Singapore (Indian) - 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 Singapore (Indian). 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/m²)						
	15	20	25	30	35	40	45
0	1.0	1.0	0.9	0.8	0.7	0.6	0.5
1	1.6 (1.1-2.5)	1.5 (1.0-2.2)	1.5 (1.0-2.0)	1.3 (0.8-1.8)	1.1 (0.7-1.5)	1.0 (0.6-1.3)	0.8 (0.6-1.2)
2	2.6 (1.4-4.4)	2.4 (1.3-4.1)	2.3 (1.2-4.0)	2.0 (1.0-3.5)	1.7 (0.9-3.0)	1.5 (0.8-2.6)	1.3 (0.7-2.3)
3	4.1 (2.0-7.1)	3.7 (1.8-6.6)	3.5 (1.6-6.4)	3.0 (1.4-5.5)	2.6 (1.2-4.8)	2.2 (1.1-4.2)	1.9 (0.9-3.6)
4	6.4 (3.4-10)	5.6 (3.0-9.2)	5.2 (2.7-8.7)	4.5 (2.3-7.5)	3.9 (2.0-6.5)	3.4 (1.7-5.7)	2.9 (1.5-4.9)
5	9.8 (5.7-13)	8.5 (5.3-11)	7.8 (5.1-11)	6.7 (4.4-9.1)	5.7 (3.8-7.9)	5.0 (3.3-6.9)	4.3 (2.8-5.9)
6	15	13	11	9.8	8.4	7.2	6.2

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

Age = 55 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	1.6	1.5	1.4	1.2	1.1	0.9	0.8
1	2.5 (1.7-3.8)	2.3 (1.6-3.3)	2.2 (1.5-3.1)	1.9 (1.3-2.6)	1.7 (1.1-2.3)	1.4 (1.0-2.0)	1.2 (0.8-1.7)
2	4.0 (2.3-6.5)	3.6 (2.0-6.1)	3.4 (1.8-5.8)	2.9 (1.6-5.1)	2.5 (1.4-4.4)	2.2 (1.2-3.8)	1.9 (1.0-3.3)
3	6.3 (3.4-10)	5.6 (2.9-9.6)	5.2 (2.6-9.2)	4.5 (2.2-8.0)	3.8 (1.9-6.9)	3.3 (1.6-6.0)	2.9 (1.4-5.2)
4	9.7 (5.7-15)	8.5 (4.8-13)	7.8 (4.2-13)	6.7 (3.6-11)	5.7 (3.1-9.4)	4.9 (2.6-8.2)	4.2 (2.2-7.1)
5	15 (9.0-19)	13 (8.2-17)	11 (7.7-15)	9.8 (6.6-13)	8.4 (5.7-12)	7.2 (4.9-9.9)	6.2 (4.2-8.6)
6	22	19	17	14	12	10	9.0

Age = 60 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	2.8	2.5	2.3	2.0	1.7	1.5	1.3
1	4.4 (3.1-6.3)	3.9 (2.7-5.4)	3.6 (2.5-4.9)	3.1 (2.1-4.2)	2.6 (1.8-3.6)	2.3 (1.5-3.1)	2.0 (1.3-2.6)
2	6.9 (4.2-10)	6.0 (3.5-9.5)	5.5 (3.1-9.0)	4.7 (2.6-7.8)	4.0 (2.2-6.7)	3.5 (1.9-5.8)	3.0 (1.6-5.1)
3	11 (6.5-16)	9.2 (5.2-15)	8.3 (4.5-14)	7.1 (3.8-12)	6.1 (3.2-10)	5.2 (2.7-9.1)	4.5 (2.3-7.8)
4	16 (10-23)	14 (8.6-21)	12 (7.4-19)	11 (6.2-17)	9.0 (5.2-14)	7.7 (4.3-12)	6.6 (3.7-11)
5	23 (16-30)	20 (14-26)	18 (13-24)	15 (11-20)	13 (9.1-18)	11 (7.8-15)	9.6 (6.6-13)
6	33	29	26	22	19	16	14

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

Age = 65 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	4.6	4.0	3.6	3.1	2.6	2.3	1.9
1	7.3 (5.4-9.9)	6.2 (4.5-8.3)	5.6 (3.9-7.3)	4.7 (3.3-6.2)	4.0 (2.8-5.3)	3.5 (2.4-4.5)	3.0 (2.0-3.9)
2	11 (7.3-16)	9.6 (6.0-14)	8.5 (5.0-13)	7.2 (4.2-11)	6.1 (3.6-9.8)	5.2 (3.0-8.4)	4.5 (2.5-7.3)
3	17 (11-24)	14 (9.1-21)	13 (7.4-20)	11 (6.2-17)	9.1 (5.2-15)	7.8 (4.3-13)	6.6 (3.6-11)
4	24 (17-33)	21 (14-30)	18 (12-27)	16 (10-24)	13 (8.4-20)	11 (7.0-18)	9.7 (5.8-15)
5	34 (25-42)	30 (22-37)	26 (20-34)	23 (17-29)	19 (14-25)	16 (12-22)	14 (10-19)
6	45	41	36	31	27	23	20

Age = 70 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	6.7	5.6	5.0	4.2	3.6	3.0	2.6
1	11 (7.9-13)	8.7 (6.5-11)	7.4 (5.5-9.5)	6.3 (4.6-8.0)	5.3 (3.9-6.8)	4.5 (3.2-5.8)	3.8 (2.7-4.9)
2	16 (11-23)	13 (8.7-19)	11 (7.2-16)	9.4 (5.9-13)	7.9 (5.0-11)	6.6 (4.1-9.4)	5.6 (3.5-7.9)
3	25 (17-34)	20 (13-29)	17 (11-25)	14 (8.8-21)	12 (7.3-18)	9.8 (6.1-15)	8.2 (5.1-12)
4	36 (26-47)	30 (21-41)	25 (17-35)	21 (14-30)	17 (12-25)	14 (9.8-21)	12 (8.1-18)
5	49 (42-58)	42 (36-51)	36 (30-44)	30 (25-37)	25 (20-32)	21 (17-27)	18 (14-23)
6	61	56	49	42	36	31	26

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

Age = 75 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	8.1	6.8	5.9	4.9	4.1	3.5	2.9
1	13 (9.4-20)	11 (7.8-15)	9.0 (6.6-11)	7.5 (5.4-9.3)	6.2 (4.5-7.5)	5.1 (3.7-6.3)	4.3 (3.1-5.3)
2	21 (13-32)	17 (11-26)	14 (8.7-20)	12 (7.2-16)	9.5 (5.9-13)	7.8 (4.9-11)	6.4 (4.0-8.9)
3	32 (19-46)	27 (17-38)	22 (13-31)	18 (11-26)	15 (8.9-21)	12 (7.3-18)	9.8 (6.0-14)
4	45 (29-59)	39 (25-53)	32 (21-45)	27 (17-38)	22 (14-32)	18 (11-26)	15 (9.4-22)
5	59 (44-68)	53 (39-63)	46 (34-56)	39 (29-48)	33 (24-41)	27 (20-35)	23 (16-29)
6	71	67	62	54	47	40	33

Age = 80 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	8.3	7.1	6.2	5.1	4.2	3.4	2.9
1	14 (9.5-21)	11 (8.1-17)	9.6 (6.9-13)	7.8 (5.6-11)	6.4 (4.6-8.6)	5.2 (3.7-6.9)	4.3 (3.0-5.5)
2	21 (13-33)	18 (11-27)	15 (9.4-21)	12 (7.6-17)	9.8 (6.1-14)	7.9 (5.0-11)	6.4 (4.0-8.9)
3	31 (19-44)	27 (17-38)	22 (14-32)	18 (12-26)	15 (9.3-21)	12 (7.5-17)	9.7 (6.0-14)
4	42 (27-54)	38 (24-49)	33 (22-44)	27 (18-37)	22 (14-31)	18 (12-25)	15 (9.2-21)
5	54 (39-63)	50 (35-60)	45 (32-54)	38 (26-47)	32 (22-40)	27 (18-34)	22 (15-28)
6	66	63	59	51	44	37	31

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

Age = 85 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	7.6	6.7	6.0	4.9	4.0	3.2	2.6
1	13 (8.7-21)	11 (7.4-17)	9.3 (6.6-14)	7.5 (5.2-11)	6.0 (4.2-8.5)	4.9 (3.4-6.8)	3.9 (2.7-5.4)
2	20 (12-31)	17 (10-26)	14 (9.0-21)	12 (7.2-17)	9.3 (5.7-14)	7.4 (4.6-11)	5.9 (3.6-8.6)
3	29 (18-42)	25 (15-37)	22 (13-31)	18 (11-25)	14 (8.4-21)	11 (6.6-17)	9.0 (5.2-13)
4	40 (25-52)	36 (22-47)	32 (20-42)	26 (16-36)	21 (13-29)	17 (10-24)	14 (8.2-19)
5	52 (37-61)	48 (33-57)	44 (30-53)	37 (24-45)	31 (20-38)	25 (16-32)	20 (13-26)
6	63	60	56	49	42	36	29

Age = 90 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	6.0	5.4	5.2	4.2	3.4	2.8	2.3
1	9.8 (6.7-16)	8.6 (5.9-13)	7.9 (5.5-11)	6.4 (4.4-9.0)	5.1 (3.5-7.1)	4.1 (2.8-5.6)	3.3 (2.2-4.5)
2	16 (9.6-25)	13 (8.3-21)	12 (7.5-18)	9.6 (5.9-14)	7.7 (4.7-11)	6.1 (3.8-9.0)	4.9 (3.0-7.2)
3	24 (14-35)	20 (12-30)	18 (11-26)	14 (8.4-21)	12 (6.7-17)	9.2 (5.3-14)	7.3 (4.2-11)
4	34 (20-45)	30 (18-40)	26 (16-36)	21 (13-30)	17 (10-24)	14 (8.3-20)	11 (6.5-16)
5	45 (30-53)	41 (27-50)	37 (24-45)	31 (20-38)	25 (16-32)	20 (13-26)	16 (10-21)
6	56	53	49	42	35	29	24