

Russia - 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 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 Russia. 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/m ²)						
	15	20	25	30	35	40	45
0	4.1	4.4	4.7	4.1	3.6	3.1	2.7
1	6.3 (4.0-9.1)	6.7 (4.4-9.4)	7.1 (4.7-9.7)	6.2 (4.1-8.5)	5.4 (3.5-7.4)	4.7 (3.1-6.4)	4.1 (2.7-5.6)
2	9.3 (5.0-16)	9.9 (5.3-18)	10 (5.6-18)	9.2 (4.9-16)	8.0 (4.2-14)	7.0 (3.7-13)	6.1 (3.2-11)
3	14 (6.9-23)	14 (7.2-25)	15 (7.5-27)	13 (6.5-23)	12 (5.7-21)	10 (4.9-18)	8.9 (4.3-16)
4	19 (9.8-30)	20 (10-32)	21 (11-34)	19 (9.6-30)	16 (8.3-27)	14 (7.2-24)	13 (6.3-21)
5	26 (17-35)	28 (19-37)	29 (21-39)	26 (18-35)	23 (16-31)	20 (14-28)	17 (12-24)
6	35	37	39	34	31	27	24

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.1	4.4	4.7	4.1	3.6	3.1	2.7
1	6.1 (3.9-8.7)	6.6 (4.3-9.1)	7.1 (4.7-9.6)	6.2 (4.0-8.3)	5.4 (3.5-7.2)	4.7 (3.0-6.3)	4.0 (2.6-5.5)
2	9.0 (4.9-16)	9.7 (5.3-17)	10 (5.6-18)	9.0 (4.8-16)	7.9 (4.2-14)	6.8 (3.6-12)	5.9 (3.1-11)
3	13 (6.8-21)	14 (7.3-23)	15 (7.6-26)	13 (6.6-23)	11 (5.7-20)	9.8 (4.9-17)	8.6 (4.2-15)
4	18 (9.7-28)	19 (10-30)	21 (11-33)	18 (9.5-29)	16 (8.2-26)	14 (7.0-23)	12 (6.1-20)
5	25 (16-33)	26 (18-36)	28 (20-38)	25 (18-34)	22 (15-30)	19 (13-26)	17 (12-23)
6	33	35	37	33	29	26	22

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.0	4.4	4.8	4.2	3.6	3.1	2.7
1	6.0 (3.9-8.4)	6.6 (4.3-9.0)	7.2 (4.7-9.5)	6.2 (4.1-8.3)	5.4 (3.5-7.2)	4.7 (3.0-6.2)	4.0 (2.6-5.4)
2	8.7 (4.9-15)	9.6 (5.3-16)	10 (5.7-18)	9.0 (4.9-16)	7.8 (4.2-14)	6.8 (3.6-12)	5.9 (3.1-10)
3	12 (6.7-20)	14 (7.4-22)	15 (7.8-25)	13 (6.7-22)	11 (5.7-19)	9.6 (4.9-17)	8.3 (4.2-15)
4	17 (9.7-26)	19 (10-29)	20 (11-32)	18 (9.5-28)	15 (8.1-25)	13 (6.9-22)	12 (5.9-19)
5	23 (16-31)	25 (18-34)	27 (20-37)	24 (17-33)	21 (15-29)	18 (13-25)	16 (11-22)
6	30	33	36	32	28	24	21

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.0	4.4	4.8	4.1	3.5	3.0	2.6
1	5.8 (3.9-8.0)	6.4 (4.3-8.6)	7.0 (4.7-9.2)	6.0 (4.0-8.0)	5.2 (3.4-6.9)	4.5 (2.9-6.0)	3.8 (2.5-5.2)
2	8.4 (5.0-14)	9.3 (5.3-16)	10 (5.7-17)	8.7 (4.9-15)	7.5 (4.1-13)	6.4 (3.5-11)	5.5 (3.0-9.8)
3	12 (6.6-19)	13 (7.3-21)	14 (7.9-23)	12 (6.7-20)	11 (5.7-18)	9.1 (4.8-15)	7.8 (4.1-13)
4	16 (9.8-24)	18 (10-27)	20 (11-30)	17 (9.4-26)	15 (8.0-23)	13 (6.7-20)	11 (5.7-18)
5	22 (15-29)	24 (17-32)	26 (19-35)	23 (17-31)	20 (14-27)	17 (12-24)	15 (11-21)
6	28	31	34	30	26	22	19

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.0	4.3	4.7	4.0	3.4	2.9	2.4
1	5.9 (4.0-7.7)	6.2 (4.3-8.2)	6.6 (4.6-8.8)	5.6 (3.9-7.5)	4.7 (3.3-6.4)	4.0 (2.7-5.4)	3.4 (2.3-4.6)
2	8.5 (5.2-13)	8.8 (5.5-13)	9.3 (5.8-14)	7.8 (4.8-12)	6.6 (4.0-9.9)	5.6 (3.4-8.4)	4.7 (2.8-7.1)
3	12 (7.0-19)	12 (7.4-19)	13 (8.0-19)	11 (6.7-16)	9.1 (5.5-14)	7.7 (4.6-12)	6.5 (3.8-9.8)
4	17 (11-25)	17 (11-25)	18 (12-26)	15 (9.5-22)	13 (7.9-19)	11 (6.5-16)	8.8 (5.4-13)
5	24 (19-31)	24 (19-31)	24 (19-32)	20 (16-27)	17 (13-23)	14 (11-20)	12 (8.8-17)
6	32	32	32	27	23	19	16

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.6	4.8	5.1	4.3	3.6	3.0	2.5
1	7.0 (4.6-10)	7.1 (4.8-9.5)	7.3 (5.1-9.1)	6.0 (4.2-7.7)	5.0 (3.5-6.5)	4.2 (2.9-5.5)	3.5 (2.4-4.6)
2	11 (6.1-17)	11 (6.3-16)	10 (6.6-15)	8.6 (5.4-12)	7.1 (4.4-10)	5.8 (3.6-8.4)	4.8 (3.0-6.9)
3	16 (8.4-26)	15 (8.5-24)	15 (8.9-22)	12 (7.3-18)	10 (5.9-15)	8.2 (4.8-12)	6.7 (3.9-10)
4	23 (13-34)	22 (13-32)	21 (13-30)	18 (11-25)	14 (8.7-21)	12 (7.1-17)	9.5 (5.8-14)
5	32 (21-41)	31 (21-39)	30 (22-38)	25 (18-32)	20 (15-27)	17 (12-22)	13 (10-18)
6	43	41	40	34	28	23	19

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	5.7	5.8	6.0	4.9	4.1	3.4	2.8
1	8.8 (5.8-14)	8.7 (5.9-13)	8.7 (6.1-12)	7.1 (4.9-9.3)	5.8 (4.0-7.4)	4.8 (3.3-6.0)	3.9 (2.7-4.8)
2	13 (7.8-21)	13 (7.8-20)	13 (8.0-18)	10 (6.5-15)	8.3 (5.2-12)	6.8 (4.2-9.6)	5.5 (3.4-7.8)
3	19 (11-30)	19 (11-28)	18 (11-26)	15 (8.7-22)	12 (7.0-18)	9.7 (5.6-14)	7.8 (4.5-12)
4	27 (16-38)	26 (16-36)	25 (16-34)	21 (13-28)	17 (10-24)	14 (8.4-19)	11 (6.7-16)
5	37 (24-46)	35 (24-44)	34 (24-42)	28 (20-36)	23 (16-30)	19 (13-25)	16 (11-21)
6	48	45	44	38	32	26	21

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	7.0	6.7	6.5	5.3	4.3	3.5	2.9
1	11 (7.5-18)	10 (7.1-16)	9.8 (6.8-14)	7.9 (5.5-11)	6.4 (4.4-8.9)	5.2 (3.5-7.0)	4.2 (2.8-5.6)
2	17 (10-27)	16 (9.6-25)	15 (9.2-22)	12 (7.4-17)	9.5 (5.9-14)	7.6 (4.7-11)	6.1 (3.8-8.9)
3	25 (14-37)	23 (13-34)	21 (13-31)	17 (10-26)	14 (8.0-21)	11 (6.4-17)	9.0 (5.1-14)
4	34 (21-46)	32 (20-43)	30 (19-40)	25 (15-34)	20 (12-28)	16 (9.9-23)	13 (7.8-19)
5	45 (31-53)	42 (29-51)	40 (28-49)	34 (23-42)	28 (19-36)	23 (15-30)	19 (12-25)
6	55	53	51	45	38	32	26

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	7.1	6.5	6.1	4.9	3.9	3.2	2.5
1	12 (7.8-19)	10 (7.0-17)	9.5 (6.5-14)	7.6 (5.2-11)	6.0 (4.1-8.9)	4.8 (3.2-7.0)	3.8 (2.6-5.5)
2	18 (11-29)	16 (9.8-25)	14 (9.0-22)	12 (7.1-18)	9.2 (5.6-14)	7.3 (4.4-11)	5.8 (3.5-8.7)
3	26 (15-39)	24 (14-35)	21 (13-31)	17 (9.9-26)	14 (7.8-21)	11 (6.2-17)	8.7 (4.8-13)
4	36 (22-48)	33 (20-45)	30 (19-41)	25 (15-34)	20 (12-28)	16 (9.7-23)	13 (7.6-19)
5	47 (33-55)	44 (30-53)	41 (28-50)	35 (23-43)	29 (18-37)	24 (15-31)	19 (12-25)
6	57	55	53	46	39	33	27