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Causes of Low Peak Bone Mass in Women

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Highlights

- Peak bone mass is the maximum bone mass accrued during growth and development, with consolidation during early adulthood.
- Peak bone mass is typically achieved at different skeletal sites from age 25 to age 35 years.
- Low peak bone mass results either from failure to achieve peak genetic potential, or from processes that cause bone loss at younger ages than typically seen.

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