Pakistan - 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 body mass index (BMI kg/m²), the number of clinical risk factors (CRF) and age. Each table provides a mean estimate and a range, based on the epidemiology of Pakistan. The range is not a confidence interval, but because the weight of different risk factors varies, is a true range.

Age = 50 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	1.4	1.3	1.2	1.0	0.9	0.8	0.7
1	2.3 (1.6-3.6)	2.0 (1.4-3.0)	1.9 (1.3-2.6)	1.6 (1.1-2.3)	1.4 (1.0-2.0)	1.2 (0.8-1.7)	1.1 (0.7-1.5)
2	3.8 (2.1-6.3)	3.2 (1.7-5.5)	2.9 (1.6-5.1)	2.6 (1.3-4.4)	2.2 (1.2-3.9)	1.9 (1.0-3.4)	1.7 (0.9-2.9)
3	6.2 (3.1-11)	5.1 (2.5-9.1)	4.5 (2.2-8.3)	3.9 (1.9-7.2)	3.4 (1.6-6.3)	2.9 (1.4-5.5)	2.6 (1.2-4.8)
4	9.9 (5.2-15)	8.0 (4.3-13)	6.9 (3.7-11)	6.0 (3.1-9.9)	5.2 (2.7-8.6)	4.5 (2.3-7.4)	3.9 (2.0-6.5)
5	15 (9.1-20)	12 (7.6-16)	10 (6.8-14)	9.0 (5.9-12)	7.7 (5.1-10)	6.7 (4.4-9.1)	5.8 (3.8-7.9)
6	24	19	15	13	11	9.9	8.5

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

Age = 55 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	2.4	2.1	2.0	1.7	1.5	1.3	1.1
1	4.0 (2.8-5.9)	3.4 (2.4-4.9)	3.1 (2.1-4.3)	2.7 (1.8-3.7)	2.3 (1.6-3.2)	2.0 (1.4-2.8)	1.8 (1.2-2.4)
2	6.5 (3.7-10)	5.4 (3.0-8.8)	4.8 (2.6-8.1)	4.2 (2.3-7.0)	3.6 (2.0-6.1)	3.1 (1.7-5.3)	2.7 (1.5-4.7)
3	10 (5.7-17)	8.5 (4.4-14)	7.4 (3.7-13)	6.4 (3.2-11)	5.5 (2.7-9.9)	4.8 (2.3-8.6)	4.1 (2.0-7.5)
4	16 (9.2-24)	13 (7.7-20)	11 (6.3-18)	9.6 (5.4-15)	8.3 (4.6-13)	7.2 (3.9-12)	6.2 (3.3-10)
5	25 (16-31)	20 (13-25)	17 (11-22)	14 (9.7-19)	12 (8.4-16)	11 (7.2-14)	9.2 (6.3-12)
6	36	29	24	21	18	16	13

Age = 60 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	4.4	3.8	3.4	3.0	2.6	2.2	1.9
1	7.1 (5.2-10)	6.0 (4.3-8.3)	5.4 (3.7-7.2)	4.6 (3.2-6.2)	4.0 (2.7-5.3)	3.4 (2.4-4.6)	3.0 (2.0-3.9)
2	11 (6.9-17)	9.3 (5.5-14)	8.2 (4.7-13)	7.1 (4.0-11)	6.1 (3.4-9.9)	5.2 (2.9-8.7)	4.5 (2.5-7.5)
3	17 (11-26)	14 (8.2-23)	12 (6.7-21)	11 (5.7-18)	9.2 (4.8-16)	7.9 (4.1-14)	6.8 (3.5-12)
4	26 (16-36)	21 (14-31)	18 (11-28)	16 (9.6-24)	14 (8.1-21)	12 (6.8-18)	10 (5.8-16)
5	37 (26-45)	31 (22-39)	27 (19-34)	23 (16-30)	20 (14-26)	17 (12-22)	15 (10-20)
6	51	44	38	33	28	24	21

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

Age = 65 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	7.2	6.2	5.5	4.8	4.1	3.5	3.0
1	11 (8.4-15)	9.5 (6.9-13)	8.5 (6.0-11)	7.3 (5.1-9.4)	6.2 (4.4-8.1)	5.4 (3.7-7.0)	4.6 (3.2-6.0)
2	17 (11-24)	14 (9.1-21)	13 (7.7-20)	11 (6.5-17)	9.4 (5.5-15)	8.1 (4.7-13)	6.9 (4.0-11)
3	25 (17-35)	21 (14-32)	19 (11-30)	16 (9.4-26)	14 (7.9-23)	12 (6.7-20)	10 (5.6-17)
4	36 (25-47)	31 (21-42)	27 (18-39)	23 (15-34)	20 (13-30)	17 (11-26)	15 (9.1-23)
5	48 (37-56)	42 (32-51)	38 (29-47)	33 (25-41)	28 (21-36)	24 (18-32)	21 (16-28)
6	60	55	50	44	39	34	29

Age = 70 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	9.6	8.4	7.6	6.5	5.5	4.7	4.0
1	15 (11-18)	13 (9.3-16)	11 (8.3-14)	9.5 (7.0-12)	8.0 (5.9-10)	6.8 (5.0-8.9)	5.8 (4.2-7.6)
2	22 (15-30)	19 (12-26)	16 (11-23)	14 (8.9-19)	12 (7.4-16)	9.9 (6.3-14)	8.4 (5.3-12)
3	32 (22-43)	27 (19-38)	24 (15-34)	20 (13-29)	17 (11-25)	14 (9.0-21)	12 (7.6-18)
4	44 (32-56)	39 (28-51)	33 (24-46)	29 (20-40)	24 (17-34)	21 (14-30)	17 (12-25)
5	56 (50-65)	52 (45-61)	46 (39-55)	40 (33-49)	34 (28-42)	29 (23-37)	25 (19-32)
6	68	65	60	53	46	40	34

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

Age = 75 years

Number of CRFs	BMI kg/m²						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	11	9.9	9.1	7.7	6.5	5.5	4.6
1	17 (12-25)	15 (11-20)	13 (9.8-16)	11 (8.2-14)	9.4 (6.8-12)	7.9 (5.7-9.8)	6.6 (4.8-8.3)
2	26 (17-39)	23 (14-33)	20 (13-27)	16 (11-23)	14 (8.8-19)	11 (7.3-16)	9.5 (6.1-13)
3	37 (23-52)	33 (21-46)	29 (19-40)	24 (16-34)	20 (13-28)	17 (11-24)	14 (8.8-20)
4	49 (33-62)	46 (31-59)	41 (28-54)	34 (23-47)	29 (19-40)	24 (16-34)	20 (13-29)
5	61 (48-70)	58 (45-68)	54 (43-64)	47 (37-57)	41 (31-50)	34 (26-43)	29 (22-37)
6	71	70	67	61	54	47	40

Age = 80 years

Number of CRFs	BMI kg/m²						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	12	11	10.0	8.3	6.9	5.8	4.8
1	18 (13-27)	16 (12-23)	15 (11-19)	12 (8.8-16)	10 (7.2-13)	8.3 (6.0-10)	6.9 (4.9-8.4)
2	26 (17-39)	24 (16-34)	21 (14-29)	18 (12-24)	15 (9.5-20)	12 (7.8-16)	10.0 (6.4-13)
3	37 (23-51)	34 (22-46)	30 (20-41)	25 (17-34)	21 (14-29)	17 (11-24)	14 (9.1-20)
4	48 (33-60)	45 (31-56)	42 (29-53)	35 (24-46)	30 (20-40)	25 (17-34)	20 (13-28)
5	59 (45-67)	56 (43-65)	54 (41-63)	47 (35-56)	40 (30-49)	34 (25-43)	29 (21-36)
6	68	67	65	59	52	45	39

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

Age = 85 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	11	11	11	8.7	7.2	5.9	4.9
1	18 (12-27)	16 (11-24)	15 (11-20)	13 (8.9-17)	10 (7.3-13)	8.5 (5.9-11)	7.0 (4.8-8.7)
2	26 (17-39)	24 (16-35)	22 (14-30)	18 (12-25)	15 (9.6-21)	12 (7.8-17)	10.0 (6.3-14)
3	36 (23-50)	34 (21-47)	31 (20-42)	26 (16-36)	21 (13-30)	17 (11-25)	14 (8.6-21)
4	48 (32-60)	45 (30-56)	42 (29-53)	35 (24-46)	30 (20-40)	25 (16-34)	20 (13-28)
5	58 (44-66)	56 (42-65)	53 (40-62)	47 (34-56)	40 (29-49)	34 (24-42)	28 (20-36)
6	67	66	64	58	52	45	38

Age = 90 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	10	10.0	11	8.8	7.3	6.0	5.0
1	15 (11-24)	15 (10-21)	15 (10-19)	12 (8.5-16)	10 (7.0-13)	8.3 (5.7-10)	6.9 (4.7-8.5)
2	23 (15-35)	21 (14-31)	21 (14-28)	17 (11-24)	14 (9.0-20)	12 (7.4-16)	9.5 (6.0-13)
3	32 (20-45)	30 (18-42)	28 (18-39)	24 (15-33)	20 (12-28)	16 (9.7-23)	13 (7.8-19)
4	43 (28-55)	40 (27-52)	38 (26-49)	32 (21-42)	27 (18-36)	22 (14-30)	18 (12-25)
5	54 (40-62)	51 (38-60)	49 (37-58)	42 (31-51)	36 (26-45)	30 (22-38)	25 (18-32)
6	62	62	60	53	47	40	34