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 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/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	17	11	6.9	4.7	3.4	2.7	2.2	1.8	1.6	1.6	1.5
1	26 (21-33)	16 (14-21)	11 (9.3-13)	7.2 (6.0-9.1)	5.2 (4.1-6.6)	4.0 (2.9-5.1)	3.3 (2.3-4.2)	2.8 (1.9-3.7)	2.5 (1.6-3.4)	2.3 (1.5-3.3)	2.2 (1.4-3.1)
2	37 (28-50)	24 (19-33)	16 (12-22)	11 (8.1-15)	7.8 (5.4-11)	6.0 (3.8-9.2)	4.9 (2.9-7.9)	4.1 (2.3-6.9)	3.6 (1.9-6.3)	3.4 (1.8-6.0)	3.3 (1.7-5.8)
3	50 (37-64)	34 (25-45)	23 (17-30)	16 (11-22)	11 (7.3-18)	8.8 (5.1-15)	7.1 (3.8-12)	5.9 (3.0-11)	5.3 (2.5-9.9)	5.0 (2.3-9.5)	4.8 (2.2-9.2)
4	64 (49-75)	47 (33-57)	32 (22-40)	23 (15-29)	16 (11-23)	13 (8.3-19)	10 (6.2-16)	8.5 (4.8-14)	7.5 (4.1-13)	7.1 (3.7-12)	6.8 (3.5-12)
5	76 (67-83)	60 (50-68)	44 (35-50)	31 (24-36)	23 (17-28)	18 (13-23)	14 (11-19)	12 (8.9-16)	11 (7.7-15)	9.9 (6.9-14)	9.4 (6.5-14)
6	85	73	57	42	31	24	19	16	14	14	13

Ten year probability of osteoporotic 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	17	11	7.2	5.0	3.7	2.8	2.3	1.9	1.7	1.6	1.5
1	25 (21-30)	16 (15-20)	11 (9.6-13)	7.5 (6.3-9.2)	5.5 (4.3-6.8)	4.2 (3.1-5.2)	3.4 (2.4-4.4)	2.8 (1.9-3.8)	2.6 (1.7-3.5)	2.4 (1.5-3.3)	2.2 (1.4-3.2)
2	35 (28-45)	23 (19-31)	16 (13-21)	11 (8.5-15)	8.1 (5.8-11)	6.3 (4.1-9.4)	5.0 (3.0-8.0)	4.2 (2.4-6.9)	3.7 (2.0-6.3)	3.5 (1.8-6.0)	3.3 (1.7-5.7)
3	47 (36-58)	33 (25-41)	23 (17-29)	16 (12-22)	12 (7.8-18)	9.0 (5.5-15)	7.2 (4.0-12)	6.0 (3.1-11)	5.4 (2.7-9.9)	5.0 (2.4-9.3)	4.7 (2.2-8.9)
4	60 (47-70)	44 (33-53)	32 (23-37)	23 (16-29)	17 (11-23)	13 (8.8-19)	10 (6.6-16)	8.5 (5.0-14)	7.6 (4.3-13)	7.1 (3.8-12)	6.6 (3.5-11)
5	72 (64-78)	57 (48-64)	42 (35-47)	31 (25-36)	23 (18-28)	18 (14-23)	14 (11-19)	12 (9.1-16)	11 (7.7-15)	9.8 (6.9-14)	9.2 (6.3-13)
6	81	69	54	41	31	24	19	16	14	13	12

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	14	9.8	6.8	4.9	3.7	2.9	2.3	1.9	1.7	1.6	1.5
1	21 (19-24)	14 (13-17)	10 (8.7-12)	7.2 (6.0-8.6)	5.4 (4.2-6.5)	4.2 (3.1-5.2)	3.4 (2.4-4.4)	2.8 (1.9-3.8)	2.5 (1.7-3.5)	2.3 (1.5-3.3)	2.2 (1.4-3.1)
2	29 (23-37)	20 (16-26)	14 (12-19)	10 (8.1-14)	7.9 (5.7-11)	6.1 (4.1-9.0)	4.9 (3.1-7.6)	4.1 (2.4-6.6)	3.7 (2.1-6.1)	3.4 (1.8-5.7)	3.1 (1.7-5.4)
3	39 (30-47)	28 (22-35)	20 (16-26)	15 (11-21)	11 (7.7-17)	8.7 (5.5-14)	7.0 (4.1-12)	5.8 (3.2-10)	5.2 (2.7-9.4)	4.8 (2.4-8.8)	4.5 (2.2-8.3)
4	50 (40-58)	38 (29-44)	28 (21-33)	21 (15-26)	16 (11-21)	12 (8.7-18)	9.8 (6.5-15)	8.1 (5.0-13)	7.3 (4.3-12)	6.7 (3.7-11)	6.2 (3.4-11)
5	61 (54-67)	48 (41-53)	37 (31-41)	28 (23-33)	21 (17-26)	17 (13-22)	13 (11-18)	11 (8.7-15)	10 (7.4-14)	9.2 (6.5-13)	8.5 (5.9-12)
6	70	59	47	36	28	22	18	15	13	12	11

Ten year probability of osteoporotic 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	12	8.7	6.3	4.7	3.6	2.8	2.3	1.9	1.7	1.6	1.4
1	17 (16-20)	12 (11-14)	9.1 (7.7-10)	6.8 (5.5-7.9)	5.2 (4.1-6.2)	4.1 (3.1-5.1)	3.3 (2.4-4.3)	2.8 (1.9-3.7)	2.5 (1.7-3.4)	2.3 (1.5-3.2)	2.1 (1.3-3.0)
2	24 (19-29)	17 (14-21)	13 (10-16)	9.7 (7.5-13)	7.4 (5.5-10)	5.9 (4.0-8.5)	4.7 (3.1-7.2)	4.0 (2.4-6.3)	3.6 (2.1-5.8)	3.2 (1.8-5.4)	3.0 (1.6-5.0)
3	31 (25-38)	24 (19-29)	18 (14-23)	13 (10-19)	10 (7.4-15)	8.2 (5.4-13)	6.6 (4.1-11)	5.6 (3.2-9.4)	5.0 (2.7-8.7)	4.5 (2.4-8.1)	4.2 (2.1-7.5)
4	40 (33-47)	31 (25-36)	24 (18-29)	18 (14-24)	14 (11-20)	11 (8.3-16)	9.1 (6.3-14)	7.7 (4.9-12)	6.8 (4.1-11)	6.2 (3.6-10)	5.7 (3.2-9.6)
5	49 (44-54)	40 (35-44)	31 (27-36)	24 (20-29)	19 (16-24)	15 (12-20)	12 (10-17)	10 (8.2-14)	9.2 (6.9-13)	8.4 (6.0-12)	7.7 (5.4-11)
6	58	48	39	31	25	20	16	14	12	11	10

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	11	7.9	6.0	4.6	3.6	2.9	2.3	2.0	1.8	1.6	1.4
1	15 (13-19)	11 (9.3-14)	8.7 (6.9-11)	6.6 (5.1-8.2)	5.1 (3.9-6.3)	4.0 (3.0-4.9)	3.2 (2.3-3.9)	2.7 (1.9-3.3)	2.4 (1.7-2.9)	2.1 (1.5-2.6)	1.9 (1.3-2.3)
2	22 (17-28)	16 (13-21)	12 (9.3-16)	9.4 (6.9-13)	7.3 (5.2-9.9)	5.7 (4.0-7.8)	4.5 (3.0-6.3)	3.8 (2.5-5.3)	3.3 (2.1-4.7)	2.9 (1.8-4.2)	2.6 (1.6-3.8)
3	30 (23-37)	23 (17-30)	17 (13-23)	13 (9.5-18)	10 (7.0-14)	8.0 (5.3-11)	6.3 (4.1-9.2)	5.2 (3.3-7.8)	4.5 (2.8-6.8)	3.9 (2.4-6.1)	3.5 (2.1-5.5)
4	39 (31-46)	31 (24-38)	24 (18-30)	19 (14-24)	14 (10-19)	11 (7.8-15)	8.7 (6.0-12)	7.1 (4.8-10)	6.0 (4.0-8.9)	5.3 (3.5-7.9)	4.7 (3.0-7.1)
5	49 (41-55)	40 (33-46)	32 (26-38)	25 (20-30)	20 (15-24)	15 (12-19)	12 (9.3-15)	9.7 (7.6-13)	8.1 (6.4-11)	7.0 (5.6-9.7)	6.2 (4.9-8.6)
6	59	50	42	34	26	21	16	13	11	9.3	8.1

Ten year probability of osteoporotic 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	10	7.9	6.2	4.9	3.9	3.1	2.5	2.2	1.9	1.7	1.5
1	16 (11-27)	12 (8.8-21)	9.6 (6.8-16)	7.5 (5.2-12)	5.9 (4.1-9.4)	4.6 (3.2-7.1)	3.7 (2.5-5.4)	3.1 (2.1-4.4)	2.7 (1.8-3.5)	2.3 (1.6-2.9)	2.1 (1.4-2.5)
2	23 (15-36)	18 (12-29)	14 (9.1-22)	11 (7.0-17)	8.8 (5.5-13)	6.9 (4.3-10)	5.4 (3.4-8.0)	4.5 (2.8-6.4)	3.8 (2.3-5.3)	3.2 (2.0-4.4)	2.8 (1.7-3.8)
3	32 (20-44)	26 (16-37)	21 (12-30)	17 (9.6-24)	13 (7.4-19)	10 (5.8-15)	7.8 (4.5-11)	6.4 (3.7-9.3)	5.3 (3.1-7.7)	4.5 (2.7-6.4)	3.8 (2.3-5.5)
4	42 (26-53)	35 (21-45)	29 (17-38)	24 (13-31)	19 (10-25)	15 (8.0-20)	11 (6.3-15)	9.2 (5.2-12)	7.5 (4.4-10)	6.2 (3.7-8.5)	5.2 (3.2-7.2)
5	53 (34-60)	46 (28-53)	39 (23-46)	32 (18-38)	26 (15-32)	21 (12-25)	16 (9.2-20)	13 (7.7-16)	11 (6.6-14)	8.7 (5.7-11)	7.2 (5.0-9.4)
6	63	56	49	42	35	28	23	18	15	12	9.9

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	11	8.6	6.9	5.6	4.5	3.7	3.0	2.6	2.3	2.0	1.8
1	16 (12-28)	13 (9.3-23)	11 (7.4-18)	8.5 (5.9-14)	6.8 (4.7-11)	5.5 (3.8-9.0)	4.5 (3.0-7.1)	3.8 (2.6-5.8)	3.3 (2.2-4.8)	2.8 (1.9-4.0)	2.5 (1.7-3.3)
2	23 (15-36)	19 (12-30)	15 (9.9-25)	13 (7.9-20)	10 (6.3-16)	8.1 (5.1-13)	6.5 (4.1-10)	5.5 (3.5-8.3)	4.6 (2.9-6.9)	4.0 (2.5-5.7)	3.4 (2.1-4.8)
3	31 (20-44)	26 (16-37)	22 (13-31)	18 (11-26)	15 (8.6-21)	12 (6.9-17)	9.5 (5.6-14)	7.9 (4.7-11)	6.6 (3.9-9.4)	5.6 (3.3-7.9)	4.7 (2.9-6.7)
4	41 (25-51)	35 (21-45)	30 (17-39)	25 (14-33)	21 (12-27)	17 (9.3-22)	14 (7.6-18)	11 (6.4-15)	9.4 (5.4-13)	7.9 (4.6-11)	6.6 (3.9-8.9)
5	51 (32-57)	45 (27-52)	39 (23-45)	33 (19-39)	28 (15-34)	23 (13-28)	19 (10-23)	16 (8.8-20)	13 (7.5-17)	11 (6.5-14)	9.2 (5.6-12)
6	61	55	49	43	37	31	26	22	18	15	13

Ten year probability of osteoporotic 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	11	9.0	7.5	6.2	5.1	4.2	3.6	3.1	2.7	2.4	2.1
1	16 (12-28)	14 (9.6-24)	11 (7.9-20)	9.4 (6.5-16)	7.7 (5.3-13)	6.4 (4.3-11)	5.4 (3.6-9.0)	4.6 (3.1-7.6)	4.0 (2.7-6.4)	3.5 (2.3-5.4)	3.0 (2.0-4.5)
2	23 (15-36)	20 (13-31)	17 (10-26)	14 (8.6-22)	11 (7.1-18)	9.5 (5.9-15)	7.9 (4.9-13)	6.8 (4.2-11)	5.8 (3.6-8.9)	5.0 (3.1-7.6)	4.3 (2.7-6.4)
3	31 (20-44)	27 (17-39)	23 (14-33)	20 (12-29)	17 (9.6-24)	14 (7.9-20)	12 (6.6-17)	9.9 (5.7-15)	8.5 (4.9-12)	7.2 (4.2-10)	6.2 (3.6-8.9)
4	41 (25-51)	36 (21-46)	31 (18-41)	27 (15-36)	23 (13-31)	19 (11-26)	17 (9.1-22)	14 (7.8-19)	12 (6.7-16)	10 (5.7-14)	8.9 (4.9-12)
5	51 (32-57)	46 (28-52)	41 (24-47)	36 (20-42)	31 (17-37)	27 (14-32)	23 (12-28)	20 (11-24)	17 (9.1-21)	15 (7.9-18)	13 (6.9-16)
6	60	56	51	46	40	35	31	27	24	20	17

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	10	8.8	7.5	6.3	5.3	4.5	3.9	3.4	3.0	2.7	2.4
1	16 (11-26)	13 (9.4-23)	11 (7.9-19)	9.5 (6.7-16)	8.0 (5.6-14)	6.8 (4.7-12)	5.9 (4.0-9.9)	5.2 (3.5-8.6)	4.5 (3.1-7.4)	4.0 (2.7-6.4)	3.5 (2.4-5.5)
2	22 (15-34)	19 (13-30)	17 (11-26)	14 (9.0-22)	12 (7.5-19)	10 (6.3-16)	8.8 (5.5-14)	7.7 (4.8-12)	6.7 (4.2-11)	5.9 (3.7-9.1)	5.1 (3.2-7.9)
3	31 (19-43)	27 (17-38)	24 (14-34)	20 (12-29)	17 (10-26)	15 (8.6-22)	13 (7.5-19)	11 (6.6-17)	9.9 (5.7-15)	8.6 (5.0-13)	7.5 (4.3-11)
4	40 (25-51)	36 (22-46)	32 (19-42)	28 (16-37)	25 (14-33)	21 (12-28)	19 (10-25)	16 (9.0-22)	14 (7.9-19)	13 (6.9-17)	11 (6.0-15)
5	51 (32-57)	47 (28-53)	42 (25-49)	38 (21-44)	34 (18-39)	29 (16-35)	26 (14-31)	23 (12-28)	21 (11-25)	18 (9.4-22)	16 (8.3-19)
6	61	57	53	48	44	39	35	32	28	25	22