

Table 2. Summary of the most important RCTs for the treatment of bone disease in patients with anorexia nervosa

Author / year	Intervention	Duration	N	Age	Outcome
Klibanski et al, 1995 ⁷¹	oral HRT / observation	18 months	48	16-42	↔ LS BMD
Strokosch et al, 2006 ¹⁹⁵	triphasic OCP / placebo	~12 months	112	11-17	NS change in BMD vs placebo
Misra et al, 2011 ¹⁹⁶	transdermal estradiol or ehtinylestradiol / placebo	18 months	110	12-18	↑ LS + hip BMD z-scores vs placebo
Bloch et al, 2012 ¹⁹⁷	DHEA / placebo	6 months	26	17-47	NS change in BMD vs placebo
Gordon et al, 2002 ¹⁹⁸	DHEA / OCP	12 months	61	14-28	↔ LS BMD, ↑ hip BMD NS vs placebo
DiVasta et al, 2012 ¹⁹⁹	DHEA + OCP / placebo	18 months	80	13-27	↑ BMD LS + hip + wholebody vs placebo
Golden et al, 2005 ²⁰²	alendronate / placebo	12 months	32	12-21	↑ BMD LS + hip NS vs placebo
Miller et al, 2011 ²⁰⁴	risedronate + testosterone / risedronate / testosterone/ placebo	12 months	77	18-45	Risedronate: ↑ LS + ↑ hip BMD vs placebo. Testosterone NS effect
Grinspoon et al, 2002 ²⁰⁶	rhIGF-I + OCP / rhIGF-I / OCP / placebo	9 months	60	18-38	rhIGF-I: ↑ LS BMD vs placebo. OCP NS effect rhIGF-I + OCP ↑> rhIGF-I ↑

RCTs: randomized controlled trials, N: number of patients, HRT: hormone replacement therapy, OCP: oral contraceptive pill, DHEA: dehydroepiandrosterone, rhIGF-I: recombinant insulin-like growth factor I, NS: non significant.