

**Lebanon - 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/m<sup>2</sup>), the number of clinical risk factors (CRF) and age. Each table provides a mean estimate and a range, based on the epidemiology of Lebanon. 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 <sup>2</sup> )						
	15	20	25	30	35	40	45
0	1.1	1.0	1.0	0.8	0.7	0.6	0.6
1	1.9 (1.3-2.9)	1.6 (1.1-2.4)	1.5 (1.0-2.1)	1.3 (0.9-1.8)	1.1 (0.8-1.6)	1.0 (0.7-1.4)	0.9 (0.6-1.2)
2	3.1 (1.7-5.2)	2.6 (1.4-4.4)	2.4 (1.3-4.1)	2.1 (1.1-3.6)	1.8 (0.9-3.1)	1.6 (0.8-2.7)	1.4 (0.7-2.4)
3	5.1 (2.5-8.7)	4.2 (2.0-7.4)	3.7 (1.7-6.7)	3.2 (1.5-5.9)	2.8 (1.3-5.1)	2.4 (1.1-4.5)	2.1 (1.0-3.9)
4	8.1 (4.3-13)	6.5 (3.5-10)	5.6 (3.0-9.3)	4.8 (2.5-8.0)	4.2 (2.2-7.0)	3.6 (1.9-6.1)	3.1 (1.6-5.3)
5	13 (7.5-16)	10 (6.2-13)	8.5 (5.5-11)	7.3 (4.8-9.8)	6.3 (4.1-8.5)	5.4 (3.6-7.4)	4.7 (3.1-6.4)
6	20	15	13	11	9.4	8.1	7.0

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

**Age = 55 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	1.9	1.6	1.5	1.3	1.1	1.0	0.9
1	3.1 (2.2-4.6)	2.6 (1.8-3.7)	2.4 (1.6-3.3)	2.1 (1.4-2.8)	1.8 (1.2-2.4)	1.6 (1.1-2.1)	1.3 (0.9-1.8)
2	5.1 (2.9-8.1)	4.2 (2.3-6.7)	3.7 (2.0-6.2)	3.2 (1.7-5.4)	2.8 (1.5-4.7)	2.4 (1.3-4.1)	2.1 (1.1-3.6)
3	8.1 (4.4-13)	6.6 (3.4-11)	5.7 (2.8-10)	4.9 (2.4-8.8)	4.2 (2.1-7.7)	3.7 (1.8-6.7)	3.2 (1.5-5.8)
4	13 (7.2-19)	10 (5.9-16)	8.7 (4.9-14)	7.5 (4.2-12)	6.4 (3.5-10)	5.5 (3.0-9.1)	4.8 (2.6-7.9)
5	20 (13-25)	16 (10-20)	13 (8.8-17)	11 (7.6-15)	9.6 (6.5-13)	8.3 (5.6-11)	7.1 (4.9-9.6)
6	30	23	19	16	14	12	10

**Age = 60 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	3.2	2.7	2.4	2.1	1.8	1.6	1.4
1	5.1 (3.7-7.2)	4.3 (3.0-5.8)	3.8 (2.6-5.1)	3.3 (2.3-4.4)	2.8 (1.9-3.8)	2.4 (1.7-3.2)	2.1 (1.5-2.8)
2	8.2 (5.0-13)	6.7 (3.9-10)	5.9 (3.3-9.4)	5.0 (2.8-8.2)	4.3 (2.4-7.1)	3.8 (2.1-6.2)	3.2 (1.8-5.4)
3	13 (7.7-20)	10 (5.8-17)	8.9 (4.7-15)	7.7 (4.0-13)	6.6 (3.4-12)	5.7 (2.9-10)	4.9 (2.5-8.7)
4	20 (12-28)	16 (9.8-24)	13 (8.1-21)	11 (6.9-18)	9.9 (5.8-16)	8.5 (4.9-14)	7.3 (4.2-12)
5	30 (20-36)	24 (16-30)	20 (14-25)	17 (12-22)	15 (10-19)	13 (8.9-17)	11 (7.7-14)
6	43	34	28	25	21	18	16

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

**Age = 65 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	5.0	4.2	3.7	3.2	2.7	2.3	2.0
1	8.0 (6.0-11)	6.5 (4.8-8.6)	5.7 (4.1-7.4)	4.9 (3.5-6.3)	4.2 (2.9-5.4)	3.6 (2.5-4.7)	3.1 (2.2-4.0)
2	12 (8.1-18)	10 (6.3-15)	8.7 (5.2-13)	7.5 (4.4-12)	6.4 (3.7-10)	5.5 (3.1-8.8)	4.7 (2.7-7.6)
3	19 (13-27)	15 (9.5-23)	13 (7.5-21)	11 (6.3-18)	9.6 (5.3-16)	8.2 (4.5-14)	7.1 (3.8-12)
4	28 (19-38)	23 (15-32)	19 (13-29)	17 (11-25)	14 (9.0-22)	12 (7.5-19)	10 (6.4-16)
5	40 (30-47)	33 (25-40)	28 (21-35)	24 (18-30)	21 (15-26)	18 (13-23)	15 (11-20)
6	53	45	39	34	29	25	22

**Age = 70 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	8.2	6.8	6.0	5.1	4.4	3.7	3.2
1	13 (9.6-16)	10 (7.8-13)	9.0 (6.7-11)	7.6 (5.6-9.7)	6.4 (4.7-8.3)	5.5 (4.0-7.1)	4.7 (3.4-6.1)
2	20 (13-27)	16 (10-22)	13 (8.6-18)	11 (7.2-16)	9.5 (6.0-13)	8.1 (5.1-11)	6.8 (4.3-9.6)
3	29 (20-40)	24 (16-34)	20 (13-29)	17 (11-25)	14 (8.8-21)	12 (7.4-18)	10 (6.2-15)
4	42 (31-54)	35 (25-47)	29 (21-40)	24 (17-35)	21 (14-30)	17 (12-25)	15 (10-21)
5	55 (49-64)	48 (42-57)	41 (34-49)	35 (29-43)	30 (24-37)	25 (20-32)	21 (17-27)
6	67	63	55	48	42	36	30

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

**Age = 75 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	13	11	10	8.5	7.2	6.1	5.2
1	21 (15-30)	18 (13-23)	15 (11-18)	13 (9.3-15)	11 (7.8-13)	8.9 (6.5-11)	7.5 (5.5-9.3)
2	31 (20-45)	27 (17-38)	22 (14-30)	19 (12-25)	16 (10-21)	13 (8.4-18)	11 (7.0-15)
3	43 (28-59)	38 (25-52)	33 (21-45)	28 (18-39)	23 (15-33)	19 (12-27)	16 (10-23)
4	56 (40-68)	52 (36-65)	46 (32-59)	39 (27-52)	33 (22-45)	28 (19-39)	23 (16-33)
5	66 (54-74)	64 (52-73)	60 (48-69)	53 (42-63)	46 (36-56)	40 (31-49)	34 (26-42)
6	75	74	72	67	60	53	46

**Age = 80 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	19	17	15	13	11	9.1	7.6
1	28 (20-40)	25 (19-35)	22 (17-29)	19 (14-24)	16 (12-20)	13 (9.5-16)	11 (7.9-13)
2	38 (26-53)	35 (25-48)	32 (22-42)	27 (18-35)	23 (15-30)	19 (12-25)	16 (10-21)
3	49 (34-63)	47 (33-60)	43 (31-56)	37 (26-49)	32 (21-42)	27 (18-36)	22 (15-30)
4	59 (44-70)	58 (44-69)	55 (42-67)	49 (36-61)	43 (30-54)	36 (25-47)	31 (21-41)
5	68 (56-75)	67 (55-74)	66 (55-74)	60 (49-69)	54 (42-63)	48 (37-57)	41 (31-50)
6	76	75	75	70	65	59	52

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

**Age = 85 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	23	22	21	17	14	12	9.8
1	33 (24-46)	31 (23-44)	30 (22-40)	25 (18-34)	21 (15-28)	17 (12-23)	14 (10-19)
2	43 (30-58)	42 (30-56)	40 (29-53)	34 (24-46)	29 (20-40)	24 (16-33)	20 (13-28)
3	53 (39-67)	52 (37-66)	51 (37-65)	45 (31-58)	39 (26-52)	33 (21-45)	28 (18-39)
4	63 (49-74)	62 (48-73)	61 (48-72)	55 (42-67)	49 (36-61)	43 (30-54)	37 (25-48)
5	71 (60-76)	71 (59-77)	70 (59-76)	65 (53-72)	59 (47-67)	53 (41-62)	47 (36-56)
6	75	77	77	73	68	63	57

**Age = 90 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	27	26	25	20	17	14	11
1	37 (29-52)	36 (27-49)	35 (26-47)	29 (21-40)	24 (17-34)	20 (14-28)	16 (11-23)
2	48 (35-63)	46 (34-61)	45 (33-59)	39 (27-53)	33 (22-46)	28 (18-40)	23 (15-33)
3	58 (44-70)	57 (42-70)	55 (41-69)	49 (35-63)	43 (29-57)	37 (24-51)	32 (20-44)
4	66 (54-75)	66 (53-75)	65 (52-75)	59 (46-70)	53 (39-65)	47 (34-59)	41 (28-53)
5	69 (63-73)	72 (63-76)	72 (63-78)	68 (57-75)	63 (51-71)	57 (45-66)	51 (39-60)
6	67	74	77	75	71	67	61