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1 Original Article

2 The effects of switching daily teriparatide to oral bisphosphonates or denosumab in

- 3 patients with primary osteoporosis
- 4

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24 Abstract

25 Purpose

The aim of this twelve-month, observational study was to compare the effects of switching daily teriparatide (TPTD) to oral bisphosphonates (BP) therapy or denosumab (DMAb) therapy in patients with primary osteoporosis.

29 Methods

Patients (n=78; 71 postmenopausal women and 7 men; mean age 76.3 [64-94] years; mean duration of prior daily TPTD therapy 20.1 [6-24] months) were allocated to either the (1) "switch-to-BP" group (n=36; weekly alendronate 35 mg [n=19], weekly risedronate 17.5 mg [n=12], monthly minodronate 50 mg [n=5]) or (2) "switch-to-DMAb" group (n=42; 60 mg sc every 6 months) based on each physicians' decision. Changes in bone mineral density (BMD) and serum bone turnover markers were monitored every 6 months.

37 Results

No significant difference was observed in baseline clinical characteristics between the groups. After 12 months, the increase in BMD was significantly greater in the switch-to-DMAb group compared to the switch-to-BP group: lumbar spine (6.2 vs 2.6%; *P* < 0.01), total hip (4.2 vs 1.1%; *P* < 0.05), and femoral neck (3.5 vs 1.4%; *P* <

42	0.05). In addition, the patients in the switch-to-DMAb group showed a significant
43	decrease compared to those in the switch-to-BP group in TRACP-5b (-55.8 vs -32.8%;
44	P < 0.01) and ucOC (-85.5 vs -65.0%; $P < 0.001$), while no significant difference was
45	observed in PINP (-67.5 vs -62.1%).
46	Conclusions
47	Switching daily TPTD to DMAb significantly increased BMD and decreased bone
48	resorption marker compared to switching to oral BP at 12 months, and thus may provide
49	an effective sequential treatment option after daily TPTD treatment.
50	
51	Keywords
52	primary osteoporosis, daily teriparatide, oral bisphosphonates, denosumab
53	
54	Introduction
55	In daily teriparatide (TPTD) treatment, osteoblastic differentiation and increase of bone
56	formation markers is strongly induced [1], which is also associated with receptor
57	activator of NF-kB ligand (RANKL) production from bone marrow cells [2]. RANKL

59 anabolic effects of TPTD [3]. The early treatment period of TPTD in which

58

induces osteoclasts differentiation and bone resorption which may mitigate bone

60	osteoanabolic effects overwhelm osteocatabolic effects is called the "anabolic window"
61	[3]. A previous study demonstrated that adding alendronate (ALN) to TPTD after 9
62	months of initiation resulted in higher increase in bone mineral density (BMD)
63	compared to TPTD monotherapy, suggesting that reopening the anabolic window by
64	bone resorption inhibition is effective in increasing BMD [4]. Furthermore, daily TPTD
65	treatment is associated with "cortical porosity," which is one of the concerns to
66	attenuate bone strength [5]. Denosumab (DMAb), a fully human monoclonal antibody
67	to RANKL, has shown a greater reduction in bone resorption compared to
68	bisphosphonates (BP) such as ALN [6], ibandronate [7], or risedronate (RIS) [8], and
69	also reduces cortical porosity by greater inhibition of intracortical remodeling compared
70	to ALN [9, 10]. From these observations, we hypothesized that greater inhibition of
71	bone resorption (especially intracortical remodeling) by DMAb may be a more effective
72	sequential treatment compared to oral BP after daily TPTD treatment.
73	The aim of this observational study was to compare the switching effect of daily TPTD

to oral BP and DMAb in patients with primary osteoporosis.

75

74

76 Materials and methods

77 Study design and subjects

78	This twelve-month observational study was carried out at 2 centers. A total of 78
79	patients with primary osteoporosis who were treated with daily TPTD in proportion to
80	the Japanese guidelines for prevention and treatment of osteoporosis 2011 [11] were
81	enrolled in the study (Fig. 1). Patients were allocated to either the "switch-to-BP" group
82	(n=36), consisting of patients who were switched to an oral BP, or the
83	"switch-to-DMAb" group (n=42), consisting of patients who were switched to
84	subcutaneous DMAb 60 mg every 6 months, depending on each physicians' decision.
85	Patients who finished TPTD before DMAb came onto the market of Japan (June, 2013)
86	were switched to oral BP. After DMAb became available, patients were mainly switched
87	to DMAb. Most patients were treated with active or native vitamin D during the study
88	(Table 1).

This observational study was conducted in accordance with the ethical standards of the Declaration of Helsinki and approved by ethical review boards at each clinical center (approval number 13231-2; Osaka University, Graduate School of Medicine) and posted on the hospital homepage with informed consent obtained from individual patients included in the study.

94

95 BMD assessment

96	Areal BMD in the lumbar spine (LS, L2–L4), total hip (TH), and femoral neck (FN)
97	were assessed by dual-energy x-ray absorptiometry (Discovery A, Hologic, Inc.,
98	Waltham, MA, USA) at baseline and after 6 and 12 months of treatment. Regions of
99	severe scoliosis, previous vertebral fracture, and postoperative sites were excluded from
100	BMD measurements, and at least 2 of the lumbar vertebrae L2–L4 had to be evaluable
101	for BMD. Subjects were excluded from the BMD analyses if the area was fractured or
102	operated on during the study as previously described [12-14].
103	

104 Biochemical markers of bone turnover

105Bone turnover markers were measured in serum obtained from each patient at approximately the same time in the morning after overnight fasting. The bone formation 106107marker, N-terminal type I procollagen propeptide (PINP); inter-assay coefficient of variation [CV] 3.2%-5.2% (Intact UniQ assay, Orion Diagnostica, Espoo, Finland) and 108 109 bone resorption marker, isoform 5b of tartrate-resistant acid phosphatase (TRACP-5b); inter-assay CV 5.0%-9.0% (Immunodiagnostic Systems Ltd., Boldon, UK) were 110 measured by ELISA as previously described [12, 14, 15]. Levels of undercarboxylated 111 osteocalcin (ucOC) were measured by a solid-phase enzyme immunoassay kit; 112113inter-assay CV 5.2%-8.3% (Takara Bio, Shiga, Japan) with a sensitivity of 0.25 ng/mL.

114	UcOC reflects not only vitamin K deficiency, but also total bone turnover, as it is
115	released from both osteoblasts and absorbed bone extracellular matrix by osteoclast as
116	previously described [14, 16]. Intact parathyroid hormone (PTH) was measured using a
117	two-site immunoradiometric assay; inter-assay CV 8.4% (Nichols Institute Diagnostics,
118	Valencia, USA).

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120 Radiographs
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Spinal radiographs were obtained at baseline and also at unscheduled times if subjects
had symptoms suggestive of clinical vertebral fracture. For incidental non-vertebral
fractures, radiographs were assessed by the investigator if subjects had symptoms.

124

125 Statistical analysis

Differences between each study group were tested using the Mann-Whitney U test or the chi-square test. Changes in BMD and ranked bone turnover marker data from baseline to specified time points within each study group were compared using the nonparametric Wilcoxon signed-rank test. Results are expressed as the mean \pm standard error. Bone turnover markers that showed a significant correlation with the twelve-month BMD change in LS, TH, and FN, as evaluated using the Spearman

132	correlation, were selected as predictor variables, and multivariable linear regression
133	analysis with a forward stepwise procedure was performed to select significant
134	indicators of twelve-month BMD change. A P value < 0.05 indicated statistical
135	significance. All tests were performed using IBM SPSS Statistics version 22 software
136	(IBM, Armonk, NY, USA).

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Results
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Baseline characteristics are shown in Table 1. Type of BP switched from daily TPTD 139140was as follows: oral weekly alendronate 35 mg (n=19), weekly risedronate 17.5 mg 141(n=12), and monthly minodronate 50 mg (n=5). No significant difference was observed in the baseline age, body mass index, rate of prior vertebral fracture, areal BMD, or 142143bone turnover markers between the groups, but the switch-to-DMAb group was combined with higher rate of calcium formulation compared to the switch-to-BP group 144(88.1 vs 25.0%; *P* < 0.001). 145

91.7% (33/36) in the switch-to-BP group (3 patient were lost to follow up), and 92.9% 146 147(39/42) in the switch-to-DMAb group (1 patient was lost to follow up and 2 patients desired to change the medication) completed 12 months of therapy with no significant 148149differences in dropout rates between the groups (Fig. 1). During the twelve-month

150	period, in the switch-to-BP group, 1 patient experienced a clinical vertebral fragility
151	fracture (2.8%), and in the switch-to-DMAb group 2 patients experienced a clinical
152	vertebral fragility fracture (4.8%). All the fractures were associated with fall, and no
153	statistically significant difference in the fracture rate was observed between the groups.
154	

155 Change in BMD

156	BMD	was monitored	l every 6	5 months	(Fig. 1	2). [Гhe	switch-to-DMAb	group	showed	a
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157 significant increase in BMD from baseline to 6 months and 12 months in the LS (4.6%;

158 P < 0.001 and 6.2%; P < 0.001), TH (2.6%; P < 0.01 and 4.2%; P < 0.001), and FN

159 (2.2%; P < 0.05 and 3.5%; P < 0.01), respectively. On the other hand, the switch-to-BP

160 group showed a significant increase in BMD from baseline to 12 months in the LS

161 (2.6%; P < 0.01) and TH (1.1%; P < 0.01), but not in the FN.

162 Moreover, the switch-to-DMAb group showed a significantly greater BMD increase

163 compared to the switch-to-BP group in the LS from 6 months (4.6 vs 0.8%; P < 0.01) to

- 164 12 months (6.2 vs 2.6%; P < 0.01), in the TH at 12 months (4.2 vs 1.1%; P < 0.05), and
- 165 in the FN at 12 months (3.5 vs 1.4%; P < 0.05), respectively.
- 166

167 Bone turnover markers

168	Percent changes in bone turnover markers from baseline are shown in Fig. 3. The
169	switch-to-DMAb group showed a significantly greater decrease compared to the
170	switch-to-BP group in TRACP-5b levels from 6 months (-55.6 vs -32.1%; $P < 0.01$) to
171	12 months (-55.8 vs -32.8%; $P < 0.01$), and in ucOC levels from 6 months (-79.7 vs
172	-51.6%; $P < 0.001$) to 12 months (-85.5 vs -65.0%; $P < 0.001$). In addition, serum
173	absolute intact PTH levels were significantly lower in the switch-to-DMAb group
174	compared to the switch-to-BP group from 6 months (35.6 vs 50.6 pg/mL; $P < 0.05$) to
175	12 months (35.0 vs 56.5 pg/mL; <i>P</i> < 0.05).
176	On the other hand, no significant difference was observed between the switch-to-DMAb
177	group and the switch-to-BP group with regard to the change in serum PINP levels from
178	6 months (-67.8 vs -55.4%) to 12 months (-67.5 vs -62.1%). The absolute values of
179	bone turnover markers are shown in Fig. 4. The average value of TRACP-5b, PINP, and
180	ucOC from 6 to 12 months in both groups were all within the reference value.
181	

182Association between changes in BMD and bone turnover markers

Spearman correlation coefficients between bone turnover markers and twelve-month 183BMD changes (%) for all patients are shown in Table 2. Generally, higher decreasing 184rates of TRACP-5b, ucOC, and PINP were associated with a greater increase in the 185

186	BMD of the LS and TH. On the other hand, absolute intact PTH levels showed a
187	significant negative correlation with FN BMD increase.
188	All significant predictors were selected and put into multivariable linear regression
189	analysis to select significant predictors of twelve-month BMD change in the LS, TH,

and FN (Table 3). The significant indicator of BMD change for the LS and TH was the

191 percent change in TRACP-5b at 12 months, and the significant indicator for the FN was

the absolute intact PTH levels at 12 months.

193

194 **Discussion**

In this study, we have demonstrated that switching daily TPTD to DMAb significantly increased BMD and decreased serum TRACP-5b, ucOC, and intact PTH levels, while maintained serum PINP levels to the same extent compared to switching to oral BP. Multivariable linear regression analysis revealed that BMD increase of the LS and TH was significantly associated with the percent decrease of TRACP-5b, and that of FN was negatively associated with absolute intact PTH levels.

A recent report demonstrated that an increase in BMD may be obtained by a combination of 3 elements: remodeling closure (inhibition of bone resorption), secondary mineralization (related to calcium and vitamin D metabolism), and bone 204 modeling without bone resorption [17].

205	The greater inhibition of bone resorption by DMAb than BP may be explained by the
206	differences in their mechanisms of action. Nitrogen-containing BP is internalized into
207	only mature bone-resorbing osteoclasts by endocytosis and induce apoptosis of
208	osteoclasts [18]. On the other hand, DMAb inhibits not only mature osteoclasts, but also
209	the RANKL-induced osteoclastogenesis from precursors [10]. Daily TPTD treatment is
210	associated with "cortical porosity", which is one of the concerns to attenuate bone
211	strength [5]. Concentrations of BP is lower in cortical than trabecular bone because of
212	its high affinity to hydroxyapatite and less blood supply [10]. By contrast, DMAb
213	circulates freely to bone surfaces and may inhibits remodeling more rapidly and strongly,
214	especially in cortical bone [10].
215	Considering secondary mineralization related to calcium and vitamin D metabolism,
216	patients with DMAb had lower serum intact PTH levels than patients with BP, which
217	was negatively correlated with FN BMD increase. One previous report demonstrated
218	that in ovariectomized monkeys, either DMAb or ALN treatment with calcium and

vitamin D supplementation altered serum intact PTH levels [9]. However, Joo et al reported that lower dietary calcium intake was significantly associated with higher serum PTH levels and lower FN BMD, and also demonstrated that low calcium intake

222	cannot be compensated by high serum 25-hydroxy vitamin D levels [19]. In this study,
223	although most patients were combined with vitamin D, the proportion of patients taking
224	calcium supplementation was significantly higher in the switch-to-DMAb group
225	compared to the switch-to-BP group (88.1 vs 25.0%; $P < 0.001$), and also oral calcium
226	intake couldn't be monitored. Taken together, total calcium intake may have influenced
227	the serum intact PTH levels and consequent FN BMD change, although the significance
228	of calcium supplementation after TPTD treatment should be investigated in further
229	studies.

230Considering bone modeling, there are several reports suggesting the reasons for the 231discrepancy between relatively maintained bone formation marker and strongly reduced bone resorption marker in DMAb compared to oral BP treatment. Osteoprotegerin 232233(OPG), a physiological soluble decoy receptor for RANKL [20], prevents Tumor Necrosis Factor-Related Apoptosis-Inducing Ligand (TRAIL)-induced apoptosis of 234235osteoblasts [21] and also promotes osteoblastic differentiation of murine bone marrow cells [22]. In addition, Inage et al reported that serum PINP levels were preserved while 236237TRACP-5b levels were significantly reduced after induction of DMAb at 1 month in postmenopausal osteoporosis patients [23]. Although further investigation is required, 238239these findings may support the results of relatively maintained PINP levels and strongly

reduced TRACP-5b levels in DMAb compared to oral BP treatment. As for ucOC,
baseline levels were relatively higher in switch-to-DMAb group compared to
switch-to-BP group, and were significantly decreased by DMAb compared to oral BP.
Consequently, absolute serum ucOC value converged to similar levels. Taken together,
DMAb may decrease serum ucOC levels stronger than oral BP, which may represent
stronger reduction of total bone turnover.
Previous studies demonstrated that 12 months administration of DMAb approximately

decreased TRACP-5b by 45%, and PINP by 68-72% in patient with osteoporosis who

increased BMD by 5.3-6.5% in LS, 3.5% in TH, and 2.4-2.7% in FN, and also

were mostly not previously treated by TPTD [6, 24-26]. Compared with these studies,

250 increase of BMD in TH and FN, and decrease of TRACP-5b was relatively higher,

although decrease of PINP was similar in this study. Considering high bone turnover

- 252 levels in the baseline of this study, DMAb after TPTD treatment may be equal to or
- 253 more effective in patients without previous TPTD treatment.

247

254 There are several limitations to this study. Due to the small number of subjects, whether

greater change in BMD and bone turnover markers induced by DMAb than that of oral BP may reduce fracture risk should be assessed in a larger cohort. Oral intake of calcium could not be assessed, and also the difference in the calcium supplementation rate between the groups may have affected the results. Although the number was small,

some male patients were included in this study.

In conclusion, switching daily TPTD to DMAb significantly increased BMD and decreased bone resorption markers while maintained bone formation marker compared to switching to oral BP at 12 months, which may provide an effective sequential treatment option after daily TPTD treatment.

264

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268

269 Conflicts of interest

270 K Ebina has received payments for lectures from Daiichi Sankyo. J Hashimoto, M

271 Kashii, M Hirao, S Kaneshiro, T Noguchi, Y Tsukamoto, and H Yoshikawa declare that

they have no conflicts of interest.

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371 Figure legends

Fig. 1 Study design and schedule. Patients were allocated to either the (1) switch-to-BP
group (n=36; oral weekly alendronate 35 mg, n=19; oral weekly risedronate 17.5 mg
n=12; or oral monthly minodronate 50 mg, n=5) or (2) switch-to-DMAb group (n=42;
subcutaneous 60 mg/6 months) based on each physicians' decision. Bone mineral
density and bone turnover markers were evaluated every 6 months in all patients.

Fig. 2 Mean \pm standard error (SE) change from baseline bone mineral density (BMD) in the lumbar spine (Panel a), total hip (Panel b), and femoral neck (Panel c); **P* < 0.05,

380 **P < 0.01, ***P < 0.001 change from baseline within each treatment group. ${}^{\#}P < 0.05$,

381
$$^{\#\#}P < 0.01$$
 switch-to-BP group versus switch-to-DMAb group.

382

Fig. 3 Mean \pm standard error (SE) change from baseline serum concentration of bone turnover markers TRAP-5b (Panel a), PINP (Panel b), ucOC (Panel c), and intact PTH (Panel d). TRAP-5b, isoform 5b of tartrate-resistant acid phosphatase; PINP, type I collagen N-terminal propeptide; ucOC, undercarboxylated osteocalcin; PTH, parathyroid hormone. $^{\#}P < 0.05$, $^{\#\#}P < 0.01$, $^{\#\#}P < 0.001$ switch-to-BP group versus switch-to-DMAb group $^{*}P < 0.05$ change of intact PTH from baseline within each 389 treatment group.

391	Fig. 4 Mean \pm standard error (SE) absolute value of bone turnover markers TRAP-5b
392	(Panel a), PINP (Panel b), and ucOC (Panel c). TRAP-5b, isoform 5b of
393	tartrate-resistant acid phosphatase; PINP, type I collagen N-terminal propeptide; ucOC,
394	undercarboxylated osteocalcin. $^{\#}P < 0.01$ switch-to-BP group versus switch-to-DMAb
395	group.

Table

Variable	Switch-to-BP	Switch-to-DMAb	P value
variable	(n=36)	(n=42)	
Switched treatment	Oral weekly ALN (35mg; n=19) Oral weekly RIS (17.5mg; n=12) Oral monthly MIN (50mg; n=5)	DMAb sc 60mg/6months	
Prior TPTD treatment (months)	21.1	19.2	N.S.
Age, (years)	73.5±1.1	78.7±0.9	N.S.
Gender, Females, n/N (%)	33/36 (91.7%)	39/42 (92.9%)	N.S.
Postmenopausal, n/N (%)	33/36 (91.7%)	39/42 (92.9%)	N.S.
Body mass index (kg/m ²)	21.3±0.6	21.7±0.4	N.S.
Prior vertebral fracture(s), n/N(%)	25/36 (69.4%)	31/42 (73.8%)	N.S.
Lumbar spine BMD (g/cm ²)	0.814±0.025	0.795 ± 0.020	N.S.
Lumbar spine BMD (T-score)	-2.6±0.2	-2.5±0.2	N.S.
Total hip BMD (g/cm ²)	0.680±0.023	0.624 ± 0.018	N.S.
Total hip BMD (T-score)	-2.1±0.2	-2.4±0.2	N.S.
Femoral neck BMD (g/cm ²)	0.618±0.022	0.566 ± 0.018	N.S.
Femoral neck BMD (T-score)	-2.2±0.1	-2.5±0.2	N.S.
Corrected Ca (mg/dl)	9.5±0.1	9.3±0.1	N.S.
Intact-PTH (pg/ml)	42.4±3.1	38.5±3.1	N.S.
PINP (µg/l)	80.0±11.6	99.5±12.0	N.S.
TRACP-5b (mU/dl)	460.2±44.1	517.3±46.6	N.S.
ucOC (ng/ml)	7.3±1.4	11.7±2.2	N.S.
eGFR (ml/min/1.73m ²)	71.6±2.9	65.8±3.4	N.S.
Combined vitamin D, n/N (%)	33/36 (91 7%)	42/42 (100.0%)	N.S.
(Native : Alfacalcidol:	0.24.9	18.24.0	
Eldecalcitol)	0.24.)	10.27.0	
Combined Ca, n/N (%)	9/36 (25.0%)	37/42 (88.1%)	< 0.001

1 Table 1. Baseline clinical characteristics

2 Data are expressed as the mean \pm standard error (SE), unless otherwise noted.

BP, Bisphosphonates; DMAb, Denosumab; ALN, Alendronate; RIS, Risedronate; MIN, Minodronate; sc,
subcutaneous; TPTD, daily teriparatide; N.S., not significant; n/N (%) = number of patients with
measurements / total number of patients (%). Bone mineral density; BMD, Ca, caicium; PTH, parathyroid
hormone; PINP, Type I collagen N-terminal propeptide; TRAP-5b, Isoform 5b of tartrate-resistant acid
phosphatase; ucOC, Undercarboxylated osteocalcin; eGFR, Estimated glomerular filtration rate;
Differences between the groups were determined by Mann-Whitney U-test or chi-square test.

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11 Table 2. Spearman correlation coefficients between changes in bone turnover markers 12 and percent change in bone mineral density (BMD) of the lumbar spine (LS), total hip

and percent change in bone inneral density (DMD) of the futiloal spine (LS), total in

13 (TH), and femoral neck (FN) at 12 months

14

Bone turnover markers	Months	12	months BMD change (%)
	-	LS	TH	FN
TRACP-5b	0	0.26*	-0.03	-0.06
	Δ6 (%)	-0.51***	-0.31*	0.07
	Δ12 (%)	-0.51***	-0.32**	-0.02
ucOC	0	0.27*	0.23	-0.04
	Δ6 (%)	-0.41**	-0.31*	-0.23
	Δ12 (%)	-0.45**	-0.34*	-0.16
PINP	0	0.34*	0.25	-0.01
	Δ6 (%)	-0.43**	-0.42**	-0.12
	Δ12 (%)	-0.43**	-0.41**	-0.05
Intact-PTH	0	-0.14	0.09	-0.28*
	6	0.09	0.09	-0.33*
	12	0.01	-0.004	-0.32*

15 *P<0.05, **P<0.01, ***P<0.001; correlation coefficients.

16 Time 0, baseline concentration of bone turnover marker versus bone mineral density (BMD) at 12

17 months; $\Delta 6$, change in marker at 6 month (%) versus BMD at 12 months; $\Delta 12$, change in marker at 12

18 months (%) versus BMD at 12 months; Time 6 and 12, concentration of intact-PTH versus bone mineral

19 density (BMD) at 6 and 12 months; TRACP-5b, Isoform 5b of tartrate-resistant acid phosphatase; ucOC,

20 Undercarboxylated osteocalcin; PINP, Type I collagen N-terminal propeptide; PTH, Parathyroid hormone.

21 Table 3. Significant predictor variables of bone turnover markers investigated by

22 multivariate linear regression analysis, which showed significant correlation with the

23 12-month bone mineral density (BMD) change (%) of the lumbar spine (LS), total hip

- 24 (TH), and femoral neck (FN)
- 25

$\Delta 12 \text{ BMD}$	parameters	β	95% CI	<i>P</i> value
LS	Δ12 TRACP-5b (%)	-0.54	0.05 to 0.13	< 0.001
TH	Δ12 TRACP-5b (%)	-0.45	0.03 to 0.10	< 0.001
FN	12 intact-PTH	-0.33	0.01 to 0.09	< 0.05

 $\Delta 12$ BMD, percent change in BMD from baseline at 12 months; β , standardized coefficient; 95% CI, 95%

27 confidence intervals (CIs). Δ12, percent change in bone turnover marker at 12 months; TRACP-5b,

28 Isoform 5b of tartrate-resistant acid phosphatase; PTH, Parathyroid hormone.







