

Malta - 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 Malta. 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	20	12	8.0	5.6	4.1	3.2	2.7	2.3	2.0	1.9	1.9
1	29 (24-36)	19 (17-24)	12 (11-16)	8.5 (7.1-11)	6.3 (4.9-7.9)	4.9 (3.6-6.2)	4.0 (2.8-5.3)	3.4 (2.3-4.6)	3.1 (2.0-4.2)	2.9 (1.9-4.0)	2.8 (1.8-3.9)
2	42 (32-55)	27 (22-38)	18 (15-26)	13 (9.5-18)	9.4 (6.4-14)	7.3 (4.6-11)	6.0 (3.5-9.7)	5.1 (2.8-8.5)	4.5 (2.4-7.8)	4.3 (2.2-7.5)	4.1 (2.1-7.2)
3	56 (42-71)	39 (28-51)	27 (19-35)	19 (13-27)	14 (8.6-21)	11 (6.1-18)	8.7 (4.6-15)	7.4 (3.7-14)	6.6 (3.2-12)	6.2 (2.9-12)	6.0 (2.7-11)
4	70 (55-82)	52 (38-64)	37 (26-45)	27 (18-34)	20 (13-27)	15 (10-23)	12 (7.6-20)	11 (6.0-17)	9.4 (5.1-16)	8.9 (4.7-15)	8.5 (4.4-14)
5	83 (74-89)	67 (56-75)	50 (40-56)	37 (29-42)	27 (21-33)	21 (16-27)	17 (13-23)	15 (11-20)	13 (9.6-18)	12 (8.7-18)	12 (8.1-17)
6	91	80	64	49	37	29	24	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 Malta.

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	21	14	9.0	6.3	4.6	3.6	2.9	2.4	2.2	2.0	1.9
1	30 (26-36)	20 (18-24)	14 (12-16)	9.5 (8.0-12)	7.0 (5.5-8.5)	5.4 (4.0-6.6)	4.3 (3.1-5.6)	3.6 (2.5-4.8)	3.2 (2.2-4.4)	3.0 (2.0-4.2)	2.8 (1.8-4.0)
2	42 (34-54)	29 (23-38)	20 (16-27)	14 (11-19)	10 (7.4-14)	7.9 (5.2-12)	6.4 (3.9-10)	5.3 (3.0-8.6)	4.8 (2.6-8.0)	4.4 (2.4-7.5)	4.2 (2.2-7.1)
3	56 (44-68)	40 (31-50)	28 (21-36)	20 (15-28)	15 (9.9-22)	11 (7.0-19)	9.2 (5.2-16)	7.7 (4.0-14)	6.9 (3.4-13)	6.4 (3.1-12)	6.0 (2.8-11)
4	69 (56-79)	53 (40-63)	39 (28-46)	28 (20-35)	21 (15-29)	16 (11-24)	13 (8.5-20)	11 (6.5-17)	9.7 (5.5-16)	9.0 (4.9-15)	8.5 (4.5-14)
5	81 (74-86)	67 (58-74)	51 (43-57)	38 (31-43)	29 (23-35)	23 (18-28)	18 (14-24)	15 (12-20)	13 (9.9-19)	12 (8.9-18)	12 (8.1-17)
6	88	78	64	50	39	30	25	20	18	17	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	22	15	11	7.8	5.8	4.5	3.6	3.0	2.7	2.5	2.3
1	32 (28-36)	22 (21-26)	16 (14-18)	11 (9.7-13)	8.6 (6.9-10)	6.7 (5.1-8.2)	5.4 (3.9-6.9)	4.4 (3.1-5.9)	4.0 (2.7-5.4)	3.7 (2.4-5.1)	3.4 (2.2-4.8)
2	43 (36-53)	31 (26-39)	23 (19-29)	17 (13-21)	12 (9.2-17)	9.7 (6.6-14)	7.8 (4.9-12)	6.4 (3.9-10)	5.8 (3.3-9.4)	5.3 (2.9-8.8)	4.9 (2.6-8.3)
3	55 (45-65)	42 (33-50)	31 (24-39)	23 (18-31)	18 (12-26)	14 (8.8-21)	11 (6.6-18)	9.1 (5.1-16)	8.2 (4.3-15)	7.5 (3.8-14)	7.0 (3.4-13)
4	67 (57-74)	54 (43-61)	42 (32-48)	32 (23-39)	24 (18-32)	19 (14-27)	15 (11-23)	13 (8.1-20)	11 (6.9-18)	11 (6.0-17)	9.7 (5.4-16)
5	77 (71-81)	65 (59-71)	53 (46-58)	42 (35-47)	33 (27-39)	26 (21-32)	21 (17-27)	17 (14-23)	16 (12-22)	14 (10-20)	13 (9.3-19)
6	83	75	64	53	42	34	28	23	21	19	18

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

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	24	17	12	9.3	7.1	5.6	4.5	3.8	3.3	3.0	2.8
1	32 (30-36)	24 (22-27)	18 (16-20)	13 (11-15)	10 (8.2-12)	8.1 (6.2-9.9)	6.5 (4.8-8.3)	5.4 (3.8-7.2)	4.8 (3.3-6.6)	4.4 (2.9-6.1)	4.0 (2.6-5.6)
2	42 (36-50)	32 (27-39)	25 (21-30)	19 (15-23)	15 (11-19)	11 (8.1-16)	9.3 (6.1-14)	7.8 (4.9-12)	6.9 (4.1-11)	6.3 (3.6-10)	5.7 (3.2-9.4)
3	53 (45-61)	42 (35-49)	33 (27-41)	26 (20-34)	20 (15-28)	16 (11-24)	13 (8.2-20)	11 (6.4-18)	9.7 (5.4-16)	8.8 (4.7-15)	8.0 (4.1-14)
4	63 (55-70)	53 (44-59)	43 (34-50)	34 (27-42)	27 (21-35)	22 (16-30)	18 (13-26)	15 (10-23)	13 (8.4-21)	12 (7.2-19)	11 (6.4-18)
5	72 (67-75)	62 (57-67)	53 (47-58)	43 (38-50)	35 (30-42)	29 (24-36)	23 (20-30)	20 (16-27)	18 (14-24)	16 (12-23)	15 (11-21)
6	78	71	62	53	44	37	30	26	23	21	20

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	23	18	14	10	8.1	6.4	5.2	4.4	3.9	3.4	3.1
1	32 (28-39)	25 (21-31)	19 (16-24)	15 (12-18)	12 (9.1-14)	9.1 (7.0-11)	7.3 (5.4-8.7)	6.1 (4.4-7.3)	5.3 (3.8-6.3)	4.7 (3.3-5.6)	4.2 (2.9-5.1)
2	43 (36-52)	34 (28-42)	27 (21-34)	21 (16-27)	16 (12-21)	13 (9.2-17)	10 (7.1-14)	8.4 (5.7-12)	7.3 (4.8-10)	6.4 (4.1-8.9)	5.7 (3.6-8.0)
3	54 (46-62)	45 (36-54)	36 (28-45)	29 (21-37)	23 (16-30)	18 (12-25)	14 (9.4-20)	12 (7.6-17)	9.9 (6.3-15)	8.7 (5.4-13)	7.7 (4.7-12)
4	64 (56-70)	56 (47-63)	47 (38-55)	38 (30-46)	30 (23-38)	24 (18-31)	19 (14-26)	16 (11-22)	13 (9.4-19)	12 (8.0-17)	10 (7.0-15)
5	72 (66-76)	65 (58-70)	57 (49-63)	48 (41-55)	40 (33-46)	32 (26-38)	26 (21-32)	21 (17-27)	18 (15-23)	15 (13-20)	14 (11-18)
6	78	73	66	58	50	42	34	28	24	20	18

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

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	20	16	13	10	7.9	6.4	5.2	4.4	3.9	3.4	3.1
1	30 (24-48)	24 (18-39)	19 (14-31)	15 (11-24)	12 (8.7-19)	9.4 (6.8-14)	7.5 (5.4-11)	6.3 (4.5-8.7)	5.4 (3.8-7.1)	4.7 (3.3-5.9)	4.1 (2.9-4.9)
2	42 (30-58)	34 (24-50)	28 (19-41)	22 (15-34)	18 (12-27)	14 (9.1-21)	11 (7.1-16)	9.1 (5.8-13)	7.6 (4.9-11)	6.5 (4.2-8.8)	5.6 (3.6-7.4)
3	54 (39-67)	46 (32-60)	39 (25-51)	32 (20-43)	25 (16-35)	20 (12-29)	16 (9.5-23)	13 (7.8-19)	11 (6.5-15)	9.1 (5.5-13)	7.7 (4.8-11)
4	64 (49-74)	58 (41-68)	50 (34-61)	43 (27-53)	35 (22-45)	29 (17-37)	23 (14-30)	19 (11-24)	15 (9.4-20)	13 (8.0-17)	11 (6.9-14)
5	73 (58-78)	68 (51-74)	62 (43-68)	54 (36-61)	47 (29-54)	39 (24-45)	32 (19-37)	26 (16-31)	21 (14-26)	18 (12-22)	15 (10-18)
6	79	76	72	66	58	51	42	36	30	24	20

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	9.5	7.7	6.3	5.1	4.2	3.7	3.2	2.8	2.5
1	22 (16-36)	18 (13-29)	14 (10-24)	12 (8.3-19)	9.3 (6.6-15)	7.5 (5.3-12)	6.2 (4.3-9.4)	5.3 (3.7-7.8)	4.5 (3.1-6.4)	3.9 (2.7-5.3)	3.4 (2.4-4.5)
2	31 (21-46)	26 (17-38)	21 (14-32)	17 (11-26)	14 (8.9-21)	11 (7.1-17)	9.0 (5.8-14)	7.6 (4.8-11)	6.4 (4.1-9.4)	5.5 (3.5-7.8)	4.7 (3.0-6.6)
3	41 (27-55)	35 (23-48)	29 (18-41)	24 (15-34)	20 (12-28)	16 (9.6-23)	13 (7.7-19)	11 (6.5-15)	9.1 (5.5-13)	7.7 (4.7-11)	6.6 (4.0-9.2)
4	52 (35-63)	46 (30-57)	39 (24-50)	33 (20-43)	28 (16-36)	23 (13-30)	19 (11-24)	15 (9.1-20)	13 (7.7-17)	11 (6.6-14)	9.1 (5.7-12)
5	63 (44-69)	57 (38-63)	50 (32-57)	44 (26-50)	37 (22-43)	31 (18-37)	26 (15-31)	22 (13-26)	18 (11-22)	15 (9.3-19)	13 (8.1-16)
6	71	67	61	55	48	41	35	30	25	21	18

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

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	9.5	7.9	6.5	5.4	4.5	3.7	3.1	2.8	2.4	2.1	1.9
1	14 (10-24)	12 (8.4-20)	9.9 (6.9-17)	8.1 (5.6-14)	6.7 (4.6-11)	5.5 (3.8-9.1)	4.6 (3.2-7.5)	4.0 (2.7-6.3)	3.5 (2.4-5.3)	3.0 (2.0-4.5)	2.7 (1.8-3.8)
2	21 (14-32)	18 (11-27)	15 (9.3-23)	12 (7.6-19)	9.9 (6.2-16)	8.2 (5.1-13)	6.8 (4.3-11)	5.9 (3.7-8.9)	5.0 (3.1-7.6)	4.3 (2.7-6.4)	3.8 (2.3-5.5)
3	29 (18-41)	25 (15-35)	21 (13-30)	17 (10-25)	14 (8.5-21)	12 (7.0-17)	10 (5.8-15)	8.5 (5.0-12)	7.3 (4.2-10)	6.2 (3.6-8.8)	5.3 (3.1-7.5)
4	39 (24-49)	34 (20-43)	29 (17-38)	25 (14-32)	21 (12-27)	17 (9.5-23)	14 (8.0-19)	12 (6.9-16)	10 (5.9-14)	8.9 (5.1-12)	7.6 (4.4-10)
5	49 (31-56)	44 (26-51)	39 (22-45)	33 (19-39)	29 (16-34)	24 (13-29)	20 (11-25)	17 (9.5-21)	15 (8.2-18)	13 (7.1-16)	11 (6.2-14)
6	60	55	49	44	38	33	28	24	21	18	15

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	6.1	5.1	4.3	3.6	3.1	2.6	2.2	2.0	1.8	1.6	1.4
1	9.3 (6.4-16)	7.8 (5.4-14)	6.6 (4.5-12)	5.6 (3.8-9.6)	4.7 (3.2-8.1)	3.9 (2.6-6.7)	3.4 (2.3-5.8)	3.0 (2.0-5.0)	2.6 (1.8-4.3)	2.3 (1.5-3.7)	2.0 (1.3-3.2)
2	14 (8.7-22)	12 (7.3-19)	9.9 (6.1-16)	8.4 (5.1-14)	7.0 (4.3-11)	5.9 (3.6-9.5)	5.1 (3.1-8.1)	4.5 (2.7-7.0)	3.9 (2.4-6.1)	3.4 (2.1-5.3)	3.0 (1.8-4.6)
3	20 (12-29)	17 (9.9-25)	15 (8.4-21)	12 (7.1-18)	10 (5.9-16)	8.8 (5.0-13)	7.6 (4.3-11)	6.6 (3.7-9.9)	5.8 (3.3-8.6)	5.0 (2.8-7.4)	4.4 (2.5-6.4)
4	28 (16-36)	24 (13-32)	21 (11-28)	18 (9.6-24)	15 (8.1-21)	13 (6.8-18)	11 (5.9-15)	9.7 (5.2-13)	8.5 (4.5-12)	7.4 (3.9-10)	6.4 (3.4-8.7)
5	37 (21-43)	33 (18-38)	29 (15-34)	25 (13-30)	22 (11-26)	18 (9.3-22)	16 (8.1-20)	14 (7.1-17)	12 (6.2-15)	11 (5.5-13)	9.3 (4.8-12)
6	47	42	38	34	30	26	23	20	18	15	13