

Mexico - 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 Mexico. 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	1.7	1.6	1.6	1.4	1.2	1.1	0.9
1	2.6 (1.8-3.9)	2.5 (1.7-3.6)	2.5 (1.7-3.5)	2.2 (1.4-3.0)	1.9 (1.3-2.6)	1.7 (1.1-2.3)	1.4 (1.0-2.0)
2	4.2 (2.2-7.1)	3.9 (2.1-6.9)	3.8 (2.0-6.8)	3.3 (1.7-5.9)	2.9 (1.5-5.2)	2.5 (1.3-4.5)	2.2 (1.1-4.0)
3	6.5 (3.2-11)	6.0 (2.9-11)	5.8 (2.8-11)	5.0 (2.4-9.3)	4.4 (2.1-8.1)	3.8 (1.8-7.1)	3.3 (1.6-6.2)
4	9.8 (5.2-16)	9.0 (4.7-15)	8.6 (4.4-14)	7.5 (3.8-12)	6.5 (3.3-11)	5.6 (2.8-9.5)	4.9 (2.5-8.3)
5	15 (8.9-20)	13 (8.6-18)	13 (8.4-17)	11 (7.3-15)	9.5 (6.3-13)	8.2 (5.5-11)	7.1 (4.8-9.9)
6	22	19	18	16	14	12	10

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.1	2.0	1.9	1.7	1.5	1.3	1.1
1	3.3 (2.2-4.8)	3.1 (2.1-4.3)	3.0 (2.0-4.1)	2.6 (1.7-3.5)	2.2 (1.5-3.0)	1.9 (1.3-2.6)	1.7 (1.1-2.3)
2	5.1 (2.9-8.4)	4.7 (2.6-8.0)	4.6 (2.5-7.8)	3.9 (2.1-6.8)	3.4 (1.8-5.9)	3.0 (1.6-5.2)	2.6 (1.4-4.5)
3	7.9 (4.3-13)	7.2 (3.7-12)	6.9 (3.4-12)	5.9 (2.9-11)	5.1 (2.5-9.2)	4.4 (2.2-8.0)	3.8 (1.9-7.0)
4	12 (6.9-18)	11 (6.0-17)	10 (5.5-16)	8.8 (4.7-14)	7.6 (4.0-12)	6.5 (3.4-11)	5.6 (2.9-9.4)
5	18 (11-23)	16 (10-21)	15 (10-20)	13 (8.7-17)	11 (7.5-15)	9.5 (6.5-13)	8.2 (5.6-11)
6	26	23	21	18	16	14	12

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.6	2.5	2.4	2.1	1.8	1.5	1.3
1	4.1 (2.9-5.9)	3.8 (2.6-5.3)	3.7 (2.5-5.0)	3.2 (2.1-4.3)	2.7 (1.8-3.7)	2.3 (1.6-3.1)	2.0 (1.4-2.7)
2	6.4 (3.8-10)	5.9 (3.4-9.5)	5.6 (3.1-9.3)	4.8 (2.7-8.1)	4.1 (2.3-7.0)	3.5 (1.9-6.1)	3.0 (1.7-5.3)
3	9.8 (5.8-15)	8.9 (5.0-14)	8.4 (4.4-14)	7.2 (3.7-12)	6.1 (3.2-11)	5.3 (2.7-9.2)	4.5 (2.3-8.0)
4	15 (9.1-21)	13 (8.0-20)	12 (7.1-19)	11 (6.0-17)	9.0 (5.0-14)	7.7 (4.2-13)	6.6 (3.6-11)
5	21 (14-27)	19 (13-25)	18 (12-23)	15 (11-20)	13 (9.0-18)	11 (7.7-15)	9.5 (6.6-13)
6	30	27	25	21	18	16	13

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.4	3.1	3.0	2.5	2.2	1.9	1.6
1	5.3 (3.7-7.3)	4.8 (3.4-6.5)	4.5 (3.2-6.0)	3.9 (2.7-5.1)	3.3 (2.3-4.3)	2.8 (1.9-3.7)	2.4 (1.6-3.2)
2	8.0 (5.1-12)	7.3 (4.4-11)	6.8 (4.0-11)	5.8 (3.4-9.4)	5.0 (2.8-8.1)	4.2 (2.4-7.0)	3.6 (2.0-6.1)
3	12 (7.7-17)	11 (6.7-17)	10 (5.8-16)	8.6 (4.9-14)	7.3 (4.1-12)	6.2 (3.4-10)	5.3 (2.9-9.0)
4	17 (12-24)	16 (11-23)	15 (9.3-22)	13 (7.7-19)	11 (6.4-17)	9.0 (5.3-14)	7.7 (4.4-12)
5	24 (17-31)	22 (16-29)	21 (15-27)	18 (13-24)	15 (11-20)	13 (9.2-17)	11 (7.8-15)
6	33	31	29	25	21	18	15

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.5	4.1	3.8	3.2	2.7	2.3	1.9
1	6.9 (4.9-8.8)	6.2 (4.5-7.9)	5.7 (4.1-7.3)	4.7 (3.4-6.2)	4.0 (2.8-5.2)	3.3 (2.4-4.4)	2.8 (2.0-3.7)
2	11 (6.8-16)	9.4 (6.0-14)	8.4 (5.3-12)	7.0 (4.4-10)	5.8 (3.6-8.5)	4.9 (3.0-7.1)	4.1 (2.5-6.0)
3	16 (9.8-24)	14 (9.0-20)	12 (8.0-18)	10 (6.5-15)	8.6 (5.4-13)	7.1 (4.4-11)	5.9 (3.7-9.0)
4	23 (15-32)	21 (14-29)	18 (12-26)	15 (10-22)	13 (8.2-19)	10 (6.7-15)	8.6 (5.5-13)
5	32 (27-41)	30 (24-38)	26 (21-34)	22 (17-28)	18 (14-24)	15 (12-20)	12 (9.5-17)
6	43	40	37	31	26	22	18

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	6.0	5.4	4.9	4.0	3.4	2.8	2.4
1	9.8 (6.6-15)	8.5 (5.9-12)	7.4 (5.3-9.5)	6.1 (4.3-7.7)	5.0 (3.6-6.2)	4.1 (2.9-5.1)	3.4 (2.4-4.3)
2	15 (9.3-25)	13 (8.1-21)	11 (7.0-17)	9.3 (5.7-13)	7.6 (4.7-11)	6.2 (3.8-8.9)	5.1 (3.1-7.3)
3	23 (13-36)	21 (12-31)	17 (11-25)	14 (8.7-21)	12 (7.0-17)	9.4 (5.7-14)	7.6 (4.6-11)
4	34 (20-46)	30 (18-42)	26 (16-37)	22 (13-31)	18 (11-25)	14 (8.6-21)	12 (7.0-17)
5	45 (31-55)	42 (29-52)	38 (27-47)	31 (22-40)	26 (18-33)	21 (15-28)	17 (12-23)
6	57	54	51	44	37	31	25

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	7.1	6.2	5.5	4.5	3.7	3.1	2.5
1	12 (8.0-18)	9.9 (6.9-15)	8.4 (6.1-12)	6.9 (4.9-9.3)	5.6 (4.0-7.5)	4.6 (3.2-6.0)	3.7 (2.6-4.8)
2	18 (11-28)	15 (9.6-23)	13 (8.2-18)	11 (6.6-15)	8.5 (5.3-12)	6.9 (4.3-9.6)	5.6 (3.5-7.7)
3	27 (16-39)	23 (14-33)	20 (12-28)	16 (10-23)	13 (8.0-18)	10 (6.4-15)	8.4 (5.1-12)
4	37 (23-49)	33 (21-44)	29 (19-39)	24 (15-33)	19 (12-27)	16 (9.9-22)	13 (7.9-18)
5	49 (34-58)	45 (31-54)	41 (28-49)	34 (23-42)	28 (19-36)	23 (15-30)	19 (13-24)
6	61	58	54	46	40	33	27

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	7.2	6.3	5.6	4.5	3.7	3.0	2.5
1	12 (8.0-19)	10 (7.0-16)	8.7 (6.2-13)	7.0 (5.0-10)	5.7 (4.0-8.0)	4.6 (3.2-6.3)	3.7 (2.6-5.0)
2	18 (11-29)	16 (9.9-25)	14 (8.5-20)	11 (6.8-16)	8.8 (5.4-13)	7.0 (4.3-10)	5.6 (3.5-8.0)
3	27 (16-40)	24 (14-35)	21 (13-29)	17 (10-24)	13 (8.0-19)	11 (6.3-16)	8.6 (5.0-13)
4	38 (23-49)	34 (21-45)	30 (19-40)	25 (16-34)	20 (12-28)	16 (9.9-23)	13 (7.8-19)
5	49 (34-58)	46 (31-55)	42 (28-50)	35 (23-43)	29 (19-37)	24 (15-30)	19 (12-25)
6	60	58	54	47	40	34	28

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	7.2	6.3	5.6	4.5	3.6	2.9	2.4
1	12 (8.1-19)	10 (7.0-16)	8.8 (6.2-13)	7.1 (4.9-10)	5.6 (3.9-8.3)	4.5 (3.1-6.5)	3.6 (2.5-5.1)
2	18 (11-30)	16 (9.9-25)	14 (8.6-21)	11 (6.8-17)	8.8 (5.4-13)	7.0 (4.3-10)	5.5 (3.4-8.3)
3	27 (16-40)	24 (14-35)	21 (13-30)	17 (9.9-25)	13 (7.8-20)	11 (6.2-16)	8.5 (4.8-13)
4	38 (23-50)	34 (21-45)	30 (19-41)	25 (15-34)	20 (12-28)	16 (9.7-23)	13 (7.7-19)
5	49 (34-58)	46 (31-55)	42 (28-51)	35 (23-44)	29 (19-37)	24 (15-31)	19 (12-25)
6	60	58	54	47	40	34	28