

**EFIKASI OBAT OSTEOPOROSIS
GOLONGAN ANTIRESORPSI DAN ANABOLIK
PADA PEREMPUAN PASCA MENOPAUSE:
*SYSTEMATIC REVIEW***

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Abstrak

Osteoporosis adalah penyakit degeneratif tulang yang banyak menyerang perempuan pasca menopause. Obat antiosteoporosis terdiri atas golongan antiresorpsi dan anabolik. Selama ini masih terdapat kontroversi pemberian obat antiosteoporosis, oleh karenanya peneliti melakukan penelitian tinjauan sistematis yang bertujuan untuk menentukan manakah yang lebih efektif. Penelitian ini dilakukan dengan meninjau beberapa studi melalui database *PubMed* dan *Science Direct*. Hasil penelitian membuktikan bahwa abaloparatide, teriparatide, dan SERM (*Selective Estrogen Receptor Modulators*) lebih efektif dibandingkan bisfosfonat. Kesimpulannya obat antiosteoporosis golongan anabolik lebih efektif dibandingkan golongan antiresorpsi pada perempuan pasca menopause.

Kata Kunci : Osteoporosis, Obat Antiosteoporosis, Antiresorpsi, Anabolik, Pascamenopause

EFFICACY OF OSTEOPOROSIS DRUGS ANABOLIC AND ANTIRESORPTIVE CLASSES IN POST MENOPAUSE WOMEN: SYSTEMATIC REVIEW

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Abstract

Osteoporosis is a degenerative bone disease that affects many postmenopausal women. Antiosteoporosis drugs consist of antiresorptive and anabolic groups. So far, there is still controversy over the administration of antiosteoporosis drugs, therefore researchers conducted a systematic review study aimed at determining which one is more effective. This research was conducted by reviewing several studies through the PubMed and Science Direct databases. The results showed that abaloparatide, teriparatide, and SERM (Selective Estrogen Receptor Modulators) were more effective than bisphosphonates. In conclusion, the anabolic class is more effective than the antiresorptive class in postmenopausal women.

Keywords : Osteoporosis, Antiosteoporosis Drugs, Antiresorptive, Anabolic, Postmenopausal