

**Poland - 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/m<sup>2</sup>), the number of clinical risk factors (CRF) and age. Each table provides a mean estimate and a range, based on the epidemiology of Poland. 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/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	1.8	1.7	1.7	1.5	1.3	1.1	1.0
1	2.9 (2.0-4.4)	2.8 (1.8-4.0)	2.7 (1.8-3.7)	2.3 (1.5-3.2)	2.0 (1.3-2.8)	1.8 (1.2-2.4)	1.5 (1.0-2.1)
2	4.7 (2.5-7.9)	4.3 (2.3-7.4)	4.1 (2.2-7.2)	3.6 (1.9-6.3)	3.1 (1.6-5.5)	2.7 (1.4-4.8)	2.3 (1.2-4.2)
3	7.3 (3.7-12)	6.6 (3.2-12)	6.2 (3.0-11)	5.4 (2.6-9.9)	4.7 (2.2-8.6)	4.1 (1.9-7.5)	3.5 (1.7-6.6)
4	11 (6.1-18)	10 (5.3-16)	9.3 (4.9-15)	8.0 (4.2-13)	7.0 (3.6-12)	6.0 (3.1-10)	5.2 (2.6-8.8)
5	17 (10-22)	15 (9.4-20)	14 (9.1-18)	12 (7.8-16)	10 (6.8-14)	8.8 (5.9-12)	7.7 (5.1-11)
6	25	22	20	17	15	13	11

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

**Age = 55 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	2.1	2.0	1.9	1.6	1.4	1.2	1.1
1	3.3 (2.3-5.0)	3.1 (2.1-4.4)	2.9 (2.0-4.0)	2.5 (1.7-3.5)	2.2 (1.5-3.0)	1.9 (1.3-2.6)	1.6 (1.1-2.2)
2	5.3 (3.0-8.5)	4.8 (2.6-8.0)	4.5 (2.4-7.7)	3.9 (2.1-6.7)	3.4 (1.8-5.8)	2.9 (1.5-5.1)	2.5 (1.3-4.4)
3	8.3 (4.5-13)	7.3 (3.8-12)	6.8 (3.4-12)	5.9 (2.9-10)	5.1 (2.5-9.1)	4.4 (2.1-7.9)	3.8 (1.8-6.8)
4	13 (7.4-19)	11 (6.3-17)	10 (5.6-16)	8.7 (4.7-14)	7.5 (4.0-12)	6.5 (3.4-11)	5.6 (2.9-9.2)
5	19 (12-24)	16 (11-22)	15 (10-20)	13 (8.6-17)	11 (7.4-15)	9.4 (6.4-13)	8.1 (5.5-11)
6	27	24	21	18	16	14	12

**Age = 60 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	2.3	2.1	2.0	1.8	1.5	1.3	1.1
1	3.6 (2.5-5.3)	3.3 (2.3-4.6)	3.1 (2.1-4.3)	2.7 (1.8-3.7)	2.3 (1.6-3.1)	2.0 (1.3-2.7)	1.7 (1.1-2.3)
2	5.7 (3.4-8.7)	5.1 (3.0-8.2)	4.8 (2.7-8.0)	4.1 (2.3-6.9)	3.5 (1.9-5.9)	3.0 (1.6-5.1)	2.6 (1.4-4.5)
3	8.7 (5.2-13)	7.8 (4.4-13)	7.2 (3.9-12)	6.2 (3.3-11)	5.3 (2.7-9.1)	4.5 (2.3-7.9)	3.8 (2.0-6.8)
4	13 (8.2-19)	12 (7.1-18)	11 (6.2-17)	9.1 (5.2-14)	7.8 (4.4-12)	6.6 (3.7-11)	5.7 (3.1-9.2)
5	19 (13-25)	17 (11-22)	16 (11-21)	13 (9.1-18)	11 (7.8-15)	9.6 (6.6-13)	8.2 (5.6-11)
6	27	24	22	19	16	14	12

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

**Age = 65 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	2.5	2.3	2.2	1.9	1.6	1.4	1.2
1	3.9 (2.7-5.4)	3.6 (2.5-4.9)	3.4 (2.4-4.5)	2.9 (2.0-3.8)	2.5 (1.7-3.3)	2.1 (1.4-2.8)	1.8 (1.2-2.4)
2	5.9 (3.8-8.7)	5.5 (3.3-8.4)	5.2 (3.0-8.2)	4.4 (2.5-7.1)	3.7 (2.1-6.1)	3.1 (1.8-5.2)	2.6 (1.5-4.5)
3	8.9 (5.6-13)	8.1 (5.1-12)	7.7 (4.4-12)	6.4 (3.7-11)	5.4 (3.0-9.0)	4.6 (2.5-7.7)	3.9 (2.1-6.6)
4	13 (8.5-19)	12 (7.9-18)	11 (7.0-17)	9.4 (5.7-15)	7.9 (4.7-12)	6.7 (3.9-11)	5.6 (3.2-9.0)
5	19 (13-24)	17 (12-22)	16 (11-21)	13 (9.6-18)	11 (8.1-15)	9.6 (6.8-13)	8.1 (5.7-11)
6	26	24	23	19	16	13	11

**Age = 70 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	2.8	2.6	2.6	2.1	1.8	1.5	1.3
1	4.3 (3.0-5.5)	4.0 (2.8-5.2)	3.8 (2.7-4.9)	3.1 (2.2-4.1)	2.6 (1.8-3.5)	2.2 (1.5-2.9)	1.8 (1.3-2.5)
2	6.6 (4.2-10)	6.0 (3.8-9.0)	5.6 (3.5-8.2)	4.6 (2.9-6.8)	3.8 (2.4-5.7)	3.2 (2.0-4.8)	2.6 (1.6-4.0)
3	10 (5.9-16)	9.1 (5.5-14)	8.3 (5.2-12)	6.8 (4.3-10)	5.6 (3.5-8.4)	4.6 (2.8-7.0)	3.8 (2.3-5.8)
4	15 (9.5-21)	14 (8.6-20)	12 (8.0-18)	10 (6.4-15)	8.2 (5.2-12)	6.7 (4.2-10)	5.5 (3.4-8.4)
5	22 (17-28)	20 (16-26)	18 (14-24)	15 (11-19)	12 (9.2-16)	9.8 (7.4-13)	8.0 (6.0-11)
6	31	28	26	21	17	14	11

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

**Age = 75 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	3.5	3.4	3.3	2.7	2.2	1.8	1.5
1	5.7 (3.7-9.0)	5.3 (3.6-7.8)	5.0 (3.4-6.5)	4.0 (2.8-5.2)	3.3 (2.3-4.2)	2.7 (1.9-3.4)	2.2 (1.5-2.8)
2	9.0 (4.9-15)	8.3 (4.9-13)	7.6 (4.6-11)	6.1 (3.7-9.2)	4.9 (3.0-7.4)	4.0 (2.4-6.0)	3.2 (2.0-4.8)
3	14 (7.0-23)	13 (6.8-21)	12 (6.6-18)	9.3 (5.3-14)	7.5 (4.2-11)	6.0 (3.4-9.2)	4.8 (2.7-7.4)
4	21 (11-31)	19 (11-28)	17 (10-25)	14 (8.1-21)	11 (6.5-17)	9.0 (5.1-14)	7.2 (4.1-11)
5	30 (19-38)	28 (18-36)	26 (17-33)	21 (14-28)	17 (11-23)	14 (9.1-18)	11 (7.3-15)
6	40	38	36	30	24	20	16

**Age = 80 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	5.1	4.8	4.6	3.7	3.0	2.5	2.0
1	8.1 (5.4-13)	7.6 (5.1-12)	7.0 (4.9-10)	5.6 (3.9-8.0)	4.5 (3.1-6.3)	3.7 (2.5-5.0)	3.0 (2.0-3.9)
2	13 (7.2-21)	12 (6.9-19)	11 (6.6-16)	8.6 (5.3-13)	6.8 (4.2-10)	5.5 (3.4-8.0)	4.4 (2.7-6.4)
3	19 (10-29)	17 (9.7-27)	16 (9.3-24)	13 (7.4-19)	10 (5.8-15)	8.2 (4.6-12)	6.5 (3.6-9.9)
4	27 (15-37)	25 (15-35)	23 (14-32)	19 (11-26)	15 (9.1-22)	12 (7.2-17)	9.6 (5.7-14)
5	36 (23-45)	34 (22-43)	32 (21-41)	27 (17-34)	22 (14-28)	18 (11-23)	14 (9.0-19)
6	47	45	43	36	30	25	20

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

**Age = 85 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	7.2	6.7	6.3	5.1	4.1	3.3	2.6
1	12 (7.8-19)	11 (7.2-17)	9.8 (6.8-15)	7.8 (5.4-12)	6.2 (4.2-9.2)	5.0 (3.4-7.2)	4.0 (2.7-5.7)
2	18 (10-29)	16 (9.8-26)	15 (9.3-23)	12 (7.4-18)	9.5 (5.8-15)	7.6 (4.6-12)	6.0 (3.6-9.1)
3	26 (15-38)	24 (14-36)	22 (13-32)	18 (10-27)	14 (8.0-22)	11 (6.3-17)	9.0 (4.9-14)
4	35 (21-47)	33 (20-45)	31 (19-41)	26 (15-35)	21 (12-29)	17 (9.9-24)	13 (7.8-19)
5	46 (31-55)	44 (29-52)	41 (28-50)	35 (23-44)	29 (19-37)	24 (15-31)	19 (12-26)
6	56	54	52	46	39	33	27

**Age = 90 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	9.4	8.4	7.6	6.1	4.9	3.9	3.2
1	15 (11-25)	13 (9.2-21)	12 (8.3-18)	9.5 (6.6-14)	7.6 (5.2-11)	6.0 (4.1-8.9)	4.8 (3.3-7.0)
2	23 (15-36)	20 (13-32)	18 (11-27)	15 (9.1-22)	12 (7.2-18)	9.3 (5.7-14)	7.4 (4.5-11)
3	33 (20-47)	30 (18-43)	27 (16-38)	22 (13-32)	18 (10-26)	14 (8.0-21)	11 (6.3-17)
4	44 (29-56)	41 (26-53)	37 (24-48)	31 (19-42)	26 (15-35)	21 (12-29)	17 (9.8-24)
5	55 (40-63)	52 (37-61)	49 (34-58)	42 (28-51)	36 (23-44)	30 (19-38)	24 (15-31)
6	63	63	61	54	47	41	34