

Singapore (Malay) - 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 (Malay). 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 ²)						
	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 (1.0-2.1)	1.3 (0.9-1.8)	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	4.2 (2.1-7.2)	3.7 (1.8-6.7)	3.5 (1.7-6.4)	3.0 (1.4-5.6)	2.6 (1.2-4.8)	2.3 (1.1-4.2)	2.0 (0.9-3.7)
4	6.5 (3.5-10)	5.7 (3.0-9.3)	5.2 (2.7-8.7)	4.5 (2.3-7.6)	3.9 (2.0-6.6)	3.4 (1.7-5.7)	2.9 (1.5-5.0)
5	10 (5.9-13)	8.7 (5.4-12)	7.8 (5.1-11)	6.7 (4.4-9.2)	5.8 (3.8-8.0)	5.0 (3.3-6.9)	4.3 (2.9-6.0)
6	15	13	11	9.9	8.5	7.3	6.3

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.8	1.6	1.6	1.4	1.2	1.0	0.9
1	2.8 (1.9-4.2)	2.6 (1.8-3.7)	2.5 (1.7-3.4)	2.1 (1.4-2.9)	1.8 (1.2-2.5)	1.6 (1.1-2.2)	1.4 (0.9-1.9)
2	4.5 (2.5-7.3)	4.0 (2.2-6.7)	3.8 (2.0-6.4)	3.3 (1.8-5.6)	2.8 (1.5-4.9)	2.4 (1.3-4.2)	2.1 (1.1-3.7)
3	7.1 (3.9-11)	6.2 (3.2-11)	5.7 (2.9-10)	4.9 (2.5-8.8)	4.3 (2.1-7.6)	3.7 (1.8-6.6)	3.2 (1.5-5.8)
4	11 (6.4-17)	9.5 (5.4-15)	8.6 (4.7-14)	7.4 (4.0-12)	6.3 (3.4-10)	5.5 (2.9-9.0)	4.7 (2.5-7.8)
5	16 (10-21)	14 (9.1-19)	13 (8.5-17)	11 (7.3-15)	9.3 (6.3-13)	8.0 (5.4-11)	6.9 (4.6-9.5)
6	24	21	18	16	14	12	9.9

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.0	2.7	2.6	2.2	1.9	1.7	1.4
1	4.8 (3.3-6.9)	4.3 (3.0-6.0)	4.0 (2.8-5.5)	3.5 (2.4-4.7)	3.0 (2.0-4.0)	2.5 (1.7-3.4)	2.2 (1.5-2.9)
2	7.4 (4.5-11)	6.6 (3.9-11)	6.1 (3.5-10)	5.3 (2.9-8.7)	4.5 (2.5-7.5)	3.9 (2.1-6.5)	3.3 (1.8-5.7)
3	11 (7.0-17)	10 (5.8-16)	9.2 (5.0-16)	7.9 (4.2-13)	6.7 (3.5-12)	5.8 (3.0-10)	4.9 (2.5-8.6)
4	17 (11-24)	15 (9.3-22)	14 (8.1-21)	12 (6.8-18)	9.9 (5.7-16)	8.5 (4.8-14)	7.2 (4.0-12)
5	24 (16-31)	22 (15-28)	20 (14-26)	17 (12-22)	14 (10-19)	12 (8.5-17)	10 (7.3-14)
6	34	31	28	24	20	17	15

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.6	4.2	3.9	3.4	2.9	2.4	2.1
1	7.1 (5.1-9.8)	6.4 (4.6-8.6)	6.0 (4.2-7.9)	5.1 (3.5-6.7)	4.3 (3.0-5.7)	3.7 (2.5-4.9)	3.2 (2.1-4.2)
2	11 (7.0-15)	9.7 (6.0-15)	9.0 (5.3-14)	7.7 (4.5-12)	6.5 (3.8-11)	5.5 (3.2-9.1)	4.7 (2.7-7.9)
3	16 (11-22)	14 (9.1-21)	13 (7.8-21)	11 (6.5-18)	9.6 (5.4-16)	8.1 (4.5-13)	6.9 (3.8-12)
4	23 (15-31)	21 (14-30)	19 (12-28)	16 (10-25)	14 (8.5-21)	12 (7.1-18)	10 (5.9-16)
5	31 (23-39)	29 (21-37)	27 (20-34)	23 (17-30)	20 (14-26)	17 (12-22)	14 (10-19)
6	41	39	36	31	27	23	20

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	5.8	5.2	4.9	4.1	3.5	3.0	2.5
1	8.9 (6.4-11)	7.9 (5.7-10)	7.2 (5.2-9.3)	6.1 (4.4-7.9)	5.1 (3.7-6.7)	4.3 (3.1-5.7)	3.6 (2.6-4.8)
2	14 (8.8-20)	12 (7.7-17)	11 (6.8-15)	8.9 (5.6-13)	7.5 (4.7-11)	6.3 (3.9-9.1)	5.3 (3.3-7.7)
3	20 (13-29)	18 (12-25)	16 (10-23)	13 (8.3-19)	11 (6.9-16)	9.1 (5.7-14)	7.6 (4.7-11)
4	29 (20-39)	26 (18-36)	23 (16-32)	19 (13-27)	16 (10-23)	13 (8.6-19)	11 (7.1-16)
5	40 (34-49)	36 (30-45)	32 (26-40)	27 (22-34)	23 (18-29)	19 (15-25)	16 (12-21)
6	51	48	44	38	32	27	22

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	6.3	5.7	5.3	4.4	3.7	3.1	2.6
1	10 (6.9-15)	9.0 (6.3-13)	8.0 (5.7-10)	6.6 (4.7-8.1)	5.4 (3.9-6.6)	4.5 (3.2-5.6)	3.7 (2.6-4.7)
2	16 (9.7-25)	14 (8.5-21)	12 (7.5-17)	9.9 (6.2-14)	8.1 (5.0-12)	6.7 (4.1-9.5)	5.5 (3.4-7.8)
3	24 (14-37)	21 (12-32)	18 (11-27)	15 (9.2-22)	12 (7.5-18)	10 (6.1-15)	8.1 (4.9-12)
4	35 (21-47)	31 (19-43)	27 (17-38)	22 (14-32)	18 (11-27)	15 (9.1-22)	12 (7.4-18)
5	47 (33-56)	43 (30-53)	39 (28-48)	33 (23-41)	27 (19-35)	22 (16-29)	18 (13-24)
6	59	56	52	45	38	32	26

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	6.7	6.0	5.4	4.4	3.6	3.0	2.4
1	11 (7.4-17)	9.5 (6.6-14)	8.3 (5.9-12)	6.7 (4.8-9.3)	5.4 (3.8-7.4)	4.4 (3.1-5.9)	3.6 (2.5-4.7)
2	17 (10-27)	15 (9.2-23)	13 (8.0-18)	10 (6.4-15)	8.3 (5.2-12)	6.7 (4.2-9.4)	5.4 (3.4-7.6)
3	25 (15-37)	22 (13-32)	19 (12-27)	16 (9.5-22)	13 (7.6-18)	10 (6.0-15)	8.1 (4.8-12)
4	35 (21-46)	32 (20-42)	28 (18-38)	23 (15-32)	19 (12-26)	15 (9.4-21)	12 (7.5-17)
5	46 (31-55)	43 (29-52)	39 (27-48)	33 (22-41)	27 (18-34)	22 (15-29)	18 (12-23)
6	58	55	51	44	38	31	26

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	6.8	6.0	5.3	4.3	3.5	2.8	2.3
1	11 (7.6-18)	9.6 (6.6-15)	8.4 (5.9-12)	6.7 (4.7-9.8)	5.4 (3.7-7.8)	4.3 (3.0-6.1)	3.4 (2.4-4.8)
2	18 (11-28)	15 (9.4-24)	13 (8.1-20)	10 (6.4-16)	8.3 (5.1-12)	6.6 (4.0-9.8)	5.3 (3.2-7.8)
3	26 (15-38)	23 (13-34)	20 (12-29)	16 (9.4-23)	13 (7.4-19)	10 (5.8-15)	8.1 (4.6-12)
4	37 (22-48)	33 (20-44)	29 (18-39)	24 (14-33)	19 (12-27)	15 (9.2-22)	12 (7.3-18)
5	48 (33-57)	44 (30-54)	40 (27-49)	34 (22-42)	28 (18-36)	23 (14-29)	18 (11-24)
6	59	56	53	46	39	32	27

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	6.1	5.4	5.1	4.1	3.3	2.6	2.1
1	10 (6.8-17)	8.8 (6.0-14)	7.9 (5.4-12)	6.3 (4.3-9.2)	5.0 (3.4-7.2)	4.0 (2.7-5.7)	3.2 (2.2-4.5)
2	16 (9.8-26)	14 (8.5-22)	12 (7.5-18)	9.7 (5.9-15)	7.7 (4.7-12)	6.1 (3.7-9.1)	4.8 (2.9-7.2)
3	24 (14-36)	21 (12-31)	18 (11-27)	15 (8.5-22)	12 (6.7-18)	9.3 (5.2-14)	7.4 (4.1-11)
4	34 (20-46)	30 (18-41)	27 (16-37)	22 (13-30)	18 (10-25)	14 (8.3-20)	11 (6.5-16)
5	46 (31-54)	42 (27-51)	38 (25-46)	31 (20-39)	26 (16-33)	21 (13-27)	17 (10-22)
6	56	54	50	43	36	30	24