Lebanon - 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 Lebanon. 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	7.8	4.7	3.0	2.0	1.5	1.1	0.9	0.8	0.7	0.7	0.6
1	12 (9.6-15)	7.3 (6.3-9.4)	4.6 (4.1-6.0)	3.1 (2.6-4.0)	2.3 (1.7-2.9)	1.7 (1.3-2.2)	1.4 (1.0-1.8)	1.2 (0.8-1.6)	1.1 (0.7-1.5)	1.0 (0.6-1.4)	1.0 (0.6-1.4)
2	18 (13-26)	11 (8.4-16)	7.0 (5.4-10)	4.7 (3.5-6.7)	3.4 (2.3-4.9)	2.6 (1.6-4.1)	2.1 (1.2-3.5)	1.8 (1.0-3.0)	1.6 (0.8-2.8)	1.5 (0.8-2.6)	1.4 (0.7-2.5)
3	26 (18-36)	16 (11-23)	11 (7.4-14)	7.1 (4.9-10)	5.1 (3.2-8.0)	3.8 (2.2-6.5)	3.1 (1.6-5.5)	2.6 (1.3-4.8)	2.3 (1.1-4.4)	2.2 (1.0-4.2)	2.1 (0.9-4.0)
4	37 (25-48)	24 (16-31)	15 (10-19)	10 (6.7-14)	7.4 (4.8-10)	5.6 (3.6-8.5)	4.5 (2.7-7.2)	3.7 (2.1-6.2)	3.3 (1.8-5.7)	3.1 (1.6-5.4)	3.0 (1.5-5.2)
5	49 (39-59)	33 (26-40)	22 (17-26)	15 (11-17)	11 (7.8-13)	8.0 (5.9-10)	6.3 (4.7-8.6)	5.3 (3.9-7.4)	4.7 (3.3-6.7)	4.4 (3.0-6.4)	4.2 (2.8-6.1)
6	63	45	31	21	15	11	8.8	7.3	6.5	6.1	5.8

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

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	9.3	5.9	3.9	2.7	2.0	1.6	1.3	1.1	1.0	0.9	0.8
1	14 (12-17)	8.9 (8.1-11)	5.9 (5.2-7.3)	4.1 (3.4-5.1)	3.0 (2.3-3.7)	2.3 (1.7-2.9)	1.9 (1.3-2.5)	1.6 (1.1-2.1)	1.4 (0.9-2.0)	1.3 (0.8-1.8)	1.2 (0.8-1.8)
2	20 (16-28)	13 (10-18)	8.8 (7.0-12)	6.1 (4.6-8.3)	4.5 (3.1-6.4)	3.4 (2.2-5.3)	2.8 (1.7-4.4)	2.3 (1.3-3.8)	2.1 (1.1-3.5)	1.9 (1.0-3.3)	1.8 (0.9-3.2)
3	29 (21-37)	19 (14-25)	13 (9.4-17)	8.9 (6.4-13)	6.5 (4.2-10)	5.0 (3.0-8.3)	4.0 (2.2-7.0)	3.3 (1.7-6.0)	3.0 (1.5-5.5)	2.8 (1.3-5.2)	2.6 (1.2-5.0)
4	39 (29-48)	27 (19-33)	18 (13-22)	13 (8.7-17)	9.3 (6.3-13)	7.1 (4.8-11)	5.7 (3.6-9.0)	4.7 (2.7-7.8)	4.2 (2.3-7.1)	3.9 (2.1-6.7)	3.7 (1.9-6.4)
5	51 (43-59)	36 (29-42)	25 (20-29)	18 (14-21)	13 (10-16)	10 (7.7-13)	8.0 (6.1-11)	6.6 (5.0-9.2)	5.9 (4.2-8.4)	5.5 (3.8-7.9)	5.1 (3.5-7.5)
6	63	48	34	25	18	14	11	9.0	8.0	7.5	7.0

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	10	6.9	4.8	3.5	2.6	2.1	1.7	1.4	1.3	1.2	1.1
1	15 (13-17)	10 (9.1-12)	7.1 (6.1-8.4)	5.2 (4.2-6.1)	3.9 (3.0-4.6)	3.0 (2.2-3.8)	2.5 (1.7-3.2)	2.0 (1.4-2.8)	1.9 (1.2-2.6)	1.7 (1.1-2.4)	1.6 (1.0-2.3)
2	21 (17-27)	15 (12-19)	10 (8.3-13)	7.5 (5.7-9.9)	5.6 (4.0-8.0)	4.4 (2.9-6.6)	3.6 (2.2-5.6)	3.0 (1.7-4.8)	2.7 (1.5-4.5)	2.5 (1.3-4.2)	2.3 (1.2-4.0)
3	29 (22-36)	20 (16-25)	15 (11-19)	11 (7.8-15)	8.1 (5.4-12)	6.3 (3.9-10)	5.1 (2.9-8.6)	4.2 (2.3-7.4)	3.8 (2.0-6.9)	3.5 (1.7-6.5)	3.3 (1.6-6.1)
4	38 (30-45)	28 (21-33)	20 (15-25)	15 (11-20)	11 (8.1-16)	8.8 (6.2-13)	7.1 (4.6-11)	5.9 (3.6-9.5)	5.3 (3.0-8.9)	4.9 (2.7-8.3)	4.6 (2.4-7.8)
5	48 (42-54)	37 (31-41)	27 (22-31)	20 (16-24)	15 (12-19)	12 (9.6-16)	9.8 (7.7-13)	8.1 (6.2-11)	7.3 (5.3-10)	6.7 (4.7-9.8)	6.3 (4.3-9.2)
6	58	46	36	27	21	16	13	11	9.8	9.0	8.4

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

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	11	7.7	5.6	4.2	3.2	2.5	2.1	1.7	1.6	1.4	1.3
1	15 (14-17)	11 (9.6-13)	8.1 (6.8-9.3)	6.1 (4.9-7.0)	4.7 (3.6-5.6)	3.7 (2.7-4.6)	3.0 (2.1-3.9)	2.5 (1.7-3.4)	2.2 (1.5-3.1)	2.0 (1.3-2.9)	1.9 (1.2-2.7)
2	21 (17-26)	15 (12-19)	11 (9.2-14)	8.6 (6.6-11)	6.6 (4.8-9.2)	5.2 (3.6-7.7)	4.2 (2.7-6.5)	3.6 (2.2-5.7)	3.2 (1.8-5.2)	2.9 (1.6-4.9)	2.7 (1.5-4.5)
3	28 (22-34)	21 (17-26)	16 (12-21)	12 (9.0-17)	9.3 (6.5-14)	7.3 (4.8-11)	5.9 (3.6-9.7)	5.0 (2.9-8.5)	4.5 (2.4-7.8)	4.1 (2.1-7.3)	3.8 (1.9-6.8)
4	36 (29-42)	28 (22-32)	21 (16-26)	16 (12-21)	13 (9.5-18)	10 (7.3-15)	8.2 (5.5-12)	6.9 (4.4-11)	6.2 (3.7-10)	5.6 (3.2-9.3)	5.2 (2.9-8.7)
5	45 (40-49)	35 (31-40)	28 (24-32)	22 (18-26)	17 (14-22)	14 (11-18)	11 (8.9-15)	9.3 (7.3-13)	8.3 (6.2-12)	7.6 (5.4-11)	7.0 (4.8-10)
6	53	44	35	28	22	18	14	12	11	10	9.2

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	12	8.8	6.7	5.1	4.0	3.2	2.6	2.2	2.0	1.8	1.6
1	17 (14-21)	13 (10-16)	9.6 (7.6-12)	7.3 (5.7-9.1)	5.7 (4.3-7.0)	4.5 (3.3-5.5)	3.6 (2.6-4.4)	3.1 (2.1-3.7)	2.7 (1.8-3.2)	2.4 (1.6-2.9)	2.2 (1.5-2.6)
2	23 (18-30)	18 (14-23)	14 (10-18)	10 (7.6-14)	8.0 (5.8-11)	6.3 (4.4-8.7)	5.0 (3.4-7.0)	4.2 (2.7-5.9)	3.7 (2.3-5.2)	3.2 (2.0-4.7)	2.9 (1.8-4.2)
3	31 (25-39)	25 (19-31)	19 (14-25)	15 (10-20)	11 (7.8-16)	8.8 (5.9-13)	6.9 (4.5-10)	5.8 (3.7-8.6)	5.0 (3.1-7.6)	4.4 (2.7-6.8)	3.9 (2.3-6.1)
4	41 (32-48)	33 (25-40)	26 (19-32)	20 (15-26)	16 (11-20)	12 (8.5-16)	9.5 (6.6-13)	7.8 (5.3-11)	6.7 (4.5-9.9)	5.8 (3.8-8.8)	5.2 (3.4-7.9)
5	50 (42-56)	42 (34-48)	34 (27-40)	27 (21-32)	21 (17-26)	17 (13-21)	13 (10-17)	11 (8.3-14)	9.0 (7.1-12)	7.7 (6.1-11)	6.8 (5.4-9.6)
6	59	51	43	35	28	22	17	14	12	10	8.9

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

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	8.2	6.5	5.2	4.2	3.4	3.0	2.6	2.3	2.1
1	20 (14-33)	16 (11-26)	12 (8.8-21)	9.8 (6.8-16)	7.7 (5.3-12)	6.1 (4.2-9.4)	4.9 (3.4-7.2)	4.2 (2.8-5.8)	3.6 (2.4-4.7)	3.1 (2.1-3.9)	2.8 (1.9-3.3)
2	28 (19-42)	23 (15-35)	18 (12-28)	14 (9.1-22)	11 (7.2-17)	9.0 (5.6-13)	7.1 (4.4-10)	5.9 (3.7-8.5)	5.0 (3.1-7.1)	4.3 (2.7-5.9)	3.7 (2.3-5.0)
3	38 (24-51)	31 (20-43)	26 (16-36)	21 (12-29)	16 (9.6-23)	13 (7.6-19)	10 (5.9-15)	8.4 (4.9-12)	7.0 (4.2-10)	5.9 (3.6-8.5)	5.0 (3.1-7.2)
4	48 (31-58)	41 (26-51)	34 (21-44)	28 (16-37)	23 (13-30)	18 (10-24)	15 (8.2-20)	12 (6.8-16)	9.8 (5.7-13)	8.1 (4.9-11)	6.9 (4.3-9.5)
5	58 (40-65)	51 (33-58)	44 (27-52)	38 (22-45)	31 (18-38)	25 (15-31)	20 (12-25)	17 (10-21)	14 (8.6-17)	11 (7.4-15)	9.3 (6.5-12)
6	67	61	55	48	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	14	12	9.4	7.7	6.3	5.1	4.3	3.7	3.3	2.9	2.6
1	20 (15-34)	17 (12-28)	14 (9.7-23)	11 (7.9-19)	9.2 (6.3-15)	7.5 (5.1-12)	6.2 (4.2-9.8)	5.3 (3.6-8.1)	4.6 (3.1-6.7)	4.0 (2.6-5.6)	3.5 (2.3-4.7)
2	28 (19-42)	24 (16-36)	20 (13-31)	16 (10-25)	13 (8.4-21)	11 (6.8-17)	8.9 (5.6-13)	7.5 (4.7-11)	6.4 (4.0-9.3)	5.5 (3.4-7.8)	4.8 (3.0-6.6)
3	37 (24-50)	32 (20-44)	27 (17-38)	23 (14-32)	19 (11-27)	15 (9.0-22)	13 (7.4-18)	11 (6.3-15)	9.0 (5.4-13)	7.7 (4.6-11)	6.5 (4.0-9.2)
4	46 (30-57)	41 (26-51)	35 (22-45)	30 (18-39)	25 (15-33)	21 (12-28)	17 (9.9-23)	15 (8.4-20)	13 (7.2-17)	11 (6.2-14)	9.0 (5.3-12)
5	56 (38-63)	50 (33-57)	45 (28-52)	39 (23-46)	33 (19-40)	28 (16-34)	24 (13-29)	20 (12-25)	17 (10-22)	14 (8.7-18)	12 (7.6-16)
6	65	60	55	49	43	37	31	27	23	20	17

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

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	14	12	10	8.5	7.0	5.9	5.0	4.4	3.8	3.4	3.0
1	21 (15-34)	18 (13-30)	15 (10-25)	13 (8.6-21)	10 (7.1-18)	8.7 (5.9-15)	7.4 (5.0-13)	6.4 (4.3-11)	5.6 (3.7-9.1)	4.8 (3.2-7.7)	4.2 (2.8-6.6)
2	28 (19-43)	25 (16-38)	21 (14-33)	18 (11-28)	15 (9.3-24)	13 (7.7-20)	11 (6.5-17)	9.3 (5.6-15)	8.0 (4.9-13)	7.0 (4.2-11)	6.0 (3.7-9.1)
3	37 (24-50)	33 (21-45)	29 (18-40)	25 (15-35)	21 (12-30)	18 (10-26)	15 (8.8-22)	13 (7.6-19)	11 (6.6-17)	9.9 (5.7-14)	8.5 (4.9-12)
4	47 (31-57)	42 (26-52)	37 (23-47)	33 (19-42)	28 (16-37)	24 (14-32)	21 (12-28)	18 (10-25)	16 (8.8-21)	14 (7.6-19)	12 (6.6-16)
5	56 (38-63)	52 (34-58)	47 (29-54)	42 (25-49)	37 (21-44)	32 (18-39)	28 (16-34)	25 (14-30)	22 (12-27)	19 (10-24)	16 (9.1-21)
6	65	61	57	52	47	42	37	33	29	25	22

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	14	12	11	9.0	7.6	6.5	5.6	5.0	4.4	3.8	3.4
1	21 (15-35)	18 (13-31)	16 (11-28)	14 (9.6-24)	12 (8.1-21)	10 (6.8-18)	8.7 (5.9-16)	7.7 (5.2-14)	6.7 (4.5-12)	5.9 (4.0-11)	5.2 (3.5-9.3)
2	29 (20-44)	26 (17-40)	23 (15-36)	20 (13-32)	17 (11-28)	15 (9.1-24)	13 (7.9-22)	11 (6.9-19)	10 (6.1-17)	8.9 (5.3-15)	7.8 (4.7-13)
3	38 (25-52)	34 (22-47)	31 (19-43)	27 (16-39)	24 (14-35)	21 (12-31)	19 (11-28)	17 (9.3-25)	15 (8.2-22)	13 (7.2-20)	11 (6.3-17)
4	48 (31-58)	44 (28-54)	40 (24-50)	36 (21-46)	32 (18-42)	29 (16-37)	26 (14-34)	23 (12-31)	21 (11-28)	18 (9.7-25)	16 (8.5-22)
5	57 (39-63)	53 (35-60)	50 (31-56)	46 (28-52)	42 (24-48)	38 (21-44)	34 (19-40)	31 (17-37)	28 (15-34)	25 (13-30)	23 (12-28)
6	64	62	59	55	51	47	44	40	37	34	30