercise activities.



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