

**Iceland - 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 Iceland. 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/m<sup>2</sup>.

**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	23	15	11	8.1	6.5	5.4	4.6	4.2	4.0	3.8	3.7
1	33 (30-41)	23 (20-28)	16 (13-20)	12 (9.4-15)	9.7 (7.0-12)	8.1 (5.6-11)	6.9 (4.6-9.3)	6.3 (4.2-8.6)	6.0 (3.9-8.3)	5.7 (3.7-8.0)	5.5 (3.6-7.7)
2	47 (39-61)	33 (26-44)	24 (18-32)	18 (12-26)	14 (8.9-22)	12 (6.9-19)	10 (5.6-17)	9.3 (5.0-16)	8.8 (4.6-15)	8.4 (4.4-14)	8.1 (4.2-14)
3	62 (49-76)	46 (35-58)	34 (24-47)	26 (16-39)	20 (12-34)	17 (9.0-29)	15 (7.3-26)	13 (6.4-24)	13 (6.0-23)	12 (5.6-23)	12 (5.4-22)
4	77 (61-87)	60 (44-69)	46 (32-57)	35 (25-48)	29 (19-41)	24 (15-36)	20 (12-32)	19 (10-30)	18 (9.6-29)	17 (9.1-28)	16 (8.7-27)
5	88 (81-93)	75 (64-80)	60 (49-66)	47 (38-56)	39 (31-48)	32 (26-42)	28 (22-37)	26 (19-35)	24 (17-33)	23 (16-32)	22 (16-31)
6	95	87	74	61	51	43	37	34	33	31	30

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

**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	26	19	14	11	8.9	7.5	6.4	5.9	5.6	5.3	5.0
1	38 (34-44)	27 (24-33)	21 (17-25)	16 (12-20)	13 (9.6-17)	11 (7.7-15)	9.4 (6.4-13)	8.8 (5.8-12)	8.2 (5.4-11)	7.8 (5.1-11)	7.4 (4.8-10)
2	51 (44-64)	39 (31-50)	29 (22-39)	23 (16-33)	19 (12-29)	16 (9.4-25)	14 (7.7-22)	13 (7.0-21)	12 (6.4-20)	11 (6.0-19)	11 (5.7-18)
3	66 (55-77)	52 (41-66)	41 (29-56)	32 (21-49)	27 (16-43)	22 (12-38)	19 (10-33)	18 (9.0-32)	17 (8.3-30)	16 (7.7-29)	15 (7.3-28)
4	79 (66-86)	66 (51-76)	53 (40-66)	44 (32-58)	36 (25-51)	31 (20-46)	27 (16-41)	25 (14-39)	23 (13-37)	22 (12-36)	21 (12-34)
5	89 (84-92)	79 (71-84)	67 (58-74)	56 (48-66)	48 (40-58)	41 (33-52)	36 (28-47)	33 (25-44)	31 (23-42)	30 (21-41)	29 (20-39)
6	95	89	80	70	60	53	46	44	41	39	38

**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	31	23	17	14	11	9.1	8.0	7.3	6.8	6.3	5.9
1	42 (39-48)	32 (28-37)	25 (20-29)	20 (15-24)	16 (12-20)	13 (9.5-18)	12 (8.0-16)	11 (7.2-15)	9.9 (6.6-14)	9.3 (6.1-13)	8.7 (5.7-12)
2	56 (49-67)	44 (36-54)	35 (26-45)	28 (19-39)	23 (15-33)	19 (12-29)	17 (9.7-26)	15 (8.6-24)	14 (7.8-23)	13 (7.2-22)	12 (6.7-21)
3	70 (60-81)	57 (46-71)	46 (34-63)	38 (25-55)	31 (19-48)	26 (15-43)	23 (13-39)	21 (11-37)	20 (10-35)	19 (9.3-33)	18 (8.6-31)
4	82 (71-88)	71 (58-80)	59 (47-72)	50 (38-65)	42 (30-58)	35 (24-51)	31 (20-47)	29 (18-45)	27 (16-42)	25 (15-40)	24 (14-38)
5	90 (87-93)	82 (77-87)	72 (65-80)	62 (55-72)	54 (46-65)	46 (38-58)	41 (32-53)	38 (29-50)	36 (26-48)	34 (24-45)	32 (23-43)
6	94	90	83	75	66	58	53	49	47	44	42

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

**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	34	26	20	16	12	10	9.1	8.2	7.5	6.9	6.4
1	46 (42-50)	36 (31-39)	28 (23-32)	22 (17-27)	18 (13-23)	15 (11-19)	13 (9.2-18)	12 (8.1-16)	11 (7.3-15)	10 (6.7-14)	9.2 (6.1-13)
2	59 (52-69)	48 (39-57)	38 (29-48)	31 (22-41)	25 (17-36)	21 (13-31)	19 (11-28)	17 (9.8-26)	15 (8.7-24)	14 (7.9-23)	13 (7.2-21)
3	72 (64-82)	61 (50-74)	50 (38-66)	41 (28-58)	34 (22-51)	28 (17-45)	25 (14-42)	23 (13-39)	21 (11-36)	20 (10-34)	18 (9.3-32)
4	83 (74-88)	73 (62-82)	63 (51-75)	53 (42-68)	45 (34-60)	38 (27-54)	34 (23-50)	31 (20-47)	29 (18-44)	27 (16-42)	25 (15-39)
5	90 (87-92)	83 (79-88)	75 (69-82)	65 (59-74)	56 (50-67)	49 (41-60)	44 (35-56)	41 (31-53)	38 (28-50)	35 (26-47)	33 (24-44)
6	93	90	84	77	69	61	56	52	48	45	43

**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	37	29	22	17	14	12	10	9.0	8.1	7.3	6.6
1	50 (45-57)	39 (34-45)	31 (26-36)	24 (20-28)	19 (15-22)	16 (12-18)	14 (10-16)	12 (9.0-14)	11 (7.9-13)	9.9 (7.1-12)	9.0 (6.4-11)
2	64 (55-74)	52 (43-63)	42 (33-52)	33 (25-42)	26 (19-34)	22 (15-28)	19 (13-25)	17 (11-22)	15 (9.5-20)	13 (8.4-18)	12 (7.6-17)
3	77 (67-86)	66 (54-78)	54 (42-68)	44 (32-58)	36 (25-49)	29 (20-42)	25 (16-37)	22 (14-33)	20 (12-30)	18 (11-27)	16 (9.7-25)
4	86 (80-90)	78 (69-85)	68 (57-77)	57 (46-68)	47 (36-58)	39 (30-51)	34 (25-45)	29 (22-41)	26 (19-37)	23 (17-34)	21 (15-31)
5	91 (89-93)	87 (83-90)	79 (74-84)	70 (63-76)	59 (52-67)	50 (44-58)	43 (38-52)	38 (33-47)	34 (29-43)	30 (26-39)	27 (23-36)
6	93	91	88	81	72	62	55	48	43	39	35

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

**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	40	32	25	19	15	13	11	9.7	8.5	7.5	6.7
1	55 (47-73)	44 (37-61)	35 (29-48)	28 (22-37)	22 (17-28)	18 (14-22)	15 (11-18)	13 (9.8-15)	11 (8.4-13)	9.9 (7.4-12)	8.8 (6.5-11)
2	69 (58-84)	59 (46-76)	48 (36-65)	39 (28-53)	30 (21-42)	25 (17-34)	21 (14-28)	18 (12-23)	15 (10-20)	13 (8.9-18)	11 (7.8-16)
3	80 (68-89)	72 (57-84)	62 (46-76)	52 (36-66)	42 (28-55)	34 (22-46)	28 (19-39)	24 (16-33)	20 (13-28)	17 (11-24)	15 (10-21)
4	87 (78-91)	82 (69-89)	75 (59-84)	66 (48-76)	55 (38-65)	46 (32-56)	38 (27-48)	32 (23-41)	27 (20-35)	23 (17-30)	20 (15-26)
5	90 (85-92)	88 (80-91)	84 (73-88)	78 (63-83)	69 (53-75)	60 (46-66)	51 (39-57)	43 (34-49)	36 (30-42)	30 (26-36)	26 (22-31)
6	91	91	89	86	81	73	64	55	47	39	33

**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	40	32	25	19	15	13	11	9.1	7.8	6.8	5.9
1	53 (46-72)	44 (37-62)	35 (29-51)	28 (22-40)	22 (17-31)	18 (14-25)	15 (12-20)	13 (9.6-16)	11 (8.0-13)	9.1 (6.8-10)	7.8 (5.8-9.1)
2	66 (55-80)	57 (46-74)	48 (36-65)	39 (29-55)	31 (22-45)	26 (18-37)	21 (15-30)	18 (12-25)	15 (10-20)	12 (8.4-16)	11 (7.1-14)
3	76 (65-85)	69 (56-81)	61 (46-74)	52 (37-66)	43 (29-56)	36 (24-47)	30 (19-39)	24 (16-33)	20 (13-27)	17 (11-23)	14 (9.3-19)
4	83 (73-88)	78 (65-85)	72 (56-81)	64 (46-74)	56 (38-66)	48 (32-57)	40 (26-49)	33 (22-41)	28 (19-35)	23 (16-29)	19 (14-25)
5	87 (80-89)	84 (75-88)	80 (68-85)	75 (60-80)	68 (51-74)	61 (44-67)	52 (38-59)	44 (32-50)	37 (28-43)	31 (24-36)	26 (20-31)
6	88	88	86	83	78	72	65	57	49	41	34

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

**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	35	28	22	17	14	12	9.6	8.0	6.7	5.7	4.8
1	47 (40-66)	39 (32-57)	32 (25-48)	25 (20-39)	21 (16-32)	17 (13-26)	14 (11-21)	12 (8.6-16)	9.6 (7.1-13)	8.0 (5.9-11)	6.7 (4.9-8.5)
2	59 (48-75)	51 (40-68)	43 (32-60)	36 (26-52)	30 (21-44)	25 (17-37)	20 (14-30)	17 (11-25)	14 (9.2-20)	11 (7.6-16)	9.4 (6.2-13)
3	70 (57-80)	63 (49-76)	56 (41-70)	48 (33-62)	41 (27-55)	35 (23-47)	29 (18-40)	24 (15-33)	20 (12-27)	16 (10-22)	13 (8.3-18)
4	77 (66-84)	73 (59-81)	67 (50-76)	60 (42-70)	53 (35-64)	46 (30-57)	40 (25-49)	33 (20-41)	28 (17-35)	23 (14-29)	19 (12-24)
5	82 (73-86)	80 (68-84)	76 (61-81)	70 (53-76)	65 (47-71)	59 (40-65)	52 (34-58)	45 (29-51)	38 (25-43)	32 (21-37)	26 (18-31)
6	85	84	82	79	75	70	64	57	50	43	36

**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	26	21	17	14	11	9.5	8.0	6.7	5.7	4.8	4.1
1	36 (29-54)	30 (23-47)	25 (19-39)	20 (15-32)	17 (13-27)	14 (10-22)	12 (8.6-18)	9.9 (7.2-15)	8.3 (6.0-12)	6.9 (5.0-10)	5.8 (4.1-8.2)
2	48 (37-65)	41 (30-58)	35 (25-51)	29 (20-43)	25 (17-37)	21 (14-32)	17 (12-27)	14 (9.6-22)	12 (7.9-18)	10 (6.6-15)	8.3 (5.4-12)
3	60 (45-73)	53 (38-68)	46 (32-61)	40 (26-54)	34 (22-47)	29 (19-41)	25 (15-35)	21 (13-30)	18 (11-25)	15 (8.8-21)	12 (7.3-17)
4	70 (55-78)	64 (47-74)	58 (40-69)	52 (34-63)	46 (29-57)	40 (25-50)	35 (21-44)	30 (17-38)	25 (15-32)	21 (12-27)	17 (10-22)
5	77 (64-81)	74 (57-79)	69 (51-75)	64 (44-70)	58 (38-65)	53 (33-59)	47 (29-53)	41 (24-46)	35 (21-40)	30 (18-34)	25 (15-29)
6	80	79	77	74	70	65	59	53	47	40	35