Palestine - 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 Palestine. 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	15	9.5	6.1	4.2	3.1	2.4	1.9	1.7	1.5	1.4	1.3
1	23 (19-29)	15 (13-19)	9.4 (8.3-12)	6.4 (5.4-8.1)	4.7 (3.6-5.9)	3.6 (2.6-4.5)	2.9 (2.0-3.8)	2.5 (1.7-3.3)	2.2 (1.5-3.0)	2.1 (1.4-2.9)	2.0 (1.3-2.8)
2	34 (25-46)	22 (17-31)	14 (11-20)	9.7 (7.3-14)	7.0 (4.8-10)	5.4 (3.4-8.3)	4.4 (2.6-7.1)	3.7 (2.0-6.2)	3.3 (1.8-5.7)	3.1 (1.6-5.4)	3.0 (1.5-5.2)
3	47 (34-61)	31 (22-42)	21 (15-27)	14 (10-20)	10 (6.5-16)	7.9 (4.6-13)	6.4 (3.4-11)	5.4 (2.7-9.9)	4.8 (2.3-9.0)	4.5 (2.1-8.6)	4.3 (2.0-8.3)
4	61 (46-74)	43 (30-54)	30 (20-37)	21 (14-26)	15 (9.8-21)	11 (7.5-17)	9.2 (5.6-15)	7.7 (4.4-13)	6.8 (3.7-12)	6.4 (3.4-11)	6.1 (3.2-11)
5	74 (65-82)	57 (47-66)	41 (32-47)	29 (22-33)	21 (16-25)	16 (12-21)	13 (9.8-17)	11 (8.1-15)	9.6 (7.0-14)	9.0 (6.3-13)	8.6 (5.9-12)
6	85	71	54	39	29	22	18	15	13	12	12

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

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	18	12	7.8	5.5	4.0	3.1	2.5	2.1	1.9	1.8	1.7
1	27 (23-32)	17 (16-21)	12 (10-14)	8.2 (6.9-10)	6.1 (4.8-7.4)	4.7 (3.5-5.8)	3.8 (2.7-4.9)	3.2 (2.2-4.3)	2.9 (1.9-3.9)	2.7 (1.7-3.7)	2.5 (1.6-3.5)
2	37 (30-49)	25 (20-34)	17 (14-23)	12 (9.3-16)	9.0 (6.4-13)	6.9 (4.5-10)	5.6 (3.4-8.8)	4.7 (2.7-7.6)	4.2 (2.3-7.0)	3.9 (2.1-6.7)	3.7 (1.9-6.3)
3	50 (39-62)	36 (27-44)	25 (19-32)	18 (13-25)	13 (8.6-20)	10 (6.0-16)	8.1 (4.5-14)	6.7 (3.5-12)	6.0 (3.0-11)	5.6 (2.7-10)	5.3 (2.5-%10.0
4	63 (50-74)	48 (35-57)	34 (24-40)	25 (17-31)	18 (13-25)	14 (9.7-21)	11 (7.3-18)	9.5 (5.7-15)	8.5 (4.8-14)	7.9 (4.3-13)	7.5 (4.0-13)
5	75 (68-82)	60 (52-68)	46 (38-51)	34 (27-39)	25 (20-31)	20 (16-25)	16 (12-21)	13 (10-18)	12 (8.7-17)	11 (7.7-16)	10 (7.1-15)
6	84	73	58	45	34	27	22	18	16	15	14

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	8.4	6.0	4.5	3.6	2.9	2.4	2.1	2.0	1.8
1	25 (23-29)	17 (16-20)	12 (11-14)	8.9 (7.5-11)	6.7 (5.3-8.0)	5.2 (3.9-6.5)	4.2 (3.0-5.5)	3.5 (2.4-4.7)	3.2 (2.1-4.3)	2.9 (1.9-4.0)	2.7 (1.7-3.8)
2	35 (29-44)	25 (20-32)	18 (15-23)	13 (10-17)	9.8 (7.1-13)	7.6 (5.1-11)	6.1 (3.9-9.4)	5.1 (3.0-8.1)	4.6 (2.6-7.5)	4.2 (2.3-7.0)	3.9 (2.1-6.6)
3	46 (37-55)	34 (27-41)	25 (19-32)	18 (14-25)	14 (9.5-21)	11 (6.9-17)	8.8 (5.1-15)	7.3 (4.0-13)	6.5 (3.4-12)	6.0 (3.0-11)	5.6 (2.7-10)
4	58 (47-66)	45 (35-51)	34 (25-40)	25 (19-32)	19 (14-26)	15 (11-22)	12 (8.2-19)	10 (6.4-16)	9.1 (5.4-15)	8.4 (4.7-14)	7.8 (4.3-13)
5	69 (63-74)	56 (50-62)	44 (38-49)	34 (28-39)	26 (22-32)	21 (17-26)	17 (13-22)	14 (11-19)	13 (9.4-17)	11 (8.2-16)	11 (7.4-15)
6	78	67	55	44	35	28	23	19	17	15	14

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

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	16	12	8.5	6.3	4.8	3.8	3.0	2.5	2.3	2.0	1.9
1	23 (21-26)	17 (15-19)	12 (11-14)	9.1 (7.6-10)	7.0 (5.5-8.1)	5.5 (4.2-6.7)	4.4 (3.2-5.6)	3.7 (2.6-4.9)	3.3 (2.2-4.5)	3.0 (2.0-4.1)	2.7 (1.8-3.8)
2	31 (26-38)	23 (19-29)	17 (14-21)	13 (10-16)	%10.0 (7.4-13	7.8 (5.5-11)	6.3 (4.1-9.4)	5.3 (3.3-8.2)	4.7 (2.8-7.5)	4.2 (2.4-6.9)	3.9 (2.1-6.4)
3	41 (33-48)	31 (25-37)	24 (19-30)	18 (14-25)	14 (10-20)	11 (7.3-17)	8.9 (5.5-14)	7.4 (4.3-12)	6.6 (3.6-11)	6.0 (3.2-11)	5.5 (2.8-9.9)
4	51 (43-58)	41 (33-46)	32 (25-38)	24 (19-31)	19 (14-26)	15 (11-21)	12 (8.6-18)	10 (6.8-16)	9.1 (5.7-15)	8.3 (4.9-13)	7.6 (4.3-13)
5	61 (56-65)	51 (45-55)	41 (36-46)	32 (28-38)	25 (22-31)	20 (17-26)	17 (14-22)	14 (11-19)	12 (9.4-17)	11 (8.2-16)	10 (7.2-15)
6	70	60	50	41	33	27	22	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	14	10	7.9	6.0	4.7	3.7	3.0	2.5	2.2	2.0	1.8
1	20 (18-25)	15 (13-19)	11 (9.5-14)	8.7 (7.0-11)	6.7 (5.3-8.2)	5.3 (4.0-6.4)	4.2 (3.1-5.0)	3.5 (2.5-4.2)	3.1 (2.2-3.6)	2.7 (1.9-3.2)	2.4 (1.7-2.9)
2	29 (23-36)	22 (17-28)	17 (13-21)	13 (9.4-16)	9.6 (7.1-13)	7.5 (5.3-10)	5.9 (4.1-8.0)	4.9 (3.3-6.7)	4.2 (2.8-5.9)	3.7 (2.4-5.2)	3.3 (2.1-4.7)
3	39 (31-48)	31 (24-39)	23 (17-31)	18 (13-24)	14 (9.6-19)	11 (7.2-15)	8.3 (5.5-12)	6.8 (4.4-10)	5.8 (3.6-8.9)	5.1 (3.1-7.9)	4.5 (2.7-7.1)
4	51 (42-58)	41 (33-49)	32 (25-39)	25 (19-31)	19 (14-25)	15 (11-20)	12 (8.3-16)	9.4 (6.6-13)	8.0 (5.5-12)	6.9 (4.7-10)	6.1 (4.1-9.1)
5	62 (54-67)	52 (45-58)	43 (36-48)	34 (28-39)	27 (21-31)	21 (17-25)	16 (13-20)	13 (10-17)	11 (8.8-14)	9.3 (7.5-12)	8.1 (6.6-11)
6	71	63	54	45	36	28	22	18	15	12	11

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

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	11	8.8	6.9	5.4	4.3	3.4	2.8	2.4	2.1	1.9	1.7
1	18 (13-30)	14 (10-24)	11 (7.9-18)	8.3 (6.0-14)	6.5 (4.7-10)	5.1 (3.6-7.7)	4.0 (2.9-5.8)	3.4 (2.4-4.6)	2.9 (2.0-3.8)	2.5 (1.8-3.1)	2.2 (1.6-2.6)
2	27 (18-41)	21 (14-33)	16 (11-26)	13 (8.1-20)	9.8 (6.3-15)	7.6 (4.9-12)	6.0 (3.8-8.9)	4.9 (3.1-7.1)	4.1 (2.6-5.8)	3.5 (2.2-4.7)	3.0 (1.9-4.0)
3	38 (24-51)	30 (19-42)	24 (14-34)	19 (11-27)	15 (8.5-21)	11 (6.6-17)	8.8 (5.1-13)	7.1 (4.2-10)	5.9 (3.5-8.5)	4.9 (3.0-7.1)	4.2 (2.6-6.0)
4	50 (32-60)	42 (26-52)	34 (20-44)	27 (16-36)	22 (12-28)	17 (9.6-22)	13 (7.5-17)	10 (6.2-14)	8.4 (5.2-11)	6.9 (4.4-9.4)	5.8 (3.8-8.0)
5	61 (42-68)	54 (34-61)	46 (28-53)	38 (22-44)	31 (18-36)	24 (14-29)	19 (11-23)	15 (9.1-18)	12 (7.7-15)	9.9 (6.6-12)	8.1 (5.8-10)
6	72	65	58	50	42	34	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	8.8	7.1	5.7	4.6	3.7	3.0	2.5	2.1	1.9	1.6	1.5
1	14 (%10.0-24)	11 (7.9-19)	8.7 (6.2-15)	6.9 (4.9-12)	5.5 (3.9-9.1)	4.4 (3.1-7.1)	3.6 (2.5-5.5)	3.1 (2.1-4.5)	2.6 (1.8-3.7)	2.3 (1.6-3.1)	2.0 (1.4-2.6)
2	20 (13-32)	16 (11-26)	13 (8.4-21)	10 (6.6-17)	8.3 (5.3-13)	6.6 (4.2-10)	5.3 (3.4-8.2)	4.5 (2.8-6.7)	3.8 (2.4-5.5)	3.2 (2.0-4.6)	2.8 (1.8-3.8)
3	29 (18-41)	24 (14-34)	19 (11-28)	15 (9.1-23)	12 (7.2-18)	9.8 (5.7-14)	7.8 (4.6-11)	6.5 (3.8-9.3)	5.4 (3.2-7.7)	4.5 (2.7-6.4)	3.9 (2.3-5.5)
4	39 (23-49)	33 (19-42)	27 (15-36)	22 (12-29)	18 (9.9-24)	14 (7.9-19)	11 (6.4-15)	9.4 (5.4-12)	7.8 (4.6-10)	6.5 (3.9-8.6)	5.4 (3.4-7.3)
5	50 (31-56)	43 (25-50)	37 (21-43)	31 (17-36)	25 (14-30)	20 (11-24)	16 (9.0-20)	14 (7.6-17)	11 (6.5-14)	9.2 (5.6-11)	7.6 (4.8-9.6)
6	61	54	48	41	34	28	23	19	16	13	11

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

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	6.6	5.4	4.4	3.6	3.0	2.5	2.1	1.8	1.6	1.4	1.2
1	10 (7.1-18)	8.3 (5.8-15)	6.8 (4.7-12)	5.6 (3.8-9.6)	4.6 (3.1-7.8)	3.7 (2.5-6.3)	3.1 (2.1-5.1)	2.7 (1.8-4.3)	2.3 (1.6-3.6)	2.0 (1.4-3.0)	1.8 (1.2-2.6)
2	15 (9.6-24)	13 (7.9-20)	10 (6.4-17)	8.4 (5.2-14)	6.9 (4.2-11)	5.6 (3.5-8.9)	4.7 (2.9-7.3)	4.0 (2.5-6.2)	3.4 (2.1-5.2)	2.9 (1.8-4.4)	2.5 (1.6-3.7)
3	22 (13-32)	18 (11-27)	15 (8.7-22)	12 (7.2-19)	10 (5.9-15)	8.4 (4.8-12)	6.9 (4.0-10)	5.9 (3.4-8.6)	5.0 (2.9-7.2)	4.2 (2.5-6.1)	3.6 (2.1-5.1)
4	30 (17-39)	26 (14-34)	22 (12-29)	18 (9.8-24)	15 (8.0-20)	12 (6.6-17)	10 (5.5-14)	8.6 (4.7-12)	7.3 (4.0-9.8)	6.1 (3.4-8.3)	5.2 (2.9-7.0)
5	40 (23-46)	35 (19-41)	30 (16-35)	25 (13-30)	21 (11-26)	18 (9.0-21)	15 (7.6-18)	12 (6.5-15)	11 (5.6-13)	8.9 (4.8-11)	7.5 (4.2-9.4)
6	51	45	40	34	29	25	21	18	15	13	11

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	5.1	4.3	3.7	3.1	2.6	2.2	2.0	1.7	1.6	1.4	1.2
1	7.8 (5.2-14)	6.6 (4.4-12)	5.6 (3.7-10)	4.7 (3.1-8.5)	4.0 (2.6-7.1)	3.4 (2.2-6.0)	2.9 (1.9-5.2)	2.6 (1.7-4.5)	2.3 (1.5-3.9)	2.0 (1.3-3.4)	1.8 (1.2-2.9)
2	12 (7.0-19)	9.8 (5.9-16)	8.4 (5.0-14)	7.1 (4.2-12)	6.0 (3.5-10)	5.1 (2.9-8.5)	4.4 (2.6-7.3)	3.9 (2.2-6.3)	3.4 (2.0-5.5)	3.0 (1.7-4.8)	2.6 (1.5-4.1)
3	17 (9.4-25)	14 (8.0-21)	12 (6.7-18)	10 (5.7-16)	8.8 (4.8-13)	7.5 (4.0-11)	6.5 (3.5-9.9)	5.7 (3.0-8.6)	5.0 (2.7-7.5)	4.3 (2.3-6.5)	3.8 (2.1-5.7)
4	23 (13-31)	20 (11-27)	18 (9.1-24)	15 (7.7-21)	13 (6.5-18)	11 (5.5-15)	9.5 (4.8-13)	8.3 (4.2-11)	7.2 (3.7-10)	6.3 (3.2-8.8)	5.5 (2.8-7.6)
5	32 (17-37)	28 (15-33)	24 (12-29)	21 (11-26)	18 (8.9-22)	16 (7.6-19)	14 (6.6-17)	12 (5.8-15)	10 (5.1-13)	9.1 (4.5-12)	7.9 (3.9-10)
6	42	37	33	29	25	22	19	17	15	13	11