

Belgium - 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 Belgium. 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	22	14	8.6	5.7	4.1	3.1	2.5	2.1	1.9	1.8	1.7
1	33 (26-40)	21 (17-26)	13 (12-17)	8.8 (7.6-11)	6.3 (5.0-7.9)	4.8 (3.6-6.0)	3.8 (2.7-4.9)	3.2 (2.2-4.2)	2.8 (1.9-3.8)	2.7 (1.7-3.7)	2.5 (1.6-3.5)
2	46 (34-60)	30 (23-41)	20 (15-28)	13 (10-19)	9.4 (6.8-13)	7.1 (4.7-11)	5.7 (3.4-9.0)	4.7 (2.7-7.8)	4.2 (2.3-7.1)	3.9 (2.1-6.8)	3.7 (1.9-6.5)
3	60 (45-75)	42 (31-55)	29 (21-38)	19 (14-27)	14 (9.1-21)	10 (6.2-17)	8.3 (4.5-14)	6.9 (3.5-12)	6.1 (3.0-11)	5.7 (2.7-11)	5.4 (2.5-10)
4	74 (60-85)	56 (41-69)	40 (27-49)	28 (19-34)	20 (13-27)	15 (9.9-22)	12 (7.6-18)	9.9 (5.8-16)	8.7 (4.8-14)	8.1 (4.3-14)	7.7 (4.0-13)
5	85 (78-90)	70 (60-79)	53 (43-61)	38 (30-43)	28 (21-33)	21 (16-26)	17 (13-22)	14 (10-19)	12 (9.0-17)	11 (8.1-16)	11 (7.5-15)
6	91	82	67	51	38	29	23	19	17	16	15

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

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	22	14	9.2	6.4	4.6	3.5	2.8	2.3	2.1	1.9	1.8
1	32 (27-38)	21 (18-25)	14 (12-17)	9.6 (8.2-12)	6.9 (5.6-8.5)	5.3 (4.0-6.4)	4.2 (3.0-5.4)	3.5 (2.4-4.6)	3.1 (2.1-4.2)	2.9 (1.9-4.0)	2.7 (1.7-3.8)
2	44 (35-56)	30 (24-40)	20 (16-27)	14 (11-19)	10 (7.5-14)	7.8 (5.2-11)	6.2 (3.8-9.6)	5.1 (3.0-8.3)	4.6 (2.5-7.6)	4.2 (2.3-7.2)	4.0 (2.1-6.8)
3	58 (45-70)	42 (32-52)	29 (22-36)	20 (15-28)	15 (10-22)	11 (7.0-18)	9.0 (5.1-15)	7.4 (3.9-13)	6.6 (3.3-12)	6.1 (2.9-11)	5.7 (2.7-11)
4	71 (58-81)	55 (42-65)	40 (29-48)	29 (20-35)	21 (15-28)	16 (11-23)	13 (8.4-19)	10 (6.4-17)	9.3 (5.4-15)	8.6 (4.7-14)	8.1 (4.3-14)
5	82 (76-87)	68 (60-75)	52 (44-59)	39 (32-43)	29 (23-34)	22 (18-28)	18 (14-23)	15 (11-20)	13 (9.6-18)	12 (8.5-17)	11 (7.8-16)
6	89	79	65	51	39	30	24	20	18	16	15

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	20	14	9.7	7.1	5.4	4.2	3.4	2.9	2.6	2.4	2.2
1	29 (26-33)	20 (18-23)	14 (13-17)	10 (8.7-12)	8.0 (6.3-9.4)	6.3 (4.7-7.8)	5.1 (3.6-6.6)	4.2 (2.9-5.6)	3.8 (2.6-5.2)	3.5 (2.3-4.9)	3.3 (2.1-4.6)
2	39 (33-49)	28 (23-36)	21 (17-26)	15 (12-20)	12 (8.3-16)	9.1 (6.0-13)	7.3 (4.6-11)	6.1 (3.6-9.8)	5.5 (3.1-9.1)	5.1 (2.8-8.5)	4.7 (2.5-8.0)
3	51 (42-61)	39 (30-46)	29 (22-37)	21 (16-30)	16 (11-24)	13 (8.1-20)	10 (6.1-17)	8.7 (4.7-15)	7.9 (4.1-14)	7.2 (3.6-13)	6.7 (3.3-12)
4	64 (53-71)	50 (39-57)	38 (29-45)	29 (22-37)	23 (16-31)	18 (13-26)	15 (9.8-22)	12 (7.6-19)	11 (6.5-18)	10 (5.7-17)	9.4 (5.2-16)
5	74 (69-79)	62 (55-67)	50 (43-54)	39 (33-45)	30 (25-37)	24 (20-31)	20 (16-26)	17 (13-23)	15 (11-21)	14 (9.9-19)	13 (8.9-18)
6	82	73	61	50	40	32	26	22	20	18	17

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

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	19	14	11	8.0	6.3	5.0	4.1	3.5	3.2	2.9	2.7
1	27 (25-30)	20 (18-23)	15 (13-17)	12 (9.4-13)	9.1 (7.0-11)	7.3 (5.4-9.2)	6.0 (4.3-7.8)	5.1 (3.5-6.8)	4.6 (3.1-6.3)	4.2 (2.8-5.9)	3.9 (2.5-5.5)
2	36 (31-43)	28 (23-34)	21 (17-26)	16 (13-21)	13 (9.2-18)	10 (7.0-15)	8.5 (5.4-13)	7.3 (4.4-11)	6.5 (3.8-11)	6.0 (3.3-9.8)	5.5 (3.0-9.1)
3	47 (39-54)	37 (30-45)	29 (23-37)	23 (17-31)	18 (12-26)	14 (9.3-23)	12 (7.1-19)	10 (5.7-17)	9.2 (4.9-16)	8.4 (4.3-15)	7.7 (3.9-14)
4	58 (49-64)	47 (38-54)	38 (30-46)	30 (23-39)	24 (18-33)	20 (14-28)	16 (11-24)	14 (8.9-22)	13 (7.7-20)	12 (6.7-19)	11 (6.0-18)
5	67 (62-71)	57 (52-63)	48 (42-54)	39 (34-46)	32 (27-39)	26 (22-33)	22 (18-29)	19 (15-25)	17 (13-23)	15 (11-22)	14 (10-20)
6	75	67	57	48	40	34	28	24	22	20	19

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	20	15	12	9.1	7.2	5.8	4.8	4.1	3.6	3.3	3.0
1	28 (24-34)	22 (18-26)	17 (14-20)	13 (10-16)	10 (7.9-12)	8.2 (6.2-9.8)	6.6 (4.9-7.9)	5.6 (4.1-6.7)	5.0 (3.5-5.9)	4.5 (3.1-5.3)	4.1 (2.8-4.9)
2	38 (31-46)	30 (24-37)	23 (18-30)	18 (14-24)	14 (10-19)	11 (8.0-15)	9.2 (6.3-12)	7.8 (5.1-11)	6.8 (4.4-9.4)	6.1 (3.8-8.5)	5.5 (3.4-7.7)
3	49 (40-58)	40 (31-50)	32 (24-41)	25 (18-34)	20 (14-28)	16 (11-23)	13 (8.3-19)	11 (6.8-16)	9.3 (5.8-14)	8.2 (5.0-13)	7.4 (4.4-12)
4	60 (51-67)	51 (42-59)	42 (33-50)	34 (26-42)	27 (20-35)	22 (16-29)	17 (12-24)	14 (10-20)	12 (8.7-18)	11 (7.5-16)	9.8 (6.6-15)
5	69 (62-74)	61 (54-67)	53 (45-59)	44 (37-51)	36 (30-42)	29 (24-35)	23 (19-29)	19 (16-25)	17 (14-22)	15 (12-19)	13 (11-18)
6	76	70	63	54	46	38	31	26	22	19	17

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

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	21	16	13	10	8.1	6.6	5.3	4.6	4.0	3.6	3.2
1	30 (24-47)	24 (19-39)	19 (15-31)	15 (11-24)	12 (8.9-19)	9.7 (7.0-14)	7.7 (5.5-11)	6.5 (4.6-8.8)	5.6 (4.0-7.2)	4.9 (3.4-5.9)	4.3 (3.0-5.0)
2	41 (30-57)	34 (24-49)	28 (19-41)	22 (15-33)	18 (12-27)	14 (9.2-21)	11 (7.3-16)	9.3 (6.0-13)	7.9 (5.1-11)	6.7 (4.3-9.0)	5.8 (3.8-7.6)
3	53 (39-66)	46 (32-59)	38 (25-51)	32 (20-43)	26 (16-35)	20 (12-29)	16 (9.7-23)	13 (8.0-19)	11 (6.7-16)	9.3 (5.7-13)	8.0 (4.9-11)
4	63 (48-73)	57 (40-67)	50 (33-60)	42 (27-52)	35 (22-44)	29 (17-37)	23 (14-30)	19 (12-25)	16 (9.8-21)	13 (8.4-17)	11 (7.2-15)
5	72 (57-77)	67 (50-73)	60 (43-67)	53 (36-61)	46 (30-53)	39 (24-45)	32 (20-38)	26 (17-32)	22 (14-26)	18 (12-22)	15 (11-19)
6	79	75	70	64	57	50	42	35	30	25	21

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	20	16	13	10	8.4	6.8	5.6	4.8	4.1	3.6	3.1
1	29 (22-45)	24 (18-38)	19 (14-32)	16 (12-26)	13 (9.2-21)	10 (7.3-17)	8.3 (5.9-13)	7.0 (5.0-11)	6.0 (4.2-8.8)	5.1 (3.6-7.3)	4.4 (3.1-6.0)
2	39 (28-55)	33 (23-48)	28 (19-41)	23 (15-34)	19 (12-28)	15 (9.8-23)	12 (7.9-19)	10 (6.6-16)	8.6 (5.6-13)	7.3 (4.7-11)	6.2 (4.0-8.9)
3	49 (35-63)	43 (30-56)	37 (25-50)	31 (20-43)	26 (16-37)	22 (13-31)	18 (11-25)	15 (8.9-21)	12 (7.5-17)	10 (6.3-15)	8.8 (5.3-12)
4	59 (43-69)	53 (37-64)	47 (31-58)	41 (26-52)	35 (22-45)	30 (18-38)	25 (15-32)	21 (12-27)	18 (10-23)	15 (8.9-19)	12 (7.6-16)
5	68 (51-74)	63 (45-69)	57 (39-64)	52 (34-59)	45 (28-52)	39 (24-46)	33 (20-40)	29 (17-34)	24 (14-29)	21 (12-25)	17 (11-21)
6	75	72	67	62	56	50	43	38	33	28	24

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

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	17	14	12	9.6	7.9	6.5	5.4	4.7	4.1	3.5	3.1
1	25 (19-41)	21 (16-35)	18 (13-30)	15 (11-25)	12 (8.6-21)	9.9 (7.0-17)	8.3 (5.8-14)	7.1 (5.0-12)	6.1 (4.2-9.9)	5.2 (3.6-8.3)	4.5 (3.1-7.0)
2	34 (24-51)	30 (20-45)	25 (17-39)	21 (14-33)	18 (12-28)	15 (9.5-23)	12 (7.9-20)	11 (6.7-17)	9.0 (5.7-14)	7.7 (4.9-12)	6.6 (4.2-10)
3	45 (31-59)	40 (26-54)	35 (22-48)	30 (19-42)	25 (15-37)	21 (13-31)	18 (11-27)	16 (9.2-23)	13 (7.8-19)	11 (6.6-16)	9.6 (5.6-14)
4	55 (38-66)	50 (33-61)	45 (29-56)	40 (24-50)	35 (21-45)	30 (17-39)	26 (14-34)	22 (12-29)	19 (11-25)	16 (9.1-22)	14 (7.8-19)
5	65 (47-71)	61 (42-67)	56 (37-62)	51 (32-57)	45 (27-52)	40 (23-46)	35 (19-41)	31 (17-36)	27 (14-32)	23 (13-28)	20 (11-24)
6	72	69	66	61	56	51	45	41	36	32	27

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	13	11	9.6	8.1	6.9	5.8	5.1	4.5	4.0	3.5	3.1
1	19 (14-32)	17 (12-28)	14 (10-24)	12 (8.6-21)	10 (7.2-18)	8.8 (6.1-15)	7.6 (5.3-13)	6.7 (4.6-11)	5.9 (4.0-9.8)	5.2 (3.5-8.5)	4.6 (3.1-7.3)
2	27 (19-41)	24 (16-37)	21 (14-32)	18 (12-28)	15 (9.7-24)	13 (8.2-21)	11 (7.1-18)	9.9 (6.2-16)	8.7 (5.4-14)	7.6 (4.8-12)	6.7 (4.2-10)
3	37 (24-50)	33 (21-45)	29 (18-40)	25 (15-36)	22 (13-31)	19 (11-27)	16 (9.7-24)	15 (8.5-21)	13 (7.4-19)	11 (6.5-16)	9.8 (5.7-14)
4	47 (31-58)	43 (27-53)	38 (23-49)	34 (20-44)	30 (17-39)	26 (15-35)	23 (13-31)	21 (11-28)	18 (10-24)	16 (8.9-22)	14 (7.8-19)
5	57 (39-63)	53 (34-60)	49 (30-56)	45 (26-51)	40 (23-46)	36 (20-42)	32 (17-38)	29 (15-34)	26 (14-31)	23 (12-27)	20 (11-24)
6	66	63	59	55	51	46	42	38	35	31	28