

**Poland - The probabilities of a hip fracture in men**

The following tables give the 10-year probability (%) of a hip 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 Poland. 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/m<sup>2</sup>.

**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	15	7.9	4.2	2.2	1.2	0.6	0.3	0.2	0.1	0.1	0.0
1	22 (15-28)	12 (8.3-16)	6.7 (4.4-8.8)	3.6 (2.4-4.7)	1.9 (1.2-2.5)	1.0 (0.7-1.3)	0.5 (0.3-0.7)	0.3 (0.2-0.4)	0.1 (0.1-0.2)	0.1 (0.1-0.1)	0.0 (0.0-0.1)
2	32 (21-45)	19 (12-27)	10 (6.3-15)	5.6 (3.3-8.5)	3.0 (1.8-4.5)	1.6 (0.9-2.4)	0.8 (0.5-1.3)	0.4 (0.3-0.7)	0.2 (0.1-0.4)	0.1 (0.1-0.2)	0.1 (0.0-0.1)
3	45 (30-61)	28 (17-40)	16 (9.4-24)	8.7 (5.0-14)	4.7 (2.7-7.5)	2.5 (1.4-4.0)	1.3 (0.7-2.1)	0.7 (0.4-1.1)	0.4 (0.2-0.6)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
4	59 (44-74)	39 (27-54)	23 (15-34)	13 (8.3-20)	7.2 (4.5-11)	3.9 (2.4-6.1)	2.0 (1.3-3.2)	1.1 (0.7-1.7)	0.6 (0.4-0.9)	0.3 (0.2-0.5)	0.2 (0.1-0.3)
5	72 (63-82)	52 (42-65)	33 (26-44)	20 (15-27)	11 (8.0-15)	5.9 (4.3-8.5)	3.1 (2.3-4.6)	1.7 (1.2-2.4)	0.9 (0.6-1.3)	0.5 (0.4-0.7)	0.3 (0.2-0.4)
6	83	67	46	28	16	8.9	4.8	2.5	1.4	0.7	0.4

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

**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	14	7.8	4.3	2.4	1.3	0.7	0.4	0.2	0.1	0.1	0.0
1	21 (14-25)	12 (8.2-15)	6.7 (4.5-8.3)	3.7 (2.5-4.6)	2.0 (1.4-2.6)	1.1 (0.8-1.4)	0.6 (0.4-0.8)	0.3 (0.2-0.4)	0.2 (0.1-0.2)	0.1 (0.1-0.1)	0.1 (0.0-0.1)
2	30 (20-40)	18 (11-25)	10 (6.4-14)	5.7 (3.5-8.2)	3.2 (2.0-4.6)	1.7 (1.1-2.5)	1.0 (0.6-1.4)	0.5 (0.3-0.8)	0.3 (0.2-0.4)	0.2 (0.1-0.2)	0.1 (0.1-0.1)
3	41 (28-54)	26 (17-36)	15 (9.6-22)	8.7 (5.4-13)	4.9 (3.0-7.4)	2.7 (1.6-4.1)	1.5 (0.9-2.3)	0.8 (0.5-1.3)	0.5 (0.3-0.7)	0.3 (0.2-0.4)	0.1 (0.1-0.2)
4	54 (42-67)	36 (26-49)	22 (15-32)	13 (8.7-19)	7.4 (4.9-11)	4.1 (2.7-6.3)	2.3 (1.5-3.5)	1.2 (0.8-1.9)	0.7 (0.5-1.1)	0.4 (0.3-0.6)	0.2 (0.1-0.4)
5	66 (59-76)	48 (40-60)	31 (25-41)	19 (15-26)	11 (8.5-15)	6.2 (4.8-8.8)	3.4 (2.7-4.9)	1.9 (1.5-2.7)	1.1 (0.8-1.5)	0.6 (0.5-0.9)	0.3 (0.3-0.5)
6	77	61	43	27	16	9.2	5.2	2.9	1.6	0.9	0.5

**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	11	6.6	3.9	2.3	1.3	0.8	0.5	0.3	0.2	0.1	0.1
1	16 (12-19)	9.9 (7.0-12)	5.9 (4.1-7.0)	3.5 (2.4-4.1)	2.0 (1.4-2.4)	1.2 (0.8-1.4)	0.7 (0.5-0.8)	0.4 (0.3-0.5)	0.2 (0.2-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.1)
2	23 (16-30)	15 (9.8-19)	8.8 (5.8-12)	5.3 (3.4-7.2)	3.1 (2.0-4.2)	1.8 (1.2-2.5)	1.1 (0.7-1.5)	0.6 (0.4-0.9)	0.4 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
3	32 (23-42)	21 (14-28)	13 (8.7-18)	7.8 (5.2-11)	4.6 (3.0-6.6)	2.7 (1.8-3.9)	1.6 (1.0-2.3)	0.9 (0.6-1.4)	0.6 (0.4-0.8)	0.3 (0.2-0.5)	0.2 (0.1-0.3)
4	43 (34-54)	29 (22-39)	19 (14-26)	11 (8.2-16)	6.9 (4.9-9.9)	4.1 (2.9-6.0)	2.4 (1.7-3.5)	1.4 (1.0-2.1)	0.8 (0.6-1.3)	0.5 (0.4-0.8)	0.3 (0.2-0.5)
5	54 (48-64)	39 (33-49)	26 (22-34)	16 (14-22)	10 (8.3-14)	6.0 (4.9-8.3)	3.6 (2.9-5.0)	2.1 (1.7-2.9)	1.3 (1.0-1.8)	0.8 (0.6-1.1)	0.5 (0.4-0.7)
6	65	50	35	23	14	8.7	5.2	3.1	1.9	1.1	0.7

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

**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	8.9	5.6	3.5	2.2	1.4	0.8	0.5	0.3	0.2	0.1	0.1
1	13 (9.3-14)	8.2 (5.9-9.3)	5.2 (3.7-5.9)	3.2 (2.3-3.7)	2.0 (1.4-2.3)	1.3 (0.9-1.4)	0.8 (0.6-0.9)	0.5 (0.3-0.6)	0.3 (0.2-0.4)	0.2 (0.1-0.2)	0.1 (0.1-0.2)
2	18 (13-22)	12 (8.3-15)	7.5 (5.2-9.6)	4.8 (3.3-6.1)	3.0 (2.0-3.9)	1.9 (1.3-2.4)	1.2 (0.8-1.5)	0.7 (0.5-0.9)	0.5 (0.3-0.6)	0.3 (0.2-0.4)	0.2 (0.1-0.3)
3	25 (19-31)	16 (12-21)	11 (7.8-14)	6.9 (4.9-9.1)	4.3 (3.1-5.8)	2.7 (1.9-3.6)	1.7 (1.2-2.3)	1.1 (0.7-1.4)	0.7 (0.5-0.9)	0.4 (0.3-0.6)	0.3 (0.2-0.4)
4	33 (27-41)	23 (18-29)	15 (12-20)	9.8 (7.5-13)	6.3 (4.8-8.6)	3.9 (3.0-5.5)	2.5 (1.9-3.5)	1.6 (1.2-2.2)	1.0 (0.8-1.4)	0.6 (0.5-0.9)	0.4 (0.3-0.6)
5	42 (38-50)	30 (27-38)	21 (18-27)	14 (12-18)	8.9 (7.7-12)	5.7 (4.9-7.7)	3.6 (3.1-4.9)	2.3 (2.0-3.1)	1.5 (1.3-2.0)	0.9 (0.8-1.3)	0.6 (0.5-0.8)
6	51	39	28	19	12	8.0	5.1	3.3	2.1	1.4	0.9

**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	7.3	4.9	3.3	2.2	1.4	0.9	0.6	0.4	0.3	0.2	0.1
1	11 (10-15)	7.7 (6.9-10)	5.2 (4.6-6.8)	3.5 (3.1-4.6)	2.3 (2.0-3.0)	1.5 (1.3-2.0)	1.0 (0.9-1.3)	0.7 (0.6-0.9)	0.5 (0.4-0.6)	0.3 (0.3-0.4)	0.2 (0.2-0.3)
2	17 (14-22)	12 (9.7-15)	8.1 (6.6-11)	5.5 (4.4-7.2)	3.7 (3.0-4.9)	2.4 (2.0-3.2)	1.6 (1.3-2.2)	1.1 (0.9-1.5)	0.7 (0.6-1.0)	0.5 (0.4-0.7)	0.3 (0.3-0.5)
3	25 (20-30)	18 (14-22)	12 (9.8-16)	8.6 (6.6-11)	5.8 (4.5-7.4)	3.9 (3.0-5.0)	2.6 (2.0-3.3)	1.7 (1.3-2.2)	1.2 (0.9-1.5)	0.8 (0.6-1.0)	0.6 (0.4-0.7)
4	34 (28-40)	26 (20-31)	19 (14-22)	13 (10-16)	9.0 (6.8-11)	6.1 (4.6-7.4)	4.1 (3.1-5.0)	2.8 (2.1-3.4)	1.9 (1.4-2.3)	1.3 (1.0-1.6)	0.9 (0.7-1.1)
5	45 (37-49)	35 (28-39)	27 (21-29)	19 (15-21)	14 (10-15)	9.4 (7.0-10)	6.4 (4.8-7.0)	4.4 (3.3-4.8)	3.0 (2.2-3.4)	2.1 (1.5-2.3)	1.4 (1.1-1.6)
6	56	46	36	27	20	14	9.8	6.8	4.7	3.3	2.3

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

**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	6.8	4.9	3.4	2.4	1.7	1.2	0.8	0.6	0.4	0.3	0.2
1	12 (9.0-25)	8.9 (6.5-19)	6.4 (4.7-14)	4.6 (3.3-9.9)	3.2 (2.4-7.1)	2.3 (1.7-5.1)	1.6 (1.2-3.6)	1.2 (0.8-2.6)	0.8 (0.6-1.9)	0.6 (0.4-1.3)	0.4 (0.3-1.0)
2	19 (12-33)	15 (9.0-26)	11 (6.5-20)	8.0 (4.7-15)	5.7 (3.3-11)	4.1 (2.3-7.6)	2.9 (1.7-5.5)	2.1 (1.2-4.0)	1.5 (0.9-2.9)	1.1 (0.6-2.1)	0.8 (0.5-1.5)
3	29 (17-42)	23 (12-34)	17 (9.1-27)	13 (6.5-20)	9.6 (4.7-15)	6.9 (3.3-11)	5.0 (2.4-8.1)	3.6 (1.7-6.0)	2.7 (1.2-4.4)	1.9 (0.9-3.2)	1.4 (0.7-2.3)
4	39 (22-50)	32 (17-42)	26 (13-34)	20 (9.3-27)	15 (6.8-21)	11 (4.9-15)	8.2 (3.5-11)	6.0 (2.5-8.4)	4.5 (1.9-6.2)	3.3 (1.4-4.5)	2.4 (1.0-3.3)
5	51 (30-57)	43 (23-50)	36 (18-42)	29 (13-34)	23 (9.9-27)	17 (7.2-21)	13 (5.2-15)	9.7 (3.8-12)	7.2 (2.8-8.6)	5.3 (2.1-6.3)	3.9 (1.5-4.6)
6	62	55	47	39	32	25	19	15	11	8.5	6.3

**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	7.1	5.4	4.0	3.0	2.2	1.6	1.2	0.9	0.7	0.5	0.4
1	12 (9.1-25)	9.5 (6.9-20)	7.3 (5.2-16)	5.5 (3.9-12)	4.1 (2.9-9.1)	3.1 (2.2-6.9)	2.3 (1.6-5.2)	1.8 (1.2-4.0)	1.3 (0.9-3.0)	1.0 (0.7-2.3)	0.8 (0.5-1.8)
2	19 (12-34)	15 (8.9-27)	12 (6.8-22)	9.2 (5.1-17)	7.1 (3.9-13)	5.3 (2.9-10)	4.0 (2.2-7.7)	3.1 (1.7-6.0)	2.4 (1.3-4.6)	1.8 (1.0-3.5)	1.4 (0.7-2.7)
3	28 (15-41)	23 (12-35)	18 (9.4-29)	15 (7.2-23)	11 (5.4-18)	8.7 (4.1-14)	6.7 (3.1-11)	5.2 (2.4-8.8)	4.0 (1.8-6.8)	3.1 (1.4-5.3)	2.4 (1.1-4.1)
4	38 (20-49)	32 (16-42)	27 (13-36)	22 (9.9-30)	17 (7.6-24)	14 (5.8-19)	11 (4.4-15)	8.3 (3.4-12)	6.5 (2.6-9.4)	5.1 (2.0-7.4)	3.9 (1.6-5.7)
5	48 (28-55)	42 (23-49)	36 (18-42)	30 (14-36)	25 (11-29)	20 (8.5-24)	16 (6.5-19)	13 (5.1-15)	10 (4.0-12)	8.0 (3.1-9.5)	6.2 (2.4-7.5)
6	59	53	47	40	34	28	23	19	15	12	9.6

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

**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	7.2	5.7	4.5	3.5	2.7	2.1	1.7	1.4	1.1	0.9	0.7
1	12 (9.1-25)	10 (7.3-21)	8.0 (5.8-17)	6.4 (4.6-14)	5.0 (3.6-11)	4.0 (2.8-8.8)	3.2 (2.2-7.0)	2.5 (1.8-5.7)	2.0 (1.4-4.6)	1.6 (1.1-3.7)	1.3 (0.9-3.0)
2	19 (12-34)	16 (9.4-29)	13 (7.5-24)	11 (5.9-20)	8.5 (4.7-16)	6.8 (3.7-13)	5.4 (2.9-10)	4.4 (2.4-8.5)	3.6 (1.9-6.9)	2.9 (1.5-5.5)	2.3 (1.2-4.5)
3	28 (16-42)	24 (13-36)	20 (10-31)	16 (8.2-26)	13 (6.5-22)	11 (5.2-18)	8.9 (4.1-15)	7.3 (3.4-12)	5.9 (2.7-9.9)	4.8 (2.2-8.1)	3.9 (1.8-6.6)
4	38 (21-49)	33 (17-44)	28 (14-38)	24 (11-33)	20 (9.0-28)	17 (7.2-23)	14 (5.8-20)	11 (4.8-16)	9.4 (3.9-14)	7.7 (3.1-11)	6.3 (2.5-9.2)
5	49 (28-55)	43 (24-50)	38 (20-44)	33 (16-39)	28 (13-34)	24 (11-29)	20 (8.6-24)	17 (7.1-20)	14 (5.8-17)	12 (4.7-14)	9.8 (3.8-12)
6	59	54	49	44	38	33	29	25	21	18	15

**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	6.3	5.2	4.2	3.5	2.8	2.3	1.9	1.6	1.3	1.1	0.9
1	11 (8.2-23)	9.3 (6.7-20)	7.7 (5.5-16)	6.3 (4.5-14)	5.2 (3.7-11)	4.3 (3.0-9.4)	3.6 (2.5-7.9)	3.0 (2.1-6.7)	2.5 (1.7-5.6)	2.1 (1.5-4.7)	1.8 (1.2-4.0)
2	18 (11-32)	15 (8.9-27)	13 (7.3-23)	11 (6.0-20)	8.9 (4.9-17)	7.4 (4.1-14)	6.2 (3.4-12)	5.2 (2.9-9.9)	4.4 (2.4-8.4)	3.7 (2.0-7.1)	3.1 (1.7-6.0)
3	27 (15-40)	23 (12-35)	20 (10-31)	17 (8.4-27)	14 (6.9-23)	12 (5.7-19)	10 (4.8-17)	8.7 (4.0-14)	7.4 (3.4-12)	6.2 (2.8-10)	5.3 (2.4-8.9)
4	37 (20-49)	33 (17-44)	29 (14-39)	25 (12-34)	22 (9.9-30)	18 (8.2-26)	16 (6.9-22)	14 (5.9-19)	12 (5.0-17)	10 (4.2-14)	8.5 (3.5-12)
5	49 (27-55)	44 (24-50)	40 (20-45)	35 (17-41)	31 (14-36)	27 (12-31)	24 (10-27)	21 (8.7-24)	18 (7.4-21)	15 (6.3-18)	13 (5.3-16)
6	60	56	51	47	42	37	33	30	26	23	20