**Sri Lanka - 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 Sri Lanka. 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 | 9.7 | 5.9 | 3.7 | 2.5 | 1.8 | 1.4 | 1.2 | 1.0 | 0.9 | 0.8 | 0.8 |
| 1 | 15 (12-19) | 9.1 (7.9-12) | 5.8 (5.1-7.5) | 3.9 (3.2-5.0) | 2.8 (2.2-3.6) | 2.2 (1.6-2.7) | 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 (10-20) | 8.8 (6.8-13) | 5.9 (4.4-8.4) | 4.2 (2.9-6.1) | 3.2 (2.0-5.0) | 2.6 (1.5-4.3) | 2.2 (1.2-3.7) | 2.0 (1.0-3.4) | 1.9 (1.0-3.3) | 1.8 (0.9-3.1) |
| 3 | 32 (22-42) | 20 (14-27) | 13 (9.1-17) | 8.8 (6.1-13) | 6.3 (4.0-9.9) | 4.8 (2.7-8.1) | 3.8 (2.0-6.8) | 3.2 (1.6-5.9) | 2.9 (1.4-5.4) | 2.7 (1.2-5.2) | 2.6 (1.2-5.0) |
| 4 | 43 (31-55) | 29 (19-37) | 19 (12-24) | 13 (8.3-17) | 9.1 (5.9-13) | 6.9 (4.5-10) | 5.5 (3.3-8.8) | 4.6 (2.6-7.7) | 4.1 (2.2-7.0) | 3.8 (2.0-6.7) | 3.7 (1.9-6.4) |
| 5 | 56 (46-66) | 39 (31-47) | 27 (20-31) | 18 (14-21) | 13 (9.6-16) | 9.8 (7.3-13) | 7.8 (5.8-11) | 6.5 (4.8-9.1) | 5.7 (4.1-8.2) | 5.4 (3.7-7.8) | 5.1 (3.5-7.5) |
| 6 | 69 | 52 | 37 | 25 | 18 | 14 | 11 | 9.0 | 7.9 | 7.4 | 7.1 |

# FRAX® WHO Fracture Risk Assessment Tool

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

**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 | 12 | 7.9 | 5.2 | 3.6 | 2.7 | 2.1 | 1.7 | 1.4 | 1.3 | 1.2 | 1.1 |
| 1 | 18 (16-23) | 12 (11-15) | 7.9 (6.9-9.7) | 5.5 (4.5-6.8) | 4.0 (3.1-4.9) | 3.1 (2.3-3.8) | 2.5 (1.7-3.2) | 2.1 (1.4-2.8) | 1.9 (1.2-2.6) | 1.7 (1.1-2.4) | 1.6 (1.0-2.3) |
| 2 | 26 (21-35) | 17 (14-24) | 12 (9.3-16) | 8.1 (6.2-11) | 5.9 (4.2-8.4) | 4.6 (3.0-6.9) | 3.7 (2.2-5.9) | 3.0 (1.7-5.1) | 2.7 (1.5-4.7) | 2.6 (1.3-4.4) | 2.4 (1.2-4.2) |
| 3 | 36 (27-46) | 25 (18-32) | 17 (12-22) | 12 (8.5-17) | 8.6 (5.7-13) | 6.6 (4.0-11) | 5.3 (2.9-9.2) | 4.4 (2.3-7.9) | 3.9 (1.9-7.3) | 3.7 (1.8-6.9) | 3.5 (1.6-6.6) |
| 4 | 48 (37-57) | 34 (25-41) | 24 (17-28) | 17 (12-22) | 12 (8.4-17) | 9.4 (6.4-14) | 7.5 (4.7-12) | 6.2 (3.6-10) | 5.6 (3.1-9.3) | 5.2 (2.8-8.8) | 4.9 (2.5-8.4) |
| 5 | 60 (52-67) | 45 (37-51) | 32 (26-36) | 23 (18-27) | 17 (13-21) | 13 (10-17) | 10 (8.0-14) | 8.6 (6.6-12) | 7.7 (5.6-11) | 7.2 (5.0-10) | 6.7 (4.6-9.9) |
| 6 | 71 | 56 | 42 | 31 | 23 | 18 | 14 | 12 | 10 | 9.7 | 9.2 |

**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 | 7.1 | 5.1 | 3.8 | 3.0 | 2.4 | 2.0 | 1.8 | 1.7 | 1.5 |
| 1 | 21 (19-25) | 15 (13-17) | 10 (9.0-12) | 7.5 (6.2-9.0) | 5.6 (4.4-6.7) | 4.4 (3.2-5.4) | 3.5 (2.5-4.6) | 2.9 (2.0-3.9) | 2.6 (1.7-3.6) | 2.4 (1.6-3.4) | 2.3 (1.4-3.2) |
| 2 | 29 (24-37) | 21 (17-27) | 15 (12-19) | 11 (8.4-14) | 8.1 (5.9-11) | 6.3 (4.2-9.4) | 5.1 (3.2-7.9) | 4.2 (2.5-6.8) | 3.8 (2.1-6.3) | 3.5 (1.9-5.9) | 3.3 (1.7-5.6) |
| 3 | 39 (31-47) | 28 (22-35) | 21 (16-27) | 15 (11-21) | 12 (7.9-17) | 9.0 (5.7-14) | 7.2 (4.2-12) | 6.0 (3.3-10) | 5.4 (2.8-9.6) | 4.9 (2.5-9.0) | 4.6 (2.2-8.5) |
| 4 | 49 (40-57) | 37 (29-44) | 28 (21-34) | 21 (15-27) | 16 (12-22) | 12 (8.9-18) | 10 (6.6-15) | 8.3 (5.1-13) | 7.5 (4.3-12) | 6.9 (3.8-11) | 6.4 (3.4-11) |
| 5 | 59 (52-63) | 47 (41-51) | 36 (31-41) | 28 (23-33) | 21 (17-27) | 17 (13-22) | 14 (11-18) | 11 (8.9-16) | 10 (7.5-14) | 9.3 (6.6-14) | 8.7 (6.0-13) |
| 6 | 67 | 57 | 46 | 36 | 28 | 22 | 18 | 15 | 14 | 12 | 12 |

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

**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 | 16 | 12 | 8.7 | 6.5 | 5.0 | 3.9 | 3.2 | 2.7 | 2.4 | 2.2 | 2.0 |
| 1 | 23 (21-26) | 17 (15-19) | 12 (10-14) | 9.3 (7.5-11) | 7.1 (5.5-8.4) | 5.6 (4.2-6.9) | 4.5 (3.2-5.8) | 3.8 (2.6-5.1) | 3.4 (2.3-4.7) | 3.1 (2.0-4.3) | 2.9 (1.8-4.1) |
| 2 | 30 (25-36) | 23 (19-27) | 17 (14-21) | 13 (10-17) | 10 (7.4-14) | 7.9 (5.5-11) | 6.4 (4.2-9.7) | 5.4 (3.3-8.5) | 4.8 (2.8-7.8) | 4.4 (2.5-7.3) | 4.0 (2.2-6.8) |
| 3 | 39 (32-45) | 30 (24-36) | 23 (18-29) | 18 (14-24) | 14 (9.9-20) | 11 (7.3-17) | 8.9 (5.5-14) | 7.5 (4.4-12) | 6.7 (3.7-12) | 6.1 (3.2-11) | 5.6 (2.9-10) |
| 4 | 47 (40-54) | 38 (31-44) | 30 (24-36) | 23 (18-30) | 18 (14-25) | 15 (11-21) | 12 (8.3-18) | 10 (6.6-16) | 9.1 (5.5-15) | 8.3 (4.8-14) | 7.7 (4.3-13) |
| 5 | 56 (51-60) | 46 (41-52) | 38 (33-44) | 30 (26-36) | 24 (20-30) | 20 (16-25) | 16 (13-22) | 14 (11-19) | 12 (9.2-17) | 11 (8.0-16) | 10 (7.1-15) |
| 6 | 63 | 55 | 46 | 38 | 31 | 25 | 21 | 18 | 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 | 15 | 12 | 8.8 | 6.8 | 5.4 | 4.3 | 3.5 | 3.0 | 2.6 | 2.4 | 2.2 |
| 1 | 22 (18-27) | 16 (13-20) | 13 (10-16) | 9.7 (7.5-12) | 7.6 (5.7-9.3) | 6.0 (4.4-7.3) | 4.8 (3.5-5.9) | 4.1 (2.9-4.9) | 3.6 (2.5-4.3) | 3.2 (2.2-3.9) | 2.9 (2.0-3.5) |
| 2 | 30 (24-37) | 23 (18-29) | 18 (13-23) | 14 (10-18) | 11 (7.6-14) | 8.4 (5.8-11) | 6.7 (4.5-9.3) | 5.6 (3.7-7.9) | 4.9 (3.1-7.0) | 4.4 (2.7-6.2) | 3.9 (2.4-5.6) |
| 3 | 39 (31-47) | 31 (24-39) | 24 (18-32) | 19 (14-25) | 15 (10-20) | 12 (7.8-16) | 9.2 (6.0-13) | 7.6 (4.9-11) | 6.6 (4.1-10) | 5.8 (3.6-9.0) | 5.2 (3.1-8.2) |
| 4 | 49 (40-56) | 40 (32-48) | 32 (25-40) | 26 (19-32) | 20 (15-26) | 16 (11-21) | 13 (8.7-17) | 10 (7.1-15) | 8.9 (6.0-13) | 7.8 (5.1-12) | 6.9 (4.5-11) |
| 5 | 59 (51-64) | 50 (43-56) | 42 (35-48) | 34 (27-40) | 27 (22-33) | 21 (17-27) | 17 (13-22) | 14 (11-18) | 12 (9.4-16) | 10 (8.2-14) | 9.0 (7.2-13) |
| 6 | 67 | 60 | 52 | 43 | 35 | 28 | 23 | 19 | 16 | 13 | 12 |

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

**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 | 13 | 10 | 7.9 | 6.3 | 5.0 | 4.1 | 3.3 | 2.9 | 2.6 | 2.3 | 2.1 |
| 1 | 19 (14-32) | 15 (11-26) | 12 (8.6-20) | 9.5 (6.7-15) | 7.5 (5.2-12) | 6.0 (4.1-9.0) | 4.8 (3.3-6.9) | 4.1 (2.8-5.6) | 3.5 (2.4-4.6) | 3.1 (2.1-3.8) | 2.7 (1.8-3.2) |
| 2 | 28 (19-42) | 22 (15-34) | 18 (11-27) | 14 (8.9-21) | 11 (7.0-17) | 8.7 (5.5-13) | 6.9 (4.3-10) | 5.7 (3.6-8.2) | 4.9 (3.1-6.8) | 4.2 (2.6-5.7) | 3.7 (2.3-4.9) |
| 3 | 38 (25-51) | 31 (20-43) | 25 (16-35) | 20 (12-29) | 16 (9.4-23) | 13 (7.4-18) | 9.9 (5.8-14) | 8.2 (4.8-12) | 6.8 (4.1-9.8) | 5.8 (3.5-8.3) | 4.9 (3.0-7.1) |
| 4 | 49 (32-59) | 42 (26-52) | 35 (21-44) | 28 (16-37) | 23 (13-30) | 18 (10-24) | 14 (8.1-19) | 12 (6.7-16) | 9.5 (5.7-13) | 7.9 (4.9-11) | 6.7 (4.3-9.3) |
| 5 | 60 (41-66) | 53 (34-60) | 45 (28-52) | 38 (23-45) | 31 (18-37) | 25 (15-31) | 20 (12-25) | 16 (10-20) | 13 (8.5-17) | 11 (7.4-14) | 9.1 (6.5-12) |
| 6 | 69 | 63 | 56 | 49 | 41 | 34 | 28 | 23 | 19 | 15 | 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 | 10 | 8.3 | 6.7 | 5.4 | 4.4 | 3.6 | 3.0 | 2.6 | 2.3 | 2.0 | 1.8 |
| 1 | 16 (11-27) | 13 (9.0-22) | 10 (7.1-17) | 8.2 (5.7-14) | 6.6 (4.5-11) | 5.3 (3.6-8.6) | 4.4 (3.0-6.8) | 3.7 (2.5-5.6) | 3.2 (2.2-4.6) | 2.8 (1.9-3.8) | 2.4 (1.6-3.2) |
| 2 | 23 (15-35) | 18 (12-29) | 15 (9.6-24) | 12 (7.7-19) | 9.7 (6.1-15) | 7.8 (4.9-12) | 6.3 (4.0-9.6) | 5.3 (3.3-8.0) | 4.5 (2.8-6.6) | 3.9 (2.4-5.5) | 3.3 (2.1-4.6) |
| 3 | 31 (20-43) | 26 (16-37) | 21 (13-31) | 17 (10-25) | 14 (8.4-21) | 11 (6.7-16) | 9.2 (5.4-13) | 7.7 (4.5-11) | 6.4 (3.8-9.1) | 5.4 (3.3-7.7) | 4.6 (2.8-6.5) |
| 4 | 41 (25-51) | 35 (21-45) | 29 (17-38) | 24 (14-32) | 20 (11-27) | 16 (9.1-22) | 13 (7.4-18) | 11 (6.2-15) | 9.1 (5.3-12) | 7.6 (4.5-10) | 6.4 (3.9-8.7) |
| 5 | 51 (32-58) | 45 (27-52) | 39 (23-45) | 33 (19-39) | 27 (15-33) | 23 (12-27) | 18 (10-23) | 15 (8.6-19) | 13 (7.4-16) | 11 (6.4-14) | 8.9 (5.6-11) |
| 6 | 61 | 55 | 49 | 43 | 37 | 31 | 25 | 21 | 18 | 15 | 12 |

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

**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 | 7.9 | 6.5 | 5.4 | 4.5 | 3.7 | 3.1 | 2.6 | 2.3 | 2.0 | 1.8 | 1.6 |
| 1 | 12 (8.5-21) | 10 (7.0-17) | 8.2 (5.7-14) | 6.8 (4.6-12) | 5.6 (3.8-9.5) | 4.6 (3.1-7.7) | 3.9 (2.6-6.3) | 3.3 (2.2-5.3) | 2.9 (1.9-4.5) | 2.5 (1.7-3.8) | 2.2 (1.5-3.2) |
| 2 | 18 (11-28) | 15 (9.4-24) | 12 (7.7-20) | 10 (6.3-16) | 8.3 (5.1-13) | 6.8 (4.2-11) | 5.7 (3.5-8.9) | 4.9 (3.0-7.5) | 4.2 (2.6-6.3) | 3.6 (2.2-5.4) | 3.1 (1.9-4.6) |
| 3 | 25 (15-36) | 21 (13-31) | 18 (10-26) | 15 (8.6-22) | 12 (7.0-18) | 10 (5.8-15) | 8.4 (4.8-12) | 7.1 (4.1-10) | 6.1 (3.5-8.8) | 5.2 (3.0-7.4) | 4.4 (2.6-6.3) |
| 4 | 34 (20-44) | 29 (17-38) | 25 (14-33) | 21 (12-28) | 18 (9.5-24) | 15 (7.9-20) | 12 (6.6-17) | 10 (5.6-14) | 8.8 (4.8-12) | 7.5 (4.1-10) | 6.4 (3.5-8.6) |
| 5 | 44 (26-51) | 39 (22-45) | 34 (19-40) | 29 (16-35) | 25 (13-30) | 21 (11-25) | 17 (9.0-21) | 15 (7.7-18) | 13 (6.7-16) | 11 (5.8-13) | 9.1 (5.0-11) |
| 6 | 55 | 50 | 44 | 39 | 34 | 29 | 24 | 21 | 18 | 15 | 13 |

**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 | 6.0 | 5.1 | 4.3 | 3.7 | 3.1 | 2.7 | 2.3 | 2.1 | 1.9 | 1.7 | 1.5 |
| 1 | 8.9 (6.0-15) | 7.5 (5.1-12) | 6.4 (4.3-11) | 5.4 (3.6-8.8) | 4.6 (3.0-7.4) | 3.9 (2.6-6.2) | 3.4 (2.2-5.3) | 3.0 (2.0-4.6) | 2.6 (1.7-4.0) | 2.4 (1.5-3.5) | 2.1 (1.4-3.1) |
| 2 | 13 (8.1-20) | 11 (6.9-17) | 9.3 (5.8-15) | 7.9 (4.9-12) | 6.7 (4.1-10) | 5.6 (3.5-8.6) | 4.9 (3.0-7.4) | 4.3 (2.6-6.5) | 3.8 (2.3-5.6) | 3.3 (2.0-4.9) | 2.9 (1.8-4.3) |
| 3 | 18 (11-26) | 16 (9.2-23) | 13 (7.8-20) | 11 (6.6-17) | 9.7 (5.6-14) | 8.2 (4.7-12) | 7.1 (4.1-10) | 6.2 (3.6-9.0) | 5.4 (3.1-7.8) | 4.8 (2.8-6.8) | 4.2 (2.4-5.9) |
| 4 | 25 (15-33) | 22 (12-29) | 19 (11-25) | 16 (9.0-22) | 14 (7.6-19) | 12 (6.4-16) | 10 (5.6-14) | 9.0 (4.9-12) | 7.8 (4.3-11) | 6.8 (3.8-9.2) | 6.0 (3.3-8.1) |
| 5 | 34 (19-40) | 30 (17-36) | 26 (14-32) | 23 (12-28) | 20 (10-24) | 17 (8.7-21) | 15 (7.6-18) | 13 (6.7-16) | 11 (6.0-14) | 9.8 (5.3-12) | 8.5 (4.7-11) |
| 6 | 44 | 39 | 35 | 31 | 27 | 23 | 21 | 18 | 16 | 14 | 12 |