Portugal - 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 Portugal. 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/m²)						
	15	20	25	30	35	40	45
0	1.3	1.2	1.2	1.1	0.9	0.8	0.7
1	2.1 (1.4-3.1)	2.0 (1.3-2.8)	1.9 (1.3-2.6)	1.6 (1.1-2.3)	1.4 (1.0-2.0)	1.2 (0.8-1.7)	1.1 (0.7-1.5)
2	3.4 (1.8-5.7)	3.1 (1.6-5.3)	2.9 (1.5-5.1)	2.5 (1.3-4.4)	2.2 (1.1-3.9)	1.9 (1.0-3.4)	1.7 (0.9-3.0)
3	5.3 (2.6-9.2)	4.7 (2.3-8.5)	4.4 (2.1-8.1)	3.8 (1.8-7.1)	3.3 (1.6-6.2)	2.9 (1.4-5.4)	2.5 (1.2-4.7)
4	8.3 (4.5-13)	7.2 (3.8-12)	6.6 (3.5-11)	5.8 (3.0-9.6)	5.0 (2.6-8.4)	4.3 (2.2-7.3)	3.8 (1.9-6.4)
5	13 (7.6-17)	11 (6.9-15)	9.9 (6.5-13)	8.5 (5.7-12)	7.4 (4.9-10)	6.4 (4.3-8.8)	5.5 (3.7-7.7)
6	19	16	14	12	11	9.3	8.1

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

Age = 55 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	1.6	1.5	1.4	1.3	1.1	1.0	0.8
1	2.6 (1.8-3.9)	2.4 (1.6-3.4)	2.3 (1.5-3.1)	2.0 (1.3-2.7)	1.7 (1.1-2.3)	1.5 (1.0-2.0)	1.3 (0.9-1.7)
2	4.2 (2.4-6.7)	3.7 (2.0-6.2)	3.5 (1.9-5.9)	3.0 (1.6-5.2)	2.6 (1.4-4.5)	2.3 (1.2-3.9)	2.0 (1.0-3.4)
3	6.6 (3.5-11)	5.8 (3.0-%10.0)	5.3 (2.6-9.5)	4.6 (2.2-8.2)	3.9 (1.9-7.1)	3.4 (1.7-6.2)	2.9 (1.4-5.4)
4	10 (5.9-16)	8.8 (5.0-14)	7.9 (4.3-13)	6.8 (3.7-11)	5.9 (3.2-9.7)	5.1 (2.7-8.4)	4.4 (2.3-7.3)
5	16 (9.7-20)	13 (8.6-17)	12 (7.9-16)	10 (6.8-14)	8.7 (5.9-12)	7.5 (5.1-10)	6.4 (4.4-8.9)
6	23	19	17	15	13	11	9.3

Age = 60 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	2.1	1.9	1.8	1.5	1.3	1.1	1.0
1	3.4 (2.4-4.9)	3.0 (2.1-4.1)	2.8 (1.9-3.7)	2.4 (1.6-3.2)	2.0 (1.4-2.7)	1.7 (1.2-2.3)	1.5 (1.0-2.0)
2	5.3 (3.2-8.1)	4.6 (2.7-7.4)	4.2 (2.4-6.9)	3.6 (2.0-6.0)	3.1 (1.7-5.2)	2.7 (1.5-4.5)	2.3 (1.3-3.9)
3	8.3 (5.0-13)	7.1 (4.0-12)	6.4 (3.4-11)	5.5 (2.9-9.5)	4.7 (2.4-8.2)	4.0 (2.1-7.1)	3.4 (1.8-6.1)
4	13 (7.8-19)	11 (6.7-16)	9.6 (5.6-15)	8.2 (4.7-13)	7.0 (4.0-11)	6.0 (3.3-9.7)	5.1 (2.8-8.3)
5	19 (12-24)	16 (11-21)	14 (9.8-19)	12 (8.3-16)	10 (7.1-14)	8.7 (6.1-12)	7.5 (5.2-10)
6	27	23	20	17	15	13	11

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

Age = 65 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	2.8	2.5	2.3	2.0	1.7	1.4	1.2
1	4.5 (3.2-6.1)	3.9 (2.8-5.2)	3.5 (2.5-4.7)	3.0 (2.1-4.0)	2.6 (1.8-3.4)	2.2 (1.5-2.9)	1.9 (1.3-2.4)
2	6.9 (4.4-9.8)	6.0 (3.7-9.0)	5.4 (3.2-8.5)	4.6 (2.7-7.3)	3.9 (2.2-6.3)	3.3 (1.9-5.4)	2.8 (1.6-4.6)
3	10 (6.8-15)	9.1 (5.6-14)	8.1 (4.7-13)	6.8 (3.9-11)	5.8 (3.2-9.6)	4.9 (2.7-8.2)	4.2 (2.3-7.1)
4	15 (10-22)	13 (9.0-20)	12 (7.7-18)	10 (6.3-16)	8.5 (5.2-13)	7.2 (4.3-11)	6.1 (3.6-9.7)
5	22 (16-28)	20 (14-25)	17 (13-23)	15 (11-19)	12 (8.9-16)	10 (7.5-14)	8.8 (6.3-12)
6	31	28	25	21	18	15	13

Age = 70 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	3.9	3.5	3.2	2.7	2.3	1.9	1.6
1	6.1 (4.4-7.8)	5.4 (3.9-6.9)	4.8 (3.5-6.3)	4.0 (2.9-5.3)	3.4 (2.4-4.4)	2.8 (2.0-3.7)	2.4 (1.7-3.2)
2	9.5 (6.1-14)	8.2 (5.3-12)	7.3 (4.6-10)	6.0 (3.8-8.7)	5.0 (3.1-7.3)	4.2 (2.6-6.1)	3.5 (2.1-5.1)
3	15 (9.0-21)	13 (8.0-18)	11 (6.9-16)	9.0 (5.7-13)	7.4 (4.6-11)	6.1 (3.8-9.3)	5.1 (3.2-7.7)
4	21 (14-30)	19 (12-27)	16 (11-23)	13 (8.8-20)	11 (7.2-16)	9.0 (5.9-14)	7.4 (4.8-11)
5	30 (25-39)	27 (22-35)	24 (19-30)	20 (16-25)	16 (13-21)	13 (10-18)	11 (8.3-15)
6	41	38	34	28	23	19	16

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

Age = 75 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	5.6	5.1	4.7	3.9	3.2	2.7	2.2
1	9.0 (6.0-14)	8.0 (5.5-12)	7.1 (5.1-9.3)	5.9 (4.1-7.5)	4.8 (3.4-6.0)	4.0 (2.8-4.9)	3.3 (2.3-4.1)
2	14 (8.3-23)	13 (7.6-20)	11 (6.8-16)	8.9 (5.5-13)	7.3 (4.5-11)	5.9 (3.6-8.6)	4.8 (3.0-7.0)
3	22 (12-34)	19 (11-30)	17 (10-24)	14 (8.1-20)	11 (6.5-16)	8.9 (5.3-13)	7.2 (4.3-11)
4	31 (18-43)	28 (17-39)	25 (15-35)	21 (12-29)	17 (%10.0-24)	13 (8.0-20)	11 (6.5-16)
5	42 (29-52)	39 (27-49)	36 (25-45)	30 (21-38)	25 (17-32)	20 (14-26)	16 (11-22)
6	54	51	48	42	35	29	24

Age = 80 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	7.5	6.9	6.4	5.2	4.3	3.5	2.9
1	12 (8.0-19)	11 (7.5-17)	9.8 (6.9-14)	7.9 (5.6-11)	6.4 (4.5-8.8)	5.2 (3.6-7.0)	4.2 (2.9-5.6)
2	18 (11-29)	17 (10-26)	15 (9.4-21)	12 (7.5-17)	9.7 (6.0-14)	7.8 (4.8-11)	6.3 (3.9-8.9)
3	26 (15-39)	24 (14-35)	22 (13-31)	18 (11-26)	14 (8.5-21)	12 (6.8-17)	9.3 (5.4-14)
4	36 (22-48)	34 (21-45)	31 (20-41)	26 (16-35)	21 (13-29)	17 (10-24)	14 (8.3-19)
5	47 (32-55)	44 (30-53)	42 (29-51)	35 (24-44)	30 (20-37)	24 (16-31)	20 (13-26)
6	58	55	53	46	40	33	28

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

Age = 85 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	9.2	8.3	7.7	6.2	5.0	4.0	3.3
1	15 (10-24)	13 (9.1-21)	12 (8.3-17)	9.5 (6.6-14)	7.6 (5.3-11)	6.1 (4.2-8.7)	4.9 (3.3-6.9)
2	22 (14-35)	20 (13-31)	18 (11-27)	14 (9.1-22)	12 (7.2-17)	9.3 (5.7-14)	7.4 (4.5-11)
3	32 (19-45)	29 (17-42)	26 (16-37)	21 (13-31)	17 (10-26)	14 (8.0-21)	11 (6.3-17)
4	42 (27-55)	40 (25-51)	36 (24-47)	30 (19-41)	25 (15-34)	20 (12-28)	16 (9.9-23)
5	53 (39-62)	51 (36-60)	48 (34-57)	41 (28-50)	35 (23-43)	29 (19-37)	24 (15-31)
6	63	62	59	53	46	39	33

Age = 90 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	9.2	8.3	7.8	6.2	5.0	4.0	3.2
1	15 (10-24)	13 (9.1-21)	12 (8.3-18)	9.6 (6.6-14)	7.7 (5.2-11)	6.1 (4.1-8.9)	4.9 (3.3-7.0)
2	23 (14-36)	20 (13-32)	18 (11-27)	15 (9.1-22)	12 (7.2-18)	9.3 (5.7-14)	7.4 (4.5-11)
3	32 (20-46)	29 (18-42)	26 (16-38)	22 (13-32)	17 (10-26)	14 (7.9-21)	11 (6.2-17)
4	43 (28-55)	40 (25-52)	37 (23-48)	31 (19-41)	25 (15-34)	21 (12-29)	17 (9.8-23)
5	54 (39-62)	51 (36-60)	48 (34-57)	42 (28-50)	35 (23-44)	29 (19-37)	24 (15-31)
6	62	62	60	53	47	40	33