

Lithuania - The probabilities of a major osteoporotic fracture in men

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 Lithuania. 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 | 20 | 12 | 7.7 | 5.2 | 3.7 | 2.8 | 2.3 | 1.9 | 1.7 | 1.6 | 1.6 | |
| 1 | 29 (23-36) | 18 (16-23) | 12 (10-15) | 7.8 (6.6-10) | 5.6 (4.4-7.2) | 4.3 (3.1-5.4) | 3.4 (2.4-4.4) | 2.9 (1.9-3.9) | 2.6 (1.7-3.5) | 2.4 (1.5-3.4) | 2.3 (1.5-3.3) | |
| 2 | 40 (31-52) | 26 (20-36) | 17 (13-24) | 12 (8.9-16) | 8.3 (5.9-12) | 6.3 (4.1-9.7) | 5.1 (3.0-8.2) | 4.2 (2.4-7.2) | 3.8 (2.0-6.5) | 3.6 (1.8-6.2) | 3.4 (1.7-6.0) | |
| 3 | 52 (40-65) | 37 (27-47) | 25 (18-32) | 17 (12-23) | 12 (8.0-18) | 9.2 (5.5-15) | 7.4 (4.0-13) | 6.1 (3.1-11) | 5.4 (2.6-10) | 5.1 (2.4-9.7) | 4.9 (2.2-9.4) | |
| 4 | 65 (52-74) | 49 (36-58) | 34 (24-41) | 24 (16-30) | 17 (12-24) | 13 (8.7-19) | 10 (6.5-16) | 8.7 (5.0-14) | 7.7 (4.2-13) | 7.2 (3.8-12) | 6.9 (3.5-12) | |
| 5 | 75 (67-80) | 61 (51-68) | 45 (36-52) | 33 (25-37) | 24 (18-29) | 18 (14-23) | 15 (11-19) | 12 (9.0-17) | 11 (7.8-15) | 10 (7.0-14) | 9.6 (6.5-14) | |
| 6 | 82 | 72 | 57 | 43 | 32 | 25 | 20 | 16 | 15 | 14 | 13 | |

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

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 | 9.1 | 6.3 | 4.6 | 3.5 | 2.8 | 2.4 | 2.1 | 2.0 | 1.9 |
| 1 | 30 (26-36) | 20 (18-24) | 13 (12-17) | 9.4 (7.8-12) | 6.8 (5.4-8.4) | 5.2 (3.9-6.4) | 4.2 (2.9-5.4) | 3.5 (2.3-4.7) | 3.1 (2.0-4.3) | 2.9 (1.9-4.1) | 2.7 (1.7-3.9) |
| 2 | 41 (33-52) | 28 (22-37) | 19 (15-26) | 14 (11-18) | 10 (7.2-14) | 7.6 (5.0-11) | 6.1 (3.7-9.7) | 5.1 (2.9-8.3) | 4.5 (2.5-7.7) | 4.2 (2.2-7.3) | 4.0 (2.1-6.9) |
| 3 | 53 (42-63) | 38 (29-48) | 27 (20-34) | 19 (14-26) | 14 (9.7-21) | 11 (6.8-17) | 8.7 (5.0-15) | 7.2 (3.8-13) | 6.5 (3.3-12) | 6.0 (2.9-11) | 5.7 (2.7-11) |
| 4 | 64 (53-72) | 50 (38-58) | 37 (27-43) | 27 (19-33) | 20 (14-27) | 15 (11-22) | 12 (7.9-19) | 10 (6.0-16) | 9.0 (5.1-15) | 8.4 (4.5-14) | 7.9 (4.2-14) |
| 5 | 73 (67-78) | 61 (53-67) | 47 (39-52) | 36 (29-41) | 27 (21-33) | 21 (16-27) | 17 (13-22) | 14 (11-19) | 12 (9.1-18) | 12 (8.1-17) | 11 (7.5-16) |
| 6 | 80 | 71 | 58 | 46 | 35 | 28 | 22 | 19 | 17 | 15 | 15 |

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 | 18 | 12 | 8.8 | 6.4 | 4.9 | 3.8 | 3.1 | 2.6 | 2.4 | 2.2 | 2.0 |
| 1 | 26 (23-30) | 18 (16-21) | 13 (11-15) | 9.4 (7.7-11) | 7.1 (5.5-8.5) | 5.6 (4.1-7.0) | 4.6 (3.2-5.9) | 3.8 (2.6-5.1) | 3.4 (2.3-4.8) | 3.2 (2.0-4.5) | 3.0 (1.9-4.2) |
| 2 | 35 (28-43) | 25 (20-32) | 18 (15-23) | 13 (10-18) | 10 (7.3-14) | 8.1 (5.3-12) | 6.5 (4.0-10) | 5.5 (3.2-8.8) | 4.9 (2.8-8.2) | 4.6 (2.5-7.7) | 4.3 (2.3-7.3) |
| 3 | 45 (36-54) | 34 (27-41) | 25 (20-32) | 19 (14-26) | 14 (9.8-21) | 11 (7.1-18) | 9.2 (5.4-15) | 7.7 (4.2-13) | 7.0 (3.6-12) | 6.4 (3.2-12) | 6.0 (2.9-11) |
| 4 | 56 (46-64) | 44 (35-51) | 33 (25-40) | 25 (19-33) | 20 (14-27) | 16 (11-23) | 13 (8.3-19) | 11 (6.5-17) | 9.6 (5.6-16) | 8.9 (4.9-15) | 8.3 (4.5-14) |
| 5 | 66 (59-70) | 54 (47-59) | 43 (36-48) | 33 (28-40) | 26 (21-33) | 21 (17-27) | 17 (14-23) | 14 (11-20) | 13 (9.6-18) | 12 (8.5-17) | 11 (7.7-16) |
| 6 | 73 | 64 | 53 | 43 | 34 | 27 | 23 | 19 | 17 | 16 | 15 |

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

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 | 15 | 11 | 7.9 | 6.0 | 4.7 | 3.7 | 3.1 | 2.6 | 2.3 | 2.1 | 2.0 |
| 1 | 20 (18-23) | 15 (13-17) | 11 (9.4-13) | 8.6 (6.8-9.9) | 6.7 (5.1-8.1) | 5.4 (3.9-6.8) | 4.4 (3.1-5.8) | 3.7 (2.5-5.1) | 3.4 (2.2-4.7) | 3.1 (2.0-4.3) | 2.9 (1.8-4.1) |
| 2 | 28 (23-33) | 21 (17-25) | 16 (13-20) | 12 (9.2-16) | 9.5 (6.8-13) | 7.6 (5.1-11) | 6.2 (3.9-9.6) | 5.3 (3.2-8.5) | 4.8 (2.7-7.8) | 4.4 (2.4-7.3) | 4.1 (2.2-6.8) |
| 3 | 36 (29-43) | 28 (22-34) | 21 (17-28) | 17 (12-23) | 13 (9.1-20) | 11 (6.8-17) | 8.7 (5.2-14) | 7.4 (4.2-13) | 6.7 (3.6-12) | 6.1 (3.2-11) | 5.7 (2.8-10) |
| 4 | 45 (38-52) | 36 (29-42) | 28 (22-35) | 22 (17-29) | 18 (13-25) | 14 (10-21) | 12 (7.9-18) | 10 (6.3-16) | 9.1 (5.4-15) | 8.4 (4.8-14) | 7.7 (4.3-13) |
| 5 | 54 (49-59) | 45 (39-50) | 36 (31-42) | 29 (25-35) | 23 (19-30) | 19 (16-25) | 16 (13-21) | 13 (10-19) | 12 (9.0-17) | 11 (7.9-16) | 10 (7.1-15) |
| 6 | 63 | 54 | 45 | 37 | 30 | 25 | 21 | 18 | 16 | 15 | 14 |

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 | 13 | 9.5 | 7.3 | 5.6 | 4.4 | 3.5 | 2.8 | 2.4 | 2.2 | 1.9 | 1.8 |
| 1 | 18 (15-23) | 14 (11-17) | 10 (8.3-13) | 8.0 (6.2-9.9) | 6.2 (4.7-7.7) | 4.9 (3.7-6.0) | 4.0 (2.9-4.8) | 3.4 (2.4-4.0) | 3.0 (2.1-3.5) | 2.6 (1.8-3.2) | 2.4 (1.6-2.9) |
| 2 | 25 (20-32) | 19 (15-25) | 15 (11-20) | 11 (8.4-15) | 8.8 (6.4-12) | 6.9 (4.8-9.5) | 5.5 (3.7-7.6) | 4.6 (3.0-6.5) | 4.0 (2.6-5.7) | 3.6 (2.2-5.1) | 3.2 (2.0-4.6) |
| 3 | 34 (27-42) | 27 (20-34) | 21 (15-28) | 16 (11-22) | 12 (8.6-17) | 9.7 (6.5-14) | 7.7 (5.0-11) | 6.4 (4.1-9.6) | 5.5 (3.4-8.4) | 4.8 (3.0-7.5) | 4.3 (2.6-6.8) |
| 4 | 44 (36-52) | 36 (28-43) | 28 (21-35) | 22 (16-28) | 17 (12-23) | 13 (9.5-18) | 11 (7.4-15) | 8.7 (6.0-12) | 7.5 (5.1-11) | 6.5 (4.4-9.8) | 5.8 (3.8-8.8) |
| 5 | 54 (46-60) | 46 (38-52) | 37 (30-43) | 30 (24-35) | 23 (19-29) | 18 (15-23) | 14 (11-18) | 12 (9.4-16) | 10 (8.0-13) | 8.7 (7.0-12) | 7.6 (6.2-11) |
| 6 | 63 | 55 | 47 | 39 | 31 | 25 | 20 | 16 | 13 | 12 | 10 |

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

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 | 12 | 9.0 | 7.0 | 5.4 | 4.3 | 3.4 | 2.7 | 2.3 | 2.0 | 1.8 | 1.6 |
| 1 | 18 (13-31) | 14 (10-25) | 11 (7.9-19) | 8.5 (6.0-14) | 6.6 (4.6-11) | 5.1 (3.6-8.1) | 4.0 (2.8-6.2) | 3.4 (2.3-4.9) | 2.9 (2.0-3.9) | 2.5 (1.7-3.2) | 2.2 (1.5-2.6) |
| 2 | 27 (18-41) | 21 (14-33) | 17 (11-26) | 13 (8.1-20) | 10 (6.3-16) | 7.8 (4.9-12) | 6.0 (3.8-9.1) | 4.9 (3.1-7.3) | 4.1 (2.6-5.8) | 3.5 (2.2-4.8) | 3.0 (1.9-4.0) |
| 3 | 37 (24-50) | 30 (19-42) | 24 (15-34) | 19 (11-27) | 15 (8.6-22) | 12 (6.6-17) | 8.9 (5.1-13) | 7.2 (4.2-11) | 5.9 (3.4-8.6) | 4.9 (2.9-7.1) | 4.1 (2.5-5.9) |
| 4 | 48 (31-58) | 41 (25-51) | 34 (20-43) | 27 (15-35) | 22 (12-29) | 17 (9.4-23) | 13 (7.3-18) | 11 (6.0-14) | 8.5 (5.0-12) | 6.9 (4.2-9.5) | 5.7 (3.6-7.9) |
| 5 | 58 (39-65) | 51 (33-58) | 44 (27-51) | 37 (21-44) | 30 (17-36) | 24 (13-29) | 19 (11-23) | 15 (8.8-19) | 12 (7.4-15) | 9.9 (6.3-13) | 8.1 (5.4-10) |
| 6 | 68 | 62 | 55 | 48 | 40 | 33 | 27 | 22 | 17 | 14 | 11 |

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 | 11 | 8.9 | 7.2 | 5.8 | 4.7 | 3.8 | 3.1 | 2.7 | 2.3 | 2.1 | 1.8 |
| 1 | 17 (12-29) | 14 (9.7-24) | 11 (7.7-19) | 8.8 (6.1-15) | 7.1 (4.9-12) | 5.7 (3.9-9.6) | 4.6 (3.1-7.6) | 3.9 (2.6-6.2) | 3.3 (2.2-5.1) | 2.9 (1.9-4.2) | 2.5 (1.7-3.5) |
| 2 | 24 (16-38) | 20 (13-32) | 16 (10-26) | 13 (8.2-21) | 11 (6.6-17) | 8.4 (5.2-13) | 6.8 (4.2-11) | 5.7 (3.6-8.7) | 4.8 (3.0-7.2) | 4.1 (2.5-5.9) | 3.5 (2.2-5.0) |
| 3 | 33 (20-46) | 28 (17-39) | 23 (14-33) | 19 (11-28) | 15 (8.8-23) | 12 (7.1-18) | 9.9 (5.7-15) | 8.3 (4.8-12) | 6.9 (4.0-9.9) | 5.8 (3.4-8.2) | 4.9 (2.9-6.9) |
| 4 | 43 (26-53) | 37 (22-47) | 31 (18-41) | 26 (15-35) | 22 (12-29) | 18 (9.6-24) | 14 (7.8-19) | 12 (6.5-16) | 9.8 (5.5-13) | 8.2 (4.6-11) | 6.9 (3.9-9.2) |
| 5 | 53 (34-60) | 47 (28-54) | 41 (24-47) | 35 (19-41) | 29 (16-35) | 24 (13-30) | 20 (11-25) | 17 (8.9-21) | 14 (7.6-17) | 12 (6.5-15) | 9.6 (5.6-12) |
| 6 | 63 | 57 | 51 | 45 | 39 | 33 | 27 | 23 | 19 | 16 | 13 |

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

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 | 11 | 9.5 | 8.0 | 6.6 | 5.5 | 4.6 | 3.9 | 3.5 | 3.1 | 2.7 | 2.4 |
| 1 | 17 (12-28) | 14 (9.8-24) | 12 (8.1-20) | 9.8 (6.7-17) | 8.2 (5.5-14) | 6.8 (4.6-11) | 5.8 (3.8-9.5) | 5.0 (3.3-8.1) | 4.4 (2.9-6.8) | 3.8 (2.5-5.8) | 3.4 (2.2-5.0) |
| 2 | 24 (15-36) | 20 (13-31) | 17 (11-27) | 14 (8.8-23) | 12 (7.3-19) | 9.9 (6.0-16) | 8.4 (5.1-13) | 7.2 (4.4-11) | 6.3 (3.8-9.4) | 5.4 (3.3-8.0) | 4.7 (2.9-6.9) |
| 3 | 32 (20-44) | 27 (17-39) | 24 (14-34) | 20 (12-29) | 17 (9.8-25) | 14 (8.1-21) | 12 (6.8-17) | 10 (5.9-15) | 8.9 (5.1-13) | 7.7 (4.4-11) | 6.6 (3.9-9.3) |
| 4 | 41 (25-51) | 36 (22-46) | 32 (18-41) | 27 (16-36) | 23 (13-31) | 20 (11-26) | 17 (9.3-23) | 15 (8.0-20) | 13 (6.9-17) | 11 (6.0-15) | 9.3 (5.2-12) |
| 5 | 51 (33-58) | 46 (28-53) | 41 (24-48) | 36 (21-42) | 31 (17-37) | 27 (15-32) | 23 (12-28) | 20 (11-25) | 17 (9.4-22) | 15 (8.2-19) | 13 (7.2-16) |
| 6 | 61 | 56 | 51 | 46 | 41 | 35 | 31 | 27 | 24 | 21 | 18 |

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 | 11 | 9.4 | 8.0 | 6.8 | 5.7 | 4.8 | 4.2 | 3.7 | 3.3 | 2.9 | 2.6 |
| 1 | 16 (12-27) | 14 (9.8-23) | 12 (8.3-20) | 10 (7.0-17) | 8.5 (5.9-14) | 7.2 (5.0-12) | 6.3 (4.3-10) | 5.5 (3.8-9.0) | 4.9 (3.3-7.8) | 4.3 (2.9-6.8) | 3.8 (2.5-5.9) |
| 2 | 23 (15-35) | 20 (13-31) | 17 (11-27) | 15 (9.4-23) | 13 (7.9-20) | 11 (6.7-17) | 9.3 (5.8-14) | 8.1 (5.1-13) | 7.1 (4.5-11) | 6.3 (3.9-9.6) | 5.5 (3.4-8.3) |
| 3 | 31 (20-43) | 27 (17-38) | 24 (15-34) | 21 (13-30) | 18 (11-26) | 15 (9.1-22) | 13 (7.9-20) | 12 (6.9-17) | 10 (6.0-15) | 9.1 (5.3-13) | 8.0 (4.6-11) |
| 4 | 40 (26-50) | 36 (22-46) | 32 (19-42) | 29 (17-37) | 25 (14-33) | 22 (12-29) | 19 (11-26) | 17 (9.5-23) | 15 (8.3-20) | 13 (7.3-18) | 11 (6.4-15) |
| 5 | 50 (33-57) | 46 (29-53) | 42 (25-49) | 38 (22-44) | 34 (19-40) | 30 (16-35) | 26 (14-32) | 24 (13-28) | 21 (11-25) | 19 (10-23) | 16 (8.8-20) |
| 6 | 59 | 56 | 52 | 48 | 43 | 39 | 35 | 32 | 29 | 26 | 23 |