**Bulgaria - 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 Bulgaria. 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 | 25 | 16 | 10 | 7.1 | 5.2 | 4.1 | 3.4 | 2.9 | 2.6 | 2.5 | 2.3 |
| 1 | 36 (30-44) | 23 (21-29) | 15 (14-20) | 11 (8.9-14) | 7.9 (6.1-10) | 6.2 (4.5-7.8) | 5.1 (3.5-6.6) | 4.3 (2.9-5.8) | 3.9 (2.5-5.3) | 3.7 (2.3-5.1) | 3.5 (2.2-4.9) |
| 2 | 49 (39-62) | 33 (26-45) | 23 (18-31) | 16 (12-22) | 12 (8.1-17) | 9.1 (5.8-14) | 7.4 (4.4-12) | 6.3 (3.5-11) | 5.7 (3.0-9.7) | 5.4 (2.8-9.3) | 5.1 (2.6-9.0) |
| 3 | 62 (49-74) | 45 (34-57) | 32 (24-41) | 23 (16-32) | 17 (11-26) | 13 (7.7-22) | 11 (5.8-19) | 9.1 (4.6-16) | 8.1 (3.9-15) | 7.7 (3.6-14) | 7.4 (3.4-14) |
| 4 | 74 (62-82) | 59 (44-69) | 43 (31-51) | 32 (22-40) | 24 (16-32) | 19 (12-27) | 15 (9.3-24) | 13 (7.3-21) | 11 (6.2-19) | 11 (5.7-18) | 10 (5.4-18) |
| 5 | 83 (77-87) | 71 (61-78) | 56 (46-62) | 42 (33-48) | 32 (25-39) | 25 (19-32) | 21 (16-28) | 18 (13-24) | 16 (12-22) | 15 (11-21) | 14 (9.9-21) |
| 6 | 88 | 81 | 68 | 54 | 43 | 34 | 28 | 24 | 21 | 20 | 19 |

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

**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 | 15 | 9.9 | 6.9 | 5.1 | 4.0 | 3.3 | 2.7 | 2.5 | 2.3 | 2.2 |
| 1 | 32 (28-38) | 21 (20-26) | 15 (13-18) | 10 (8.5-13) | 7.7 (5.9-9.4) | 6.0 (4.4-7.4) | 4.8 (3.4-6.3) | 4.0 (2.7-5.4) | 3.6 (2.4-5.0) | 3.4 (2.2-4.8) | 3.2 (2.0-4.5) |
| 2 | 43 (35-54) | 30 (24-39) | 21 (17-28) | 15 (11-20) | 11 (7.9-16) | 8.7 (5.6-13) | 7.0 (4.2-11) | 5.9 (3.3-9.7) | 5.3 (2.9-9.0) | 5.0 (2.6-8.5) | 4.7 (2.4-8.1) |
| 3 | 55 (44-66) | 41 (31-50) | 29 (22-37) | 21 (16-29) | 16 (11-24) | 12 (7.5-20) | 10 (5.6-17) | 8.4 (4.4-15) | 7.6 (3.8-14) | 7.1 (3.4-13) | 6.7 (3.1-12) |
| 4 | 67 (56-75) | 53 (41-61) | 39 (29-46) | 29 (21-37) | 22 (16-30) | 17 (12-25) | 14 (8.9-22) | 12 (6.9-19) | 11 (5.9-17) | 9.9 (5.3-17) | 9.3 (4.9-16) |
| 5 | 76 (70-81) | 64 (56-70) | 51 (42-56) | 39 (31-45) | 30 (24-36) | 24 (18-30) | 19 (15-26) | 16 (12-22) | 14 (11-20) | 13 (9.5-19) | 13 (8.8-18) |
| 6 | 83 | 74 | 62 | 50 | 39 | 31 | 26 | 21 | 19 | 18 | 17 |

**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 | 18 | 13 | 8.9 | 6.5 | 4.9 | 3.9 | 3.1 | 2.6 | 2.4 | 2.2 | 2.0 |
| 1 | 26 (24-30) | 18 (17-21) | 13 (11-15) | 9.5 (7.8-11) | 7.2 (5.6-8.6) | 5.7 (4.2-7.0) | 4.6 (3.2-5.9) | 3.8 (2.6-5.1) | 3.4 (2.3-4.8) | 3.2 (2.1-4.5) | 3.0 (1.9-4.2) |
| 2 | 35 (29-44) | 26 (21-32) | 18 (15-24) | 14 (10-18) | 10 (7.4-14) | 8.1 (5.4-12) | 6.6 (4.1-10) | 5.5 (3.2-8.8) | 5.0 (2.8-8.2) | 4.6 (2.5-7.7) | 4.3 (2.3-7.3) |
| 3 | 46 (37-55) | 34 (27-42) | 25 (20-33) | 19 (14-26) | 15 (10.0-22) | 11 (7.2-18) | 9.3 (5.4-15) | 7.7 (4.2-13) | 7.0 (3.6-12) | 6.5 (3.2-12) | 6.0 (2.9-11) |
| 4 | 57 (47-64) | 45 (35-51) | 34 (26-41) | 26 (19-33) | 20 (15-27) | 16 (11-23) | 13 (8.5-20) | 11 (6.6-17) | 9.7 (5.6-16) | 8.9 (5.0-15) | 8.3 (4.5-14) |
| 5 | 66 (60-71) | 55 (48-59) | 44 (37-49) | 34 (28-40) | 27 (22-33) | 21 (17-27) | 17 (14-23) | 15 (11-20) | 13 (9.7-19) | 12 (8.6-17) | 11 (7.8-16) |
| 6 | 74 | 65 | 54 | 43 | 35 | 28 | 23 | 19 | 17 | 16 | 15 |

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

### 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 | 8.5 | 6.4 | 4.9 | 3.9 | 3.2 | 2.7 | 2.4 | 2.2 | 2.0 |
| 1 | 22 (20-25) | 16 (14-19) | 12 (10-14) | 9.2 (7.4-11) | 7.1 (5.5-8.5) | 5.6 (4.1-7.0) | 4.6 (3.2-5.9) | 3.9 (2.6-5.2) | 3.5 (2.3-4.8) | 3.2 (2.0-4.4) | 2.9 (1.9-4.1) |
| 2 | 30 (24-36) | 22 (18-27) | 17 (14-21) | 13 (9.9-17) | 10 (7.3-14) | 8.0 (5.4-12) | 6.5 (4.1-9.9) | 5.5 (3.3-8.7) | 4.9 (2.8-8.0) | 4.5 (2.5-7.5) | 4.1 (2.2-7.0) |
| 3 | 38 (31-45) | 30 (24-36) | 23 (18-29) | 18 (13-24) | 14 (9.8-20) | 11 (7.3-17) | 9.0 (5.5-15) | 7.6 (4.4-13) | 6.9 (3.7-12) | 6.3 (3.3-11) | 5.8 (2.9-10) |
| 4 | 48 (40-54) | 38 (31-44) | 30 (24-36) | 23 (18-30) | 19 (14-25) | 15 (11-22) | 12 (8.3-18) | 10 (6.6-16) | 9.3 (5.6-15) | 8.5 (4.9-14) | 7.9 (4.4-13) |
| 5 | 56 (51-61) | 47 (41-52) | 38 (33-44) | 30 (26-37) | 24 (20-31) | 20 (16-26) | 16 (13-22) | 14 (11-19) | 12 (9.3-18) | 11 (8.2-16) | 11 (7.3-15) |
| 6 | 64 | 55 | 46 | 38 | 31 | 26 | 21 | 18 | 16 | 15 | 14 |

### 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 | 8.9 | 6.9 | 5.4 | 4.3 | 3.5 | 3.0 | 2.7 | 2.4 | 2.2 |
| 1 | 22 (18-27) | 16 (13-20) | 13 (10-16) | 9.8 (7.6-12) | 7.6 (5.8-9.4) | 6.1 (4.5-7.4) | 4.9 (3.5-5.9) | 4.2 (2.9-5.0) | 3.7 (2.5-4.4) | 3.3 (2.2-3.9) | 3.0 (2.0-3.6) |
| 2 | 30 (24-37) | 23 (18-30) | 18 (13-23) | 14 (10-18) | 11 (7.7-15) | 8.5 (5.9-12) | 6.8 (4.6-9.4) | 5.7 (3.7-8.0) | 5.0 (3.2-7.0) | 4.4 (2.8-6.3) | 4.0 (2.4-5.7) |
| 3 | 39 (31-47) | 31 (24-39) | 24 (18-32) | 19 (14-26) | 15 (10-21) | 12 (7.9-17) | 9.3 (6.1-14) | 7.8 (5.0-12) | 6.7 (4.2-10) | 6.0 (3.6-9.2) | 5.3 (3.2-8.4) |
| 4 | 49 (40-56) | 40 (32-48) | 32 (25-40) | 26 (19-32) | 20 (15-26) | 16 (11-21) | 13 (8.9-18) | 11 (7.2-15) | 9.1 (6.1-13) | 7.9 (5.3-12) | 7.1 (4.6-11) |
| 5 | 58 (51-64) | 50 (42-56) | 42 (34-48) | 34 (28-40) | 27 (22-33) | 22 (17-27) | 17 (14-22) | 14 (11-19) | 12 (9.6-16) | 10 (8.4-14) | 9.2 (7.4-13) |
| 6 | 66 | 59 | 51 | 43 | 35 | 28 | 23 | 19 | 16 | 14 | 12 |

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

### 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 | 15 | 12 | 9.3 | 7.4 | 5.9 | 4.8 | 3.9 | 3.4 | 3.0 | 2.6 | 2.4 |
| 1 | 22 (17-37) | 18 (13-29) | 14 (10-23) | 11 (7.8-18) | 8.8 (6.1-14) | 7.0 (4.8-11) | 5.6 (3.8-8.1) | 4.7 (3.2-6.5) | 4.1 (2.8-5.3) | 3.6 (2.4-4.4) | 3.1 (2.1-3.7) |
| 2 | 31 (22-46) | 26 (17-38) | 21 (13-31) | 16 (10-25) | 13 (8.2-19) | 10 (6.5-15) | 8.0 (5.1-12) | 6.7 (4.2-9.6) | 5.7 (3.6-7.9) | 4.9 (3.1-6.6) | 4.2 (2.7-5.7) |
| 3 | 42 (28-55) | 35 (23-47) | 29 (18-40) | 23 (14-32) | 19 (11-26) | 15 (8.6-21) | 12 (6.8-17) | 9.5 (5.6-14) | 7.9 (4.8-11) | 6.7 (4.1-9.6) | 5.7 (3.5-8.2) |
| 4 | 52 (36-63) | 46 (30-56) | 39 (24-48) | 32 (19-41) | 26 (15-34) | 21 (12-27) | 17 (9.5-22) | 13 (7.9-18) | 11 (6.7-15) | 9.3 (5.7-13) | 7.8 (5.0-11) |
| 5 | 63 (45-69) | 56 (38-63) | 49 (31-56) | 42 (26-49) | 35 (21-42) | 29 (17-35) | 23 (14-28) | 19 (12-23) | 16 (9.9-20) | 13 (8.6-16) | 11 (7.5-14) |
| 6 | 72 | 66 | 60 | 53 | 45 | 38 | 31 | 26 | 21 | 18 | 15 |

### 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 | 11 | 8.9 | 7.2 | 5.9 | 4.8 | 4.0 | 3.4 | 3.0 | 2.7 | 2.4 |
| 1 | 20 (15-33) | 16 (12-28) | 13 (9.4-23) | 11 (7.6-18) | 8.7 (6.0-15) | 7.1 (4.9-12) | 5.8 (3.9-9.2) | 4.9 (3.4-7.5) | 4.2 (2.9-6.2) | 3.7 (2.5-5.2) | 3.2 (2.2-4.3) |
| 2 | 28 (19-42) | 23 (16-36) | 19 (13-30) | 16 (10-25) | 13 (8.1-20) | 10 (6.5-16) | 8.4 (5.3-13) | 7.1 (4.5-11) | 6.0 (3.8-8.8) | 5.1 (3.2-7.3) | 4.4 (2.8-6.2) |
| 3 | 37 (24-50) | 32 (20-44) | 27 (17-37) | 22 (13-31) | 18 (11-26) | 15 (8.8-21) | 12 (7.1-17) | 10 (6.0-14) | 8.5 (5.1-12) | 7.2 (4.3-10) | 6.1 (3.7-8.6) |
| 4 | 47 (31-58) | 41 (26-51) | 35 (22-45) | 30 (18-39) | 25 (15-33) | 21 (12-27) | 17 (9.7-23) | 14 (8.2-19) | 12 (6.9-16) | 10 (5.9-13) | 8.5 (5.1-11) |
| 5 | 57 (39-64) | 51 (33-58) | 45 (28-52) | 39 (23-46) | 34 (19-40) | 28 (16-34) | 23 (13-29) | 20 (11-24) | 17 (9.6-21) | 14 (8.3-18) | 12 (7.2-15) |
| 6 | 66 | 61 | 56 | 49 | 43 | 37 | 31 | 27 | 23 | 19 | 16 |

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

**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** | 11 | 9.3 | 7.7 | 6.4 | 5.2 | 4.3 | 3.7 | 3.2 | 2.8 | 2.5 | 2.2 |
| **1** | 17 (12-29) | 14 (10-24) | 12 (8.3-20) | 9.7 (6.8-17) | 8.0 (5.5-14) | 6.6 (4.5-11) | 5.5 (3.8-9.3) | 4.7 (3.2-7.8) | 4.1 (2.8-6.5) | 3.5 (2.4-5.5) | 3.1 (2.1-4.7) |
| **2** | 24 (16-38) | 21 (13-32) | 17 (11-27) | 14 (9.1-23) | 12 (7.5-19) | 9.8 (6.1-16) | 8.2 (5.1-13) | 7.0 (4.3-11) | 6.0 (3.7-9.2) | 5.1 (3.2-7.8) | 4.4 (2.8-6.6) |
| **3** | 33 (21-46) | 29 (18-40) | 24 (15-35) | 21 (12-30) | 17 (10-25) | 14 (8.3-21) | 12 (7.0-18) | 10 (5.9-15) | 8.7 (5.1-13) | 7.5 (4.3-11) | 6.4 (3.7-9.1) |
| **4** | 43 (27-54) | 38 (23-48) | 33 (19-43) | 29 (16-37) | 24 (14-32) | 20 (11-27) | 17 (9.5-23) | 15 (8.1-20) | 13 (7.0-17) | 11 (6.0-14) | 9.1 (5.1-12) |
| **5** | 53 (35-60) | 48 (30-55) | 43 (26-50) | 38 (22-44) | 33 (18-39) | 28 (15-34) | 24 (13-29) | 21 (11-25) | 18 (9.5-22) | 15 (8.2-19) | 13 (7.1-16) |
| **6** | 63 | 58 | 54 | 48 | 43 | 38 | 33 | 29 | 25 | 21 | 18 |

**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** | 7.8 | 6.6 | 5.6 | 4.7 | 4.0 | 3.3 | 2.9 | 2.6 | 2.3 | 2.0 | 1.8 |
| **1** | 12 (8.3-20) | 10 (7.0-17) | 8.5 (5.9-15) | 7.2 (4.9-12) | 6.0 (4.1-10) | 5.1 (3.4-8.8) | 4.4 (3.0-7.5) | 3.9 (2.6-6.5) | 3.4 (2.3-5.6) | 3.0 (2.0-4.9) | 2.6 (1.8-4.2) |
| **2** | 17 (11-27) | 15 (9.4-24) | 13 (7.9-20) | 11 (6.7-17) | 9.1 (5.6-15) | 7.6 (4.7-12) | 6.6 (4.1-11) | 5.8 (3.5-9.1) | 5.0 (3.1-7.9) | 4.4 (2.7-6.9) | 3.9 (2.4-5.9) |
| **3** | 25 (15-35) | 21 (13-31) | 18 (11-27) | 16 (9.1-23) | 13 (7.7-20) | 11 (6.4-17) | 9.8 (5.6-15) | 8.6 (4.9-13) | 7.5 (4.2-11) | 6.5 (3.7-9.6) | 5.7 (3.2-8.3) |
| **4** | 33 (19-43) | 29 (17-38) | 26 (14-34) | 22 (12-30) | 19 (10-26) | 16 (8.8-22) | 14 (7.6-19) | 13 (6.7-17) | 11 (5.9-15) | 9.5 (5.1-13) | 8.3 (4.5-11) |
| **5** | 43 (26-50) | 39 (22-45) | 35 (19-41) | 31 (16-36) | 27 (14-32) | 23 (12-28) | 20 (10-25) | 18 (9.1-22) | 16 (8.0-19) | 14 (7.0-17) | 12 (6.2-15) |
| **6** | 53 | 49 | 45 | 40 | 36 | 32 | 28 | 25 | 22 | 20 | 17 |