

# Osteopenia

Osteopenia is a condition in which bone mineral density is lower than normal.

It is considered by many to be a precursor to [osteoporosis](#). However, not every person diagnosed with osteopenia will develop osteoporosis. More specifically, osteopenia is defined as a bone mineral density T-score between -1.0 and -2.5.

Osteopenia and [osteoporosis](#) were independent predictive factors for higher [atlantoaxial subluxation](#) occurrence in patients with lower [body mass index](#).

Findings suggest that patients with [rheumatoid arthritis](#) with osteopenia or osteoporosis, particularly those with lower body mass index (BMI), should be screened regularly to determine the status of their cervical spines. <sup>1)</sup>

<sup>1)</sup>

Han MH, Ryu JI, Kim CH, Kim JM, Cheong JH, Bak KH, Chun HJ. Influence of systemic bone mineral density on atlantoaxial subluxation in patients with rheumatoid arthritis. Osteoporos Int. 2017 Mar 2. doi: 10.1007/s00198-017-3972-9. [Epub ahead of print] PubMed PMID: 28255666.

From:

<https://neurosurgerywiki.com/wiki/> - **Neurosurgery Wiki**

Permanent link:

<https://neurosurgerywiki.com/wiki/doku.php?id=osteopenia>

Last update: **2024/06/07 02:52**

