Hungary - 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 Hungary. 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	18	11	7.2	4.9	3.6	2.8	2.3	2.0	1.8	1.7	1.6
1	26 (22-33)	17 (15-21)	11 (9.4-14)	7.4 (6.0-9.6)	5.4 (4.1-7.0)	4.2 (3.0-5.4)	3.5 (2.3-4.5)	2.9 (1.9-4.0)	2.6 (1.7-3.7)	2.5 (1.6-3.5)	2.4 (1.5-3.4)
2	36 (28-47)	24 (18-33)	16 (12-22)	11 (8.2-15)	8.0 (5.5-12)	6.2 (3.9-9.8)	5.1 (2.9-8.4)	4.3 (2.4-7.4)	3.9 (2.0-6.8)	3.7 (1.9-6.5)	3.5 (1.8-6.3)
3	47 (36-59)	33 (24-43)	23 (16-29)	16 (11-22)	12 (7.4-18)	9.0 (5.2-15)	7.3 (3.9-13)	6.2 (3.1-11)	5.5 (2.7-10)	5.3 (2.4-10)	5.0 (2.3-9.7)
4	59 (47-68)	44 (32-53)	31 (22-37)	22 (15-29)	16 (11-23)	13 (8.2-19)	10 (6.1-16)	8.7 (4.8-14)	7.8 (4.1-13)	7.4 (3.8-13)	7.1 (3.6-12)
5	69 (60-74)	55 (45-62)	41 (32-46)	30 (23-35)	22 (17-28)	17 (13-23)	14 (11-19)	12 (8.9-17)	11 (7.7-15)	10 (7.0-15)	9.7 (6.6-14)
6	76	66	52	39	30	23	19	16	14	14	13

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

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	20	13	9.0	6.4	4.8	3.8	3.1	2.6	2.4	2.2	2.1
1	28 (25-34)	19 (17-24)	13 (11-16)	9.4 (7.5-12)	7.1 (5.3-8.8)	5.6 (3.9-7.0)	4.5 (3.1-6.0)	3.8 (2.5-5.2)	3.5 (2.2-4.8)	3.3 (2.1-4.6)	3.1 (1.9-4.4)
2	38 (30-48)	27 (21-35)	19 (15-25)	14 (10-18)	10 (7.0-15)	8.0 (5.1-12)	6.5 (3.9-11)	5.5 (3.1-9.3)	5.0 (2.7-8.6)	4.7 (2.5-8.2)	4.5 (2.3-7.9)
3	49 (39-58)	36 (28-44)	26 (20-33)	19 (14-27)	14 (9.4-22)	11 (6.8-18)	9.2 (5.1-16)	7.8 (4.1-14)	7.1 (3.5-13)	6.7 (3.2-12)	6.3 (3.0-12)
4	59 (49-67)	46 (36-54)	34 (26-41)	26 (19-33)	20 (14-27)	16 (10-23)	13 (7.8-20)	11 (6.2-18)	9.8 (5.3-16)	9.2 (4.8-16)	8.7 (4.5-15)
5	67 (60-72)	56 (48-61)	44 (36-50)	34 (27-40)	26 (21-33)	21 (16-28)	17 (13-24)	15 (11-21)	13 (9.5-19)	12 (8.6-18)	12 (8.0-17)
6	74	65	54	43	34	27	23	19	17	16	16

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	13	9.1	6.8	5.2	4.1	3.4	2.9	2.6	2.4	2.3
1	25 (23-30)	18 (16-21)	13 (11-16)	9.8 (7.7-12)	7.5 (5.6-9.1)	6.0 (4.3-7.6)	4.9 (3.4-6.5)	4.1 (2.7-5.6)	3.8 (2.4-5.3)	3.5 (2.2-5.0)	3.3 (2.1-4.7)
2	34 (28-41)	25 (20-31)	18 (15-23)	14 (10-19)	11 (7.5-15)	8.5 (5.5-13)	7.0 (4.3-11)	5.9 (3.4-9.7)	5.4 (3.0-9.1)	5.0 (2.7-8.6)	4.7 (2.5-8.1)
3	44 (35-52)	33 (26-40)	25 (20-32)	19 (14-27)	15 (10-22)	12 (7.4-19)	9.8 (5.6-16)	8.3 (4.5-14)	7.5 (3.9-13)	7.0 (3.5-13)	6.6 (3.2-12)
4	53 (44-61)	42 (34-49)	33 (25-40)	25 (19-33)	20 (15-28)	16 (11-24)	13 (8.5-21)	11 (6.7-18)	10 (5.8-17)	9.6 (5.2-16)	9.0 (4.8-15)
5	62 (55-67)	52 (45-57)	42 (35-48)	33 (27-40)	26 (21-33)	21 (17-28)	18 (14-24)	15 (12-21)	14 (10-20)	13 (9.0-19)	12 (8.2-18)
6	69	60	50	41	34	28	23	20	18	17	16

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

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	8.2	6.2	4.8	3.9	3.1	2.7	2.4	2.2	2.0
1	21 (19-24)	15 (13-18)	12 (9.5-13)	8.8 (7.0-10)	6.9 (5.2-8.3)	5.5 (4.0-6.9)	4.5 (3.1-5.9)	3.8 (2.6-5.2)	3.4 (2.2-4.8)	3.2 (2.0-4.4)	2.9 (1.8-4.2)
2	28 (23-33)	21 (17-25)	16 (13-20)	12 (9.3-16)	9.7 (6.9-14)	7.7 (5.2-11)	6.3 (4.0-9.8)	5.4 (3.2-8.6)	4.9 (2.8-8.0)	4.4 (2.5-7.5)	4.1 (2.2-7.0)
3	36 (29-42)	28 (22-34)	21 (17-28)	17 (13-23)	13 (9.2-19)	11 (6.9-17)	8.7 (5.3-14)	7.4 (4.2-13)	6.7 (3.6-12)	6.2 (3.2-11)	5.7 (2.9-10)
4	44 (37-51)	35 (29-42)	28 (22-35)	22 (17-29)	18 (14-25)	14 (10-21)	12 (7.8-18)	10 (6.3-16)	9.1 (5.4-15)	8.4 (4.7-14)	7.7 (4.2-13)
5	52 (47-58)	44 (38-49)	35 (30-42)	28 (24-35)	23 (19-29)	19 (15-25)	16 (13-21)	13 (10-19)	12 (8.9-17)	11 (7.9-16)	10 (7.1-15)
6	60	51	43	36	29	24	20	17	16	14	13

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	7.8	6.0	4.7	3.8	3.1	2.6	2.3	2.1	1.9
1	19 (16-24)	15 (12-18)	11 (8.7-14)	8.5 (6.5-11)	6.7 (5.0-8.3)	5.3 (3.8-6.5)	4.2 (3.0-5.2)	3.6 (2.5-4.3)	3.2 (2.2-3.8)	2.8 (1.9-3.4)	2.6 (1.7-3.1)
2	26 (21-33)	20 (16-26)	16 (12-21)	12 (8.8-16)	9.3 (6.7-13)	7.3 (5.1-10)	5.8 (3.9-8.2)	4.9 (3.2-7.0)	4.3 (2.7-6.1)	3.8 (2.4-5.5)	3.4 (2.1-4.9)
3	35 (27-42)	27 (21-35)	21 (16-28)	17 (12-22)	13 (9.0-18)	10 (6.8-14)	8.0 (5.3-12)	6.7 (4.3-10)	5.8 (3.6-8.8)	5.1 (3.1-7.9)	4.5 (2.7-7.1)
4	44 (35-51)	36 (28-43)	29 (21-35)	23 (16-29)	18 (13-23)	14 (9.6-19)	11 (7.5-15)	9.0 (6.1-13)	7.7 (5.1-11)	6.8 (4.4-10)	6.0 (3.9-9.2)
5	53 (45-59)	45 (37-51)	37 (30-43)	30 (24-36)	24 (19-29)	19 (15-24)	15 (12-19)	12 (9.5-16)	10 (8.1-14)	8.9 (7.0-12)	7.8 (6.2-11)
6	62	54	46	38	31	25	20	16	14	12	10

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

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	14	11	8.8	7.0	5.6	4.5	3.6	3.1	2.8	2.5	2.2
1	21 (15-35)	17 (12-28)	13 (9.3-23)	11 (7.3-18)	8.3 (5.7-14)	6.6 (4.5-10)	5.3 (3.6-8.0)	4.5 (3.0-6.5)	3.8 (2.6-5.3)	3.3 (2.2-4.3)	2.9 (2.0-3.6)
2	29 (19-44)	24 (15-37)	19 (12-30)	15 (9.6-24)	12 (7.6-19)	9.7 (6.0-15)	7.6 (4.7-12)	6.3 (3.9-9.4)	5.4 (3.3-7.8)	4.6 (2.8-6.5)	4.0 (2.5-5.5)
3	38 (25-52)	32 (20-45)	27 (16-38)	22 (13-31)	17 (10-25)	14 (8.0-20)	11 (6.4-16)	9.0 (5.3-13)	7.5 (4.4-11)	6.3 (3.8-9.1)	5.4 (3.3-7.7)
4	48 (32-59)	42 (26-52)	35 (21-46)	30 (17-39)	24 (14-32)	19 (11-26)	15 (8.5-21)	13 (7.1-17)	10 (6.0-14)	8.7 (5.1-12)	7.3 (4.4-10)
5	58 (40-65)	51 (34-59)	45 (28-52)	38 (23-45)	32 (19-39)	26 (15-32)	21 (12-27)	18 (10-22)	14 (8.8-19)	12 (7.6-16)	9.9 (6.7-13)
6	67	61	55	48	41	35	29	24	20	16	13

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	15	12	10	8.1	6.6	5.4	4.5	3.9	3.4	3.0	2.7
1	22 (16-36)	18 (13-31)	15 (11-25)	12 (8.4-21)	9.8 (6.8-17)	8.0 (5.4-13)	6.5 (4.4-11)	5.6 (3.8-8.7)	4.8 (3.2-7.2)	4.2 (2.8-6.0)	3.6 (2.4-5.0)
2	30 (21-45)	25 (17-39)	21 (14-33)	17 (11-27)	14 (9.0-22)	12 (7.3-18)	9.5 (5.9-14)	8.0 (5.0-12)	6.8 (4.3-10)	5.8 (3.6-8.3)	5.0 (3.1-7.1)
3	39 (26-53)	34 (22-47)	29 (18-41)	24 (15-34)	20 (12-29)	16 (9.7-24)	14 (7.9-19)	11 (6.7-16)	9.6 (5.7-14)	8.1 (4.9-11)	6.9 (4.2-9.7)
4	49 (33-60)	44 (28-54)	38 (23-48)	32 (19-42)	27 (16-36)	23 (13-30)	19 (11-25)	16 (9.0-21)	13 (7.6-18)	11 (6.5-15)	9.6 (5.6-13)
5	59 (41-65)	53 (35-60)	48 (30-54)	42 (25-48)	36 (21-42)	31 (17-37)	26 (14-31)	22 (12-27)	18 (10-23)	16 (9.1-20)	13 (7.9-17)
6	67	63	58	52	46	40	34	29	25	21	18

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

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	14	11	9.4	7.8	6.4	5.3	4.5	4.0	3.5	3.1	2.7
1	20 (15-33)	17 (12-28)	14 (9.9-24)	12 (8.1-20)	9.6 (6.7-16)	8.0 (5.5-13)	6.7 (4.6-11)	5.8 (3.9-9.4)	5.0 (3.4-7.9)	4.4 (2.9-6.7)	3.8 (2.6-5.7)
2	28 (19-42)	24 (16-36)	20 (13-31)	17 (11-26)	14 (9.0-22)	12 (7.4-18)	9.9 (6.2-15)	8.5 (5.3-13)	7.3 (4.6-11)	6.3 (3.9-9.4)	5.4 (3.4-8.0)
3	37 (24-50)	32 (21-44)	28 (17-39)	24 (15-34)	20 (12-29)	17 (10-24)	14 (8.4-21)	12 (7.2-18)	11 (6.2-15)	9.0 (5.3-13)	7.8 (4.6-11)
4	47 (31-57)	42 (26-52)	37 (23-47)	32 (19-41)	28 (16-36)	24 (13-31)	20 (11-27)	17 (9.8-23)	15 (8.4-20)	13 (7.2-17)	11 (6.2-15)
5	56 (39-63)	52 (34-59)	47 (29-54)	42 (25-48)	37 (21-43)	32 (18-38)	28 (15-33)	24 (13-29)	21 (11-25)	18 (10-22)	15 (8.7-19)
6	65	61	57	52	47	42	37	32	28	25	21

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	9.1	7.7	6.5	5.5	4.6	3.9	3.4	3.0	2.6	2.3	2.1
1	14 (9.9-24)	12 (8.3-20)	10 (7.0-17)	8.4 (5.8-15)	7.1 (4.9-12)	6.0 (4.1-10)	5.2 (3.5-8.9)	4.5 (3.1-7.7)	4.0 (2.7-6.7)	3.5 (2.3-5.8)	3.0 (2.1-5.0)
2	20 (13-32)	17 (11-28)	15 (9.4-24)	13 (7.9-20)	11 (6.6-17)	9.0 (5.6-15)	7.8 (4.8-13)	6.8 (4.2-11)	5.9 (3.6-9.4)	5.2 (3.2-8.2)	4.5 (2.8-7.1)
3	28 (17-40)	25 (15-35)	21 (13-31)	18 (11-27)	16 (9.0-23)	13 (7.6-20)	12 (6.6-17)	10 (5.8-15)	8.8 (5.0-13)	7.7 (4.4-11)	6.7 (3.8-9.9)
4	37 (23-48)	33 (20-43)	30 (17-38)	26 (14-34)	22 (12-30)	19 (10-26)	17 (9.0-23)	15 (7.9-20)	13 (6.9-18)	11 (6.0-15)	9.8 (5.3-13)
5	47 (29-54)	43 (26-50)	39 (22-45)	35 (19-41)	31 (17-36)	27 (14-32)	24 (12-28)	21 (11-25)	19 (9.5-22)	16 (8.3-20)	14 (7.3-17)
6	57	53	49	45	41	36	33	29	26	23	20