

**Original article**

**Characteristics of Osteoporosis of The Spine in Women With  
Rheumatoid Arthritis**

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**ABSTRACT**

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**Background:** Rheumatoid arthritis (RA) is a chronic autoimmune disease that can lead to secondary osteoporosis, particularly affecting the spine. This original article investigates the characteristics of osteoporosis of the spine in women with rheumatoid arthritis, focusing on bone mineral density (BMD), vertebral fractures, and associated risk factors.

**Methods:** A cross-sectional study was conducted involving women with rheumatoid arthritis. BMD measurements of the spine were obtained using dual-energy X-ray absorptiometry (DXA), and the presence of vertebral fractures was assessed through radiographic imaging. Various demographic, clinical, and laboratory variables were analyzed as potential risk factors for spine osteoporosis.

**Results:** The findings of this original article reveal a high prevalence of osteoporosis of the spine in women with rheumatoid arthritis. Reduced BMD, as indicated by lower T-scores, was observed, indicating increased fracture risk. Vertebral fractures were also prevalent, with a significant impact on spinal health. Risk factors such as age, disease duration, corticosteroid use, and disease activity were identified as contributors to spine osteoporosis in women with rheumatoid arthritis.

**Conclusions:** This original article highlights the distinct characteristics of spine osteoporosis in women with rheumatoid arthritis. Decreased BMD and the presence of vertebral fractures underscore the importance of early detection and management of osteoporosis in this population. Identifying and addressing the associated risk factors can help prevent further bone loss, reduce fracture risk, and improve overall bone health in women with rheumatoid arthritis

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**Keywords:** osteoporosis, spine, rheumatoid arthritis, bone mineral density, vertebral fractures.

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