

Bulgaria - The probabilities of a major osteoporotic fracture in women

The following tables give the 10-year probability (%) of a major osteoporotic fracture (hip, clinical spine, forearm or proximal humerus fracture) according to the T-score for femoral neck BMD, the number of clinical risk factors (CRF) and age. Each table provides a mean estimate and a range, based on the epidemiology of Bulgaria. The range is not a confidence interval, but because the weight of different risk factors varies, is a true range.

Note that the BMI is set at 24 kg/m²

Age = 50 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	22	14	9.5	6.9	5.4	4.4	3.7	3.4	3.2	3.0	2.9
1	32 (28-40)	21 (19-26)	14 (12-18)	11 (8.3-13)	8.1 (6.0-10)	6.6 (4.7-8.5)	5.6 (3.8-7.5)	5.0 (3.3-6.9)	4.8 (3.1-6.6)	4.6 (2.9-6.3)	4.4 (2.8-6.1)
2	45 (36-60)	31 (25-42)	21 (17-30)	16 (11-22)	12 (7.7-18)	9.8 (5.8-16)	8.2 (4.6-14)	7.4 (4.0-13)	7.0 (3.7-12)	6.7 (3.5-12)	6.4 (3.3-11)
3	60 (46-75)	43 (33-55)	31 (22-42)	23 (15-34)	17 (10-28)	14 (7.6-24)	12 (6.0-21)	11 (5.2-20)	10 (4.8-19)	9.7 (4.5-18)	9.3 (4.3-18)
4	75 (60-86)	58 (42-68)	42 (30-52)	32 (22-42)	25 (17-35)	20 (13-30)	17 (9.9-27)	15 (8.5-25)	14 (7.7-24)	14 (7.3-23)	13 (6.9-22)
5	87 (80-92)	72 (62-79)	56 (46-61)	43 (34-50)	34 (26-42)	28 (21-36)	23 (18-31)	21 (16-29)	20 (14-27)	19 (13-26)	18 (13-26)
6	94	85	70	56	45	37	31	28	27	26	25

Ten years probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Bulgaria.

Age = 55 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	21	14	9.9	7.4	5.7	4.6	3.9	3.6	3.3	3.1	3.0
1	31 (28-36)	21 (19-25)	15 (13-18)	11 (8.8-13)	8.6 (6.4-11)	6.9 (5.0-9.0)	5.8 (4.0-7.7)	5.3 (3.5-7.2)	4.9 (3.2-6.8)	4.6 (3.0-6.5)	4.4 (2.8-6.2)
2	43 (36-55)	30 (25-40)	22 (17-29)	16 (12-22)	13 (8.3-19)	10 (6.2-16)	8.5 (4.9-14)	7.7 (4.3-13)	7.2 (3.9-12)	6.8 (3.6-11)	6.4 (3.4-11)
3	57 (45-69)	42 (33-52)	31 (23-42)	23 (15-34)	18 (11-29)	15 (8.2-25)	12 (6.4-21)	11 (5.6-20)	10 (5.0-19)	9.7 (4.6-18)	9.2 (4.3-17)
4	71 (57-81)	56 (42-64)	42 (30-51)	32 (23-43)	25 (18-36)	20 (13-31)	17 (10-27)	16 (9.1-25)	15 (8.1-24)	14 (7.5-23)	13 (7.0-22)
5	84 (77-89)	70 (61-75)	55 (46-61)	43 (35-50)	34 (28-42)	28 (22-36)	24 (19-31)	21 (16-29)	20 (14-28)	19 (13-26)	18 (12-25)
6	92	82	69	56	45	37	32	29	27	25	24

Age = 60 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	20	14	10	7.6	6.0	4.8	4.1	3.7	3.4	3.1	2.9
1	29 (27-33)	21 (19-24)	15 (13-17)	11 (9.0-13)	8.8 (6.7-11)	7.1 (5.1-9.2)	6.0 (4.2-8.1)	5.5 (3.7-7.5)	5.0 (3.3-7.0)	4.7 (3.0-6.5)	4.3 (2.8-6.1)
2	41 (34-51)	30 (25-38)	22 (17-28)	16 (12-22)	13 (8.6-19)	10 (6.4-16)	8.8 (5.2-14)	7.9 (4.5-13)	7.3 (4.0-12)	6.8 (3.6-11)	6.3 (3.3-11)
3	54 (44-63)	40 (32-51)	30 (23-41)	23 (16-34)	18 (11-29)	15 (8.5-24)	12 (6.8-22)	11 (5.8-20)	10 (5.2-19)	9.6 (4.7-18)	9.0 (4.3-17)
4	68 (55-76)	53 (41-61)	41 (31-51)	32 (23-42)	25 (18-36)	20 (14-30)	17 (11-27)	16 (9.4-25)	14 (8.3-23)	13 (7.5-22)	13 (6.9-21)
5	80 (74-84)	66 (59-71)	53 (46-59)	42 (36-50)	34 (28-42)	28 (23-36)	24 (19-31)	21 (16-29)	20 (14-27)	18 (13-26)	17 (12-24)
6	88	78	66	54	44	37	32	29	26	25	23

Ten years probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Bulgaria.

Age = 65 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	21	15	11	8.5	6.6	5.3	4.6	4.1	3.7	3.4	3.1
1	30 (28-33)	22 (19-24)	16 (14-18)	12 (9.8-15)	9.7 (7.3-12)	7.8 (5.6-10)	6.8 (4.7-9.1)	6.0 (4.1-8.3)	5.5 (3.7-7.6)	5.0 (3.3-7.0)	4.6 (3.0-6.5)
2	41 (35-49)	30 (25-37)	23 (18-29)	18 (13-24)	14 (9.4-20)	11 (7.1-17)	9.7 (5.9-15)	8.7 (5.0-14)	7.9 (4.4-13)	7.2 (3.9-12)	6.6 (3.6-11)
3	53 (44-62)	41 (33-51)	31 (24-43)	24 (17-36)	19 (12-30)	16 (9.4-25)	14 (7.7-23)	12 (6.5-21)	11 (5.7-20)	10 (5.1-18)	9.4 (4.6-17)
4	65 (55-71)	53 (42-61)	42 (32-52)	33 (25-44)	26 (20-37)	21 (15-32)	19 (12-29)	17 (10-26)	15 (9.1-25)	14 (8.1-23)	13 (7.3-21)
5	76 (72-80)	65 (59-70)	53 (48-60)	43 (38-51)	35 (30-43)	29 (24-37)	25 (20-33)	23 (17-31)	21 (15-28)	19 (13-26)	18 (12-25)
6	84	76	65	54	45	38	33	30	27	25	23

Age = 70 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	24	18	13	10	8.0	6.5	5.7	5.0	4.5	4.0	3.6
1	34 (30-40)	25 (22-30)	19 (16-23)	15 (12-17)	11 (8.8-13)	9.2 (6.9-11)	7.9 (5.8-9.2)	6.9 (5.0-8.1)	6.1 (4.3-7.3)	5.5 (3.9-6.6)	5.0 (3.5-6.0)
2	46 (38-56)	35 (28-44)	27 (21-34)	21 (15-27)	16 (11-21)	13 (8.7-17)	11 (7.2-15)	9.5 (6.1-13)	8.4 (5.3-11)	7.5 (4.6-10)	6.7 (4.1-9.3)
3	59 (49-70)	47 (37-59)	37 (27-48)	28 (20-39)	22 (15-31)	18 (12-26)	15 (9.4-22)	13 (8.0-20)	11 (6.9-17)	10 (6.0-16)	9.0 (5.3-14)
4	72 (63-78)	60 (51-69)	49 (39-58)	38 (30-48)	30 (23-39)	24 (18-32)	20 (15-28)	17 (12-25)	15 (11-22)	13 (9.4-20)	12 (8.3-18)
5	81 (76-84)	72 (66-77)	62 (54-67)	50 (43-57)	40 (34-47)	32 (27-39)	27 (23-34)	23 (19-29)	20 (17-26)	18 (15-23)	16 (13-21)
6	86	81	73	63	52	42	36	30	26	23	21

Ten years probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Bulgaria.

Age = 75 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	27	21	16	12	9.5	8.0	6.8	5.9	5.2	4.6	4.1
1	39 (32-57)	30 (24-45)	23 (18-34)	18 (14-25)	14 (10-19)	11 (8.3-14)	9.4 (6.9-11)	8.0 (5.9-9.2)	6.9 (5.0-8.1)	6.1 (4.4-7.2)	5.3 (3.9-6.4)
2	52 (40-69)	42 (31-59)	33 (24-48)	26 (18-37)	20 (13-28)	16 (11-22)	13 (8.8-18)	11 (7.3-14)	9.3 (6.2-12)	8.0 (5.3-11)	7.0 (4.7-9.9)
3	65 (50-77)	56 (40-69)	46 (31-59)	36 (23-49)	28 (18-39)	23 (14-31)	18 (11-26)	15 (9.6-21)	13 (8.1-18)	11 (6.9-15)	9.2 (6.0-13)
4	75 (62-83)	68 (51-77)	59 (41-69)	49 (32-59)	39 (25-48)	31 (21-39)	25 (17-33)	21 (14-27)	17 (12-23)	14 (11-19)	12 (9.2-17)
5	82 (71-86)	77 (63-82)	71 (54-77)	62 (44-68)	51 (36-58)	43 (30-49)	35 (25-41)	28 (21-34)	23 (18-28)	19 (16-24)	16 (14-20)
6	87	84	80	73	64	55	46	38	31	26	21

Age = 80 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	27	21	17	13	10	8.7	7.4	6.3	5.4	4.7	4.1
1	38 (31-55)	31 (24-46)	24 (19-36)	19 (14-28)	15 (11-22)	12 (9.1-17)	10 (7.5-14)	8.7 (6.3-11)	7.4 (5.3-8.9)	6.3 (4.5-7.3)	5.4 (3.9-6.3)
2	50 (38-65)	41 (31-57)	34 (24-48)	27 (19-39)	21 (15-31)	17 (12-25)	14 (9.6-20)	12 (8.0-17)	10 (6.6-13)	8.5 (5.6-11)	7.2 (4.8-9.3)
3	61 (47-73)	53 (39-66)	45 (31-58)	36 (24-49)	30 (19-40)	24 (16-33)	20 (13-27)	16 (10-23)	14 (8.7-19)	11 (7.3-16)	9.6 (6.3-13)
4	70 (56-78)	63 (48-73)	56 (39-66)	48 (32-58)	40 (26-49)	33 (21-41)	27 (18-35)	23 (15-29)	19 (13-24)	15 (11-20)	13 (9.2-17)
5	77 (64-82)	72 (57-78)	66 (49-72)	59 (42-66)	51 (35-58)	44 (29-50)	37 (25-43)	31 (21-36)	25 (18-30)	21 (16-25)	17 (13-21)
6	83	79	75	69	62	55	48	40	34	28	23

Ten years probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Bulgaria.

Age = 85 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	23	19	15	12	9.7	8.2	6.9	5.9	5.0	4.3	3.7
1	33 (25-49)	27 (20-41)	21 (16-33)	17 (12-26)	14 (10-21)	12 (8.3-17)	9.7 (6.9-14)	8.2 (5.8-11)	6.9 (4.9-9.1)	5.9 (4.1-7.4)	5.0 (3.5-6.1)
2	43 (32-59)	36 (26-51)	30 (21-43)	24 (16-35)	20 (13-29)	17 (11-24)	14 (9.1-20)	11 (7.5-16)	9.6 (6.2-13)	8.0 (5.2-11)	6.8 (4.4-9.1)
3	54 (40-67)	47 (33-60)	40 (27-53)	33 (22-45)	28 (18-38)	23 (15-32)	19 (12-26)	16 (9.9-22)	13 (8.3-18)	11 (6.9-15)	9.3 (5.8-13)
4	64 (49-73)	58 (42-68)	51 (35-61)	43 (28-53)	37 (23-46)	32 (20-40)	27 (17-34)	22 (14-28)	18 (12-24)	15 (9.9-20)	13 (8.4-17)
5	72 (58-78)	67 (51-73)	61 (43-68)	54 (37-61)	48 (31-55)	42 (27-48)	36 (23-42)	30 (19-36)	25 (16-30)	21 (14-26)	17 (12-21)
6	78	75	71	65	59	53	46	40	34	28	24

Age = 90 years

Number of CRFs	BMD T-score (femoral neck)										
	-4.0	-3.5	-3.0	-2.5	-2.0	-1.5	-1.0	-0.5	0	0.5	1.0
0	17	13	11	8.8	7.5	6.4	5.5	4.7	4.0	3.5	3.0
1	23 (17-36)	19 (14-30)	15 (11-24)	13 (9.0-20)	11 (7.5-16)	9.1 (6.3-14)	7.7 (5.3-11)	6.6 (4.5-9.4)	5.6 (3.8-7.8)	4.8 (3.2-6.5)	4.0 (2.8-5.4)
2	32 (22-45)	27 (18-38)	22 (15-32)	18 (12-27)	15 (10-23)	13 (8.4-19)	11 (7.1-16)	9.3 (5.9-13)	7.8 (5.0-11)	6.6 (4.2-9.4)	5.6 (3.5-7.8)
3	42 (29-54)	36 (24-48)	30 (19-41)	25 (16-35)	21 (13-30)	18 (11-25)	15 (9.4-21)	13 (7.9-18)	11 (6.6-15)	9.2 (5.6-13)	7.8 (4.7-11)
4	52 (36-62)	46 (31-56)	40 (25-49)	34 (21-43)	29 (18-38)	25 (15-32)	22 (13-28)	18 (11-24)	15 (9.3-20)	13 (7.8-17)	11 (6.6-14)
5	62 (45-68)	56 (38-63)	50 (33-57)	44 (28-51)	39 (24-45)	34 (21-40)	29 (18-35)	25 (15-30)	21 (13-26)	18 (11-22)	15 (9.4-19)
6	70	66	61	55	50	44	39	34	29	25	21