

**Pakistan - 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 Pakistan. 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/m<sup>2</sup>

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	9.8	6.0	3.8	2.6	1.9	1.4	1.2	1.0	0.9	0.8	0.8
1	15 (12-19)	9.2 (7.9-12)	5.8 (5.2-7.5)	3.9 (3.3-5.1)	2.8 (2.2-3.6)	2.2 (1.6-2.8)	1.8 (1.2-2.3)	1.5 (1.0-2.0)	1.3 (0.9-1.8)	1.3 (0.8-1.8)	1.2 (0.8-1.7)
2	22 (16-31)	14 (11-20)	8.9 (6.9-13)	6.0 (4.5-8.5)	4.3 (3.0-6.2)	3.3 (2.1-5.1)	2.6 (1.5-4.3)	2.2 (1.2-3.8)	2.0 (1.1-3.4)	1.9 (1.0-3.3)	1.8 (0.9-3.2)
3	32 (22-43)	20 (14-28)	13 (9.3-17)	8.9 (6.2-13)	6.3 (4.0-10.0)	4.8 (2.8-8.2)	3.9 (2.1-6.9)	3.2 (1.6-6.0)	2.9 (1.4-5.5)	2.7 (1.3-5.2)	2.6 (1.2-5.0)
4	44 (31-56)	29 (20-38)	19 (13-24)	13 (8.4-17)	9.2 (6.0-13)	7.0 (4.6-11)	5.6 (3.4-8.9)	4.7 (2.6-7.7)	4.1 (2.2-7.0)	3.9 (2.0-6.7)	3.7 (1.9-6.5)
5	57 (47-67)	40 (31-48)	27 (21-32)	19 (14-21)	13 (9.8-16)	9.9 (7.4-13)	7.9 (5.9-11)	6.6 (4.9-9.2)	5.8 (4.2-8.3)	5.5 (3.8-7.9)	5.2 (3.5-7.6)
6	70	53	37	26	18	14	11	9.1	8.0	7.5	7.2

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

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	13	8.0	5.3	3.7	2.7	2.1	1.7	1.4	1.3	1.2	1.1
1	19 (16-23)	12 (11-15)	8.0 (7.0-9.8)	5.5 (4.6-6.8)	4.0 (3.2-5.0)	3.1 (2.3-3.9)	2.5 (1.8-3.3)	2.1 (1.4-2.8)	1.9 (1.2-2.6)	1.8 (1.1-2.5)	1.7 (1.1-2.3)
2	27 (21-35)	18 (14-24)	12 (9.4-16)	8.2 (6.2-11)	6.0 (4.2-8.5)	4.6 (3.0-7.0)	3.7 (2.2-5.9)	3.1 (1.7-5.1)	2.8 (1.5-4.7)	2.6 (1.4-4.4)	2.4 (1.3-4.2)
3	37 (28-47)	25 (18-32)	17 (13-22)	12 (8.6-17)	8.7 (5.7-13)	6.7 (4.0-11)	5.3 (3.0-9.2)	4.4 (2.3-8.0)	4.0 (2.0-7.3)	3.7 (1.8-6.9)	3.5 (1.6-6.6)
4	49 (37-58)	34 (25-42)	24 (17-29)	17 (12-22)	12 (8.5-17)	9.5 (6.5-14)	7.6 (4.8-12)	6.3 (3.7-10)	5.6 (3.1-9.4)	5.2 (2.8-8.9)	4.9 (2.6-8.5)
5	61 (52-68)	45 (38-52)	33 (26-37)	23 (18-27)	17 (13-21)	13 (10-17)	11 (8.1-14)	8.7 (6.7-12)	7.8 (5.7-11)	7.2 (5.0-10)	6.8 (4.6-9.9)
6	71	57	43	32	24	18	14	12	11	9.8	9.3

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	15	10	7.2	5.2	3.9	3.0	2.4	2.0	1.8	1.7	1.6
1	22 (19-26)	15 (14-18)	11 (9.2-13)	7.6 (6.3-9.1)	5.7 (4.5-6.8)	4.5 (3.3-5.5)	3.6 (2.5-4.6)	3.0 (2.0-4.0)	2.7 (1.8-3.7)	2.5 (1.6-3.4)	2.3 (1.5-3.2)
2	30 (24-38)	21 (17-27)	15 (12-20)	11 (8.5-14)	8.3 (6.0-11)	6.4 (4.3-9.5)	5.2 (3.2-8.0)	4.3 (2.5-6.9)	3.9 (2.2-6.4)	3.5 (1.9-6.0)	3.3 (1.7-5.6)
3	40 (31-48)	29 (23-36)	21 (16-27)	16 (12-21)	12 (8.1-17)	9.1 (5.8-14)	7.3 (4.3-12)	6.1 (3.3-10)	5.5 (2.8-9.7)	5.0 (2.5-9.1)	4.7 (2.3-8.6)
4	50 (41-58)	38 (30-45)	29 (21-34)	21 (16-27)	16 (12-22)	13 (9.1-18)	10 (6.8-16)	8.4 (5.2-13)	7.6 (4.4-12)	7.0 (3.9-12)	6.5 (3.5-11)
5	60 (53-65)	48 (42-53)	37 (31-42)	28 (23-34)	22 (18-27)	17 (14-22)	14 (11-19)	11 (9.0-16)	10 (7.7-15)	9.5 (6.7-14)	8.8 (6.1-13)
6	68	58	47	37	29	23	19	15	14	13	12

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

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	17	12	8.9	6.6	5.1	4.0	3.2	2.7	2.4	2.2	2.0
1	23 (21-26)	17 (15-19)	13 (11-14)	9.5 (7.7-11)	7.3 (5.7-8.6)	5.8 (4.3-7.1)	4.6 (3.3-6.0)	3.9 (2.7-5.2)	3.5 (2.3-4.8)	3.2 (2.1-4.4)	2.9 (1.9-4.1)
2	31 (26-37)	23 (19-28)	18 (14-21)	13 (10-17)	10 (7.6-14)	8.1 (5.6-12)	6.6 (4.3-9.9)	5.5 (3.4-8.7)	4.9 (2.9-8.0)	4.5 (2.5-7.4)	4.1 (2.3-6.9)
3	40 (33-47)	31 (25-37)	24 (19-30)	18 (14-24)	14 (10-20)	11 (7.5-17)	9.1 (5.7-15)	7.7 (4.5-13)	6.9 (3.8-12)	6.2 (3.3-11)	5.8 (2.9-10)
4	49 (42-56)	39 (32-45)	31 (25-37)	24 (19-31)	19 (15-26)	15 (11-22)	12 (8.6-19)	10 (6.8-16)	9.4 (5.7-15)	8.5 (4.9-14)	7.9 (4.4-13)
5	57 (52-62)	48 (43-53)	39 (34-45)	31 (27-37)	25 (21-31)	20 (17-26)	16 (13-22)	14 (11-19)	12 (9.5-18)	11 (8.2-16)	10 (7.3-15)
6	64	56	47	39	32	26	21	18	16	15	14

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	16	12	9.1	7.1	5.6	4.4	3.6	3.1	2.7	2.5	2.2
1	22 (19-28)	17 (14-21)	13 (10-16)	10 (7.9-12)	7.9 (6.0-9.6)	6.2 (4.6-7.6)	5.0 (3.6-6.1)	4.2 (3.0-5.1)	3.7 (2.6-4.5)	3.3 (2.3-4.0)	3.0 (2.0-3.7)
2	31 (25-39)	24 (19-31)	18 (14-24)	14 (11-19)	11 (8.0-15)	8.7 (6.1-12)	6.9 (4.7-9.6)	5.8 (3.8-8.1)	5.1 (3.3-7.2)	4.5 (2.8-6.4)	4.1 (2.5-5.8)
3	41 (33-49)	32 (25-41)	25 (19-33)	20 (14-26)	15 (11-21)	12 (8.2-17)	9.6 (6.3-14)	8.0 (5.1-12)	6.9 (4.3-10)	6.1 (3.7-9.4)	5.4 (3.3-8.5)
4	51 (42-58)	42 (34-50)	34 (26-41)	27 (20-33)	21 (15-27)	17 (12-22)	13 (9.2-18)	11 (7.4-15)	9.3 (6.3-13)	8.1 (5.4-12)	7.2 (4.7-11)
5	61 (53-66)	52 (44-58)	43 (36-50)	35 (29-41)	28 (23-34)	22 (18-28)	18 (14-22)	15 (12-19)	12 (9.8-17)	11 (8.6-15)	9.4 (7.6-13)
6	69	62	53	45	37	30	24	19	16	14	12

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

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	8.4	6.7	5.4	4.3	3.5	3.1	2.7	2.4	2.2
1	21 (15-34)	16 (12-27)	13 (9.2-21)	10 (7.2-16)	8.0 (5.6-12)	6.3 (4.4-9.5)	5.1 (3.5-7.3)	4.3 (3.0-5.9)	3.7 (2.5-4.8)	3.2 (2.2-4.0)	2.9 (2.0-3.4)
2	30 (20-44)	24 (16-36)	19 (12-29)	15 (9.6-23)	12 (7.5-18)	9.3 (5.9-14)	7.3 (4.6-11)	6.1 (3.8-8.7)	5.2 (3.3-7.2)	4.4 (2.8-6.0)	3.9 (2.4-5.1)
3	40 (27-53)	33 (21-45)	27 (17-37)	22 (13-30)	17 (10-24)	13 (7.9-19)	11 (6.2-15)	8.7 (5.1-13)	7.2 (4.3-10)	6.1 (3.7-8.8)	5.2 (3.2-7.5)
4	51 (34-61)	44 (28-54)	37 (22-46)	30 (18-39)	24 (14-32)	19 (11-26)	15 (8.7-20)	12 (7.3-17)	10 (6.1-14)	8.5 (5.3-12)	7.1 (4.6-9.8)
5	62 (43-68)	55 (36-62)	48 (30-55)	40 (24-47)	33 (20-40)	27 (16-32)	21 (13-26)	17 (11-22)	14 (9.2-18)	12 (7.9-15)	9.8 (7.0-13)
6	71	65	59	51	44	36	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	11	9.2	7.4	6.0	4.8	3.9	3.3	2.8	2.5	2.2	1.9
1	17 (12-29)	14 (10.0-24)	11 (7.9-19)	9.0 (6.3-15)	7.3 (5.0-12)	5.8 (4.0-9.4)	4.8 (3.3-7.4)	4.1 (2.8-6.1)	3.5 (2.4-5.0)	3.0 (2.1-4.2)	2.6 (1.8-3.5)
2	25 (16-38)	20 (13-31)	16 (11-26)	13 (8.5-21)	11 (6.8-17)	8.6 (5.4-13)	7.0 (4.4-11)	5.9 (3.7-8.8)	5.0 (3.1-7.3)	4.2 (2.7-6.1)	3.7 (2.3-5.1)
3	34 (21-46)	28 (18-40)	23 (14-33)	19 (12-28)	16 (9.2-22)	12 (7.4-18)	10 (5.9-15)	8.4 (5.0-12)	7.1 (4.2-10.0)	6.0 (3.6-8.4)	5.1 (3.1-7.1)
4	44 (28-54)	38 (23-48)	32 (19-41)	27 (15-35)	22 (12-29)	18 (10-24)	14 (8.2-19)	12 (6.9-16)	10 (5.8-13)	8.4 (5.0-11)	7.1 (4.3-9.5)
5	54 (35-61)	48 (30-55)	42 (25-48)	36 (20-42)	30 (17-36)	25 (14-30)	20 (11-25)	17 (9.6-21)	14 (8.2-18)	12 (7.1-15)	9.8 (6.1-13)
6	64	58	52	46	39	33	28	23	20	16	14

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

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	9.0	7.4	6.2	5.1	4.2	3.5	3.0	2.6	2.3	2.0	1.8
1	14 (9.7-24)	11 (8.0-20)	9.3 (6.5-16)	7.7 (5.3-13)	6.3 (4.3-11)	5.2 (3.5-8.7)	4.4 (3.0-7.2)	3.8 (2.6-6.0)	3.3 (2.2-5.1)	2.9 (1.9-4.3)	2.5 (1.7-3.6)
2	20 (13-31)	17 (11-27)	14 (8.8-22)	11 (7.2-18)	9.4 (5.9-15)	7.8 (4.8-12)	6.5 (4.0-10)	5.5 (3.4-8.5)	4.8 (3.0-7.2)	4.1 (2.5-6.1)	3.5 (2.2-5.2)
3	28 (17-40)	24 (14-34)	20 (12-29)	17 (9.8-24)	14 (8.0-20)	11 (6.6-17)	9.5 (5.5-14)	8.1 (4.7-12)	6.9 (4.0-10.0)	5.9 (3.4-8.4)	5.0 (3.0-7.2)
4	37 (22-48)	32 (19-42)	28 (16-36)	24 (13-31)	20 (11-26)	16 (9.0-22)	14 (7.5-19)	12 (6.4-16)	10.0 (5.5-13)	8.5 (4.7-11)	7.2 (4.1-9.7)
5	48 (29-54)	43 (25-49)	37 (21-43)	32 (18-38)	27 (15-33)	23 (12-28)	20 (10-24)	17 (8.8-20)	14 (7.6-18)	12 (6.6-15)	10 (5.7-13)
6	58	53	48	42	37	32	27	23	20	17	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	7.1	6.0	5.1	4.3	3.7	3.1	2.8	2.5	2.2	2.0	1.8
1	10 (7.1-17)	8.8 (6.0-14)	7.5 (5.1-12)	6.3 (4.3-10)	5.3 (3.6-8.6)	4.5 (3.0-7.2)	4.0 (2.6-6.2)	3.5 (2.3-5.4)	3.1 (2.1-4.7)	2.8 (1.8-4.1)	2.5 (1.6-3.6)
2	15 (9.5-23)	13 (8.1-20)	11 (6.8-17)	9.2 (5.7-14)	7.8 (4.8-12)	6.6 (4.1-10)	5.7 (3.5-8.7)	5.0 (3.1-7.6)	4.4 (2.7-6.6)	3.9 (2.4-5.7)	3.5 (2.1-5.0)
3	21 (13-30)	18 (11-26)	16 (9.2-22)	13 (7.8-19)	11 (6.6-16)	9.5 (5.5-14)	8.3 (4.8-12)	7.3 (4.2-10)	6.4 (3.7-9.1)	5.6 (3.2-7.9)	4.9 (2.9-6.9)
4	29 (17-37)	25 (14-33)	22 (12-29)	19 (11-25)	16 (8.9-21)	14 (7.5-18)	12 (6.5-16)	10 (5.7-14)	9.1 (5.0-12)	8.0 (4.4-11)	7.0 (3.9-9.4)
5	38 (22-44)	34 (19-40)	30 (16-35)	26 (14-31)	22 (12-27)	19 (10-24)	17 (9.0-21)	15 (7.9-18)	13 (7.0-16)	11 (6.2-14)	9.9 (5.5-13)
6	48	44	39	35	31	27	24	21	18	16	14