Portugal - The probabilities of a hip fracture in men

The following tables give the 10-year probability (%) of a hip 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 Portugal. 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	9.6	5.1	2.7	1.4	0.8	0.4	0.2	0.1	0.1	0.0	0.0
1	15 (10-19)	8.1 (5.4-11)	4.3 (2.9-5.7)	2.3 (1.5-3.0)	1.2 (0.8-1.6)	0.6 (0.4-0.8)	0.3 (0.2-0.4)	0.2 (0.1-0.2)	0.1 (0.1-0.1)	0.1 (0.0-0.1)	0.0 (0.0-0.0)
2	23 (14-32)	13 (7.6-19)	6.8 (4.0-10)	3.7 (2.1-5.5)	1.9 (1.1-2.9)	1.0 (0.6-1.6)	0.5 (0.3-0.8)	0.3 (0.2-0.4)	0.1 (0.1-0.2)	0.1 (0.1-0.1)	0.0 (0.0-0.1)
3	33 (20-48)	19 (11-29)	11 (6.1-17)	5.7 (3.2-9.2)	3.0 (1.7-4.9)	1.6 (0.9-2.6)	0.8 (0.5-1.4)	0.4 (0.2-0.7)	0.2 (0.1-0.4)	0.1 (0.1-0.2)	0.1 (0.0-0.1)
4	46 (32-62)	28 (18-41)	16 (10-24)	8.8 (5.5-14)	4.7 (2.9-7.4)	2.5 (1.5-4.0)	1.3 (0.8-2.1)	0.7 (0.4-1.1)	0.4 (0.2-0.6)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
5	60 (50-73)	40 (31-52)	24 (18-33)	13 (9.8-19)	7.2 (5.3-10)	3.9 (2.8-5.6)	2.0 (1.5-3.0)	1.1 (0.8-1.6)	0.6 (0.4-0.8)	0.3 (0.2-0.5)	0.2 (0.1-0.3)
6	75	54	34	20	11	5.9	3.1	1.7	0.9	0.5	0.3

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

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	9.9	5.5	3.1	1.7	0.9	0.5	0.3	0.2	0.1	0.1	0.0
1	15 (10-19)	8.6 (5.8-11)	4.8 (3.2-5.9)	2.6 (1.8-3.3)	1.4 (1.0-1.8)	0.8 (0.5-1.0)	0.4 (0.3-0.5)	0.2 (0.2-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.1)	0.0 (0.0-0.1)
2	22 (14-31)	13 (8.2-18)	7.4 (4.5-11)	4.1 (2.5-5.9)	2.3 (1.4-3.3)	1.2 (0.7-1.8)	0.7 (0.4-1.0)	0.4 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.0-0.1)
3	32 (21-45)	19 (12-29)	11 (6.8-17)	6.3 (3.8-9.7)	3.5 (2.1-5.4)	1.9 (1.1-3.0)	1.1 (0.6-1.7)	0.6 (0.3-0.9)	0.3 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
4	44 (33-59)	28 (20-40)	17 (11-25)	9.5 (6.3-14)	5.3 (3.5-8.1)	2.9 (1.9-4.5)	1.6 (1.1-2.5)	0.9 (0.6-1.4)	0.5 (0.3-0.8)	0.3 (0.2-0.4)	0.2 (0.1-0.3)
5	58 (50-70)	39 (32-51)	24 (19-33)	14 (11-20)	8.0 (6.3-11)	4.5 (3.5-6.4)	2.5 (1.9-3.5)	1.4 (1.0-2.0)	0.8 (0.6-1.1)	0.4 (0.3-0.6)	0.2 (0.2-0.4)
6	71	52	34	21	12	6.7	3.7	2.0	1.2	0.7	0.4

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	9.9	5.9	3.4	2.0	1.2	0.7	0.4	0.2	0.1	0.1	0.1
1	15 (10-17)	8.9 (6.2-10)	5.3 (3.6-6.2)	3.1 (2.1-3.6)	1.8 (1.2-2.1)	1.0 (0.7-1.2)	0.6 (0.4-0.7)	0.4 (0.2-0.4)	0.2 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.1)
2	21 (14-28)	13 (8.6-18)	7.9 (5.1-11)	4.7 (3.0-6.4)	2.7 (1.7-3.8)	1.6 (1.0-2.2)	0.9 (0.6-1.3)	0.5 (0.3-0.7)	0.3 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
3	30 (21-40)	19 (13-27)	12 (7.7-17)	7.0 (4.5-10)	4.1 (2.6-6.1)	2.4 (1.5-3.6)	1.4 (0.9-2.1)	0.8 (0.5-1.2)	0.5 (0.3-0.7)	0.3 (0.2-0.4)	0.2 (0.1-0.3)
4	41 (31-53)	27 (20-37)	17 (12-24)	10 (7.3-15)	6.2 (4.3-9.1)	3.6 (2.5-5.4)	2.1 (1.5-3.2)	1.2 (0.9-1.9)	0.7 (0.5-1.1)	0.4 (0.3-0.7)	0.3 (0.2-0.4)
5	53 (47-63)	37 (32-47)	24 (20-32)	15 (13-21)	9.1 (7.5-13)	5.4 (4.5-7.6)	3.2 (2.6-4.5)	1.9 (1.5-2.6)	1.1 (0.9-1.6)	0.7 (0.6-1.0)	0.4 (0.3-0.6)
6	65	48	33	21	13	8.0	4.7	2.8	1.7	1.0	0.6

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

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	9.9	6.2	3.9	2.4	1.5	0.9	0.6	0.4	0.2	0.1	0.1
1	14 (10-16)	9.2 (6.6-11)	5.8 (4.1-6.7)	3.6 (2.5-4.2)	2.2 (1.6-2.6)	1.4 (1.0-1.6)	0.9 (0.6-1.0)	0.5 (0.4-0.6)	0.3 (0.2-0.4)	0.2 (0.2-0.3)	0.1 (0.1-0.2)
2	20 (14-25)	13 (9.2-17)	8.5 (5.8-11)	5.3 (3.6-6.9)	3.3 (2.2-4.3)	2.1 (1.4-2.7)	1.3 (0.8-1.7)	0.8 (0.5-1.0)	0.5 (0.3-0.7)	0.3 (0.2-0.4)	0.2 (0.1-0.3)
3	28 (21-35)	19 (14-24)	12 (8.6-16)	7.8 (5.4-11)	4.9 (3.4-6.7)	3.1 (2.1-4.2)	1.9 (1.3-2.6)	1.2 (0.8-1.7)	0.8 (0.5-1.1)	0.5 (0.3-0.7)	0.3 (0.2-0.4)
4	37 (30-46)	26 (20-34)	17 (13-23)	11 (8.5-15)	7.1 (5.4-%10.0	4.5 (3.3-6.3)	2.8 (2.1-4.0)	1.8 (1.3-2.5)	1.1 (0.8-1.6)	0.7 (0.5-1.0)	0.5 (0.3-0.7)
5	47 (43-56)	34 (31-43)	24 (21-31)	16 (14-21)	10 (8.8-14)	6.5 (5.5-8.9)	4.1 (3.5-5.6)	2.6 (2.2-3.5)	1.6 (1.4-2.3)	1.1 (0.9-1.5)	0.7 (0.6-0.9)
6	58	44	32	22	14	9.3	5.9	3.7	2.4	1.5	1.0

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	10	6.7	4.5	2.9	1.9	1.3	0.8	0.6	0.4	0.3	0.2
1	16 (14-20)	11 (9.4-14)	7.2 (6.3-9.3)	4.8 (4.2-6.2)	3.2 (2.7-4.1)	2.1 (1.8-2.7)	1.4 (1.2-1.8)	0.9 (0.8-1.2)	0.6 (0.5-0.8)	0.4 (0.4-0.5)	0.3 (0.2-0.4)
2	23 (20-29)	16 (14-21)	11 (9.3-15)	7.6 (6.2-10)	5.1 (4.1-6.8)	3.4 (2.7-4.5)	2.2 (1.8-3.0)	1.5 (1.2-2.0)	1.0 (0.8-1.4)	0.7 (0.5-0.9)	0.5 (0.4-0.6)
3	33 (27-40)	24 (20-30)	17 (14-21)	12 (9.3-15)	8.1 (6.3-10)	5.4 (4.2-6.9)	3.6 (2.8-4.6)	2.4 (1.9-3.1)	1.6 (1.3-2.1)	1.1 (0.8-1.4)	0.8 (0.6-1.0)
4	45 (38-51)	35 (28-40)	25 (20-30)	18 (14-22)	13 (9.5-15)	8.5 (6.4-10)	5.7 (4.2-6.9)	3.9 (2.9-4.7)	2.6 (1.9-3.2)	1.8 (1.3-2.2)	1.2 (0.9-1.5)
5	56 (48-60)	46 (38-50)	36 (29-39)	27 (21-29)	19 (15-21)	13 (10-15)	9.0 (6.8-10)	6.1 (4.7-6.9)	4.2 (3.2-4.8)	2.9 (2.2-3.3)	2.0 (1.5-2.2)
6	66	57	47	37	28	20	14	9.6	6.7	4.6	3.2

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

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	10	7.3	5.2	3.7	2.6	1.8	1.2	0.9	0.6	0.5	0.3
1	18 (14-35)	13 (10-27)	9.6 (7.3-20)	6.9 (5.1-15)	4.9 (3.6-11)	3.4 (2.5-7.5)	2.4 (1.8-5.3)	1.7 (1.3-3.8)	1.2 (0.9-2.7)	0.9 (0.6-2.0)	0.6 (0.5-1.4)
2	28 (19-45)	21 (14-36)	16 (10-28)	12 (7.2-21)	8.6 (5.1-16)	6.2 (3.6-12)	4.4 (2.5-8.3)	3.2 (1.8-6.0)	2.3 (1.3-4.4)	1.6 (0.9-3.2)	1.2 (0.7-2.3)
3	39 (25-54)	32 (19-46)	25 (14-38)	19 (10-30)	14 (7.2-23)	10 (5.1-17)	7.5 (3.6-12)	5.5 (2.6-9.0)	4.0 (1.9-6.6)	2.9 (1.4-4.8)	2.1 (1.0-3.5)
4	52 (33-63)	44 (26-55)	36 (20-46)	29 (15-38)	22 (11-30)	17 (7.7-23)	12 (5.4-17)	9.2 (4.0-12)	6.8 (2.9-9.2)	4.9 (2.1-6.8)	3.6 (1.5-5.0)
5	63 (42-69)	56 (34-63)	48 (27-55)	40 (21-46)	33 (16-38)	25 (11-30)	19 (8.2-22)	15 (6.1-17)	11 (4.4-13)	8.2 (3.2-9.4)	6.0 (2.4-7.0)
6	73	67	60	53	44	36	29	22	17	13	9.7

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	10	7.7	5.8	4.3	3.2	2.4	1.7	1.3	1.0	0.8	0.6
1	17 (13-33)	13 (9.9-27)	10 (7.5-21)	7.8 (5.6-17)	5.9 (4.2-13)	4.4 (3.1-9.7)	3.3 (2.3-7.3)	2.5 (1.7-5.6)	1.9 (1.3-4.3)	1.5 (1.0-3.3)	1.1 (0.8-2.5)
2	26 (17-43)	21 (13-36)	17 (9.9-30)	13 (7.5-24)	10 (5.6-18)	7.6 (4.2-14)	5.8 (3.2-11)	4.4 (2.4-8.4)	3.4 (1.9-6.5)	2.6 (1.4-5.0)	2.0 (1.1-3.9)
3	36 (22-52)	30 (17-45)	25 (13-38)	20 (10-31)	16 (7.9-25)	12 (5.9-20)	9.5 (4.5-16)	7.4 (3.4-12)	5.8 (2.6-9.7)	4.4 (2.0-7.5)	3.4 (1.5-5.8)
4	47 (28-59)	41 (23-53)	35 (18-46)	29 (14-39)	24 (11-32)	19 (8.5-26)	15 (6.5-21)	12 (5.0-17)	9.3 (3.9-13)	7.2 (3.0-10)	5.6 (2.3-8.1)
5	58 (37-65)	52 (31-59)	46 (25-52)	40 (20-46)	33 (16-39)	27 (12-32)	22 (9.6-26)	18 (7.5-21)	14 (5.8-17)	11 (4.5-14)	8.9 (3.5-11)
6	68	63	57	51	44	38	31	26	21	17	14

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

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	8.9	7.0	5.5	4.3	3.4	2.6	2.1	1.6	1.3	1.0	0.8
1	15 (11-30)	12 (9.0-25)	9.8 (7.1-21)	7.8 (5.6-17)	6.2 (4.4-13)	4.8 (3.4-11)	3.8 (2.7-8.5)	3.1 (2.2-6.9)	2.5 (1.7-5.5)	2.0 (1.4-4.4)	1.6 (1.1-3.6)
2	23 (15-40)	19 (12-34)	16 (9.3-28)	13 (7.4-23)	10 (5.8-19)	8.3 (4.6-15)	6.6 (3.6-12)	5.4 (2.9-10)	4.4 (2.4-8.3)	3.5 (1.9-6.7)	2.8 (1.5-5.4)
3	33 (20-48)	29 (16-42)	24 (13-37)	20 (10-31)	16 (8.1-26)	13 (6.4-21)	11 (5.1-18)	8.9 (4.1-15)	7.3 (3.3-12)	5.9 (2.7-9.9)	4.8 (2.1-8.0)
4	45 (26-56)	39 (21-51)	34 (18-45)	29 (14-39)	24 (11-33)	20 (9.1-28)	17 (7.4-24)	14 (6.0-20)	12 (4.9-16)	9.5 (3.9-14)	7.7 (3.2-11)
5	56 (34-62)	51 (29-57)	45 (24-51)	40 (20-46)	34 (16-40)	29 (13-34)	25 (11-29)	21 (8.9-25)	18 (7.3-21)	15 (5.9-17)	12 (4.8-14)
6	66	61	57	51	46	40	35	30	26	22	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	6.2	5.1	4.2	3.4	2.8	2.3	1.9	1.6	1.3	1.1	0.9
1	11 (8.0-23)	9.1 (6.6-19)	7.5 (5.4-16)	6.2 (4.5-13)	5.1 (3.6-11)	4.2 (3.0-9.3)	3.5 (2.5-7.8)	3.0 (2.1-6.6)	2.5 (1.7-5.6)	2.1 (1.5-4.7)	1.8 (1.2-4.0)
2	17 (10-31)	15 (8.6-27)	12 (7.1-23)	10 (5.9-19)	8.7 (4.8-16)	7.2 (3.9-14)	6.1 (3.3-12)	5.2 (2.8-9.8)	4.4 (2.4-8.3)	3.7 (2.0-7.1)	3.1 (1.7-6.0)
3	26 (14-39)	23 (12-35)	19 (9.8-30)	16 (8.1-26)	14 (6.7-22)	12 (5.5-19)	9.9 (4.6-16)	8.5 (3.9-14)	7.2 (3.3-12)	6.2 (2.8-10)	5.2 (2.3-8.7)
4	36 (19-47)	32 (16-43)	28 (14-38)	24 (11-33)	21 (9.6-29)	18 (7.9-25)	15 (6.7-22)	13 (5.7-19)	11 (4.8-16)	9.8 (4.1-14)	8.4 (3.4-12)
5	48 (27-54)	43 (23-49)	39 (20-44)	34 (17-40)	30 (14-35)	26 (12-31)	23 (9.9-27)	20 (8.4-24)	17 (7.2-20)	15 (6.1-18)	13 (5.2-15)
6	58	54	50	46	41	36	32	29	25	22	19