

Singapore (Indian) - The probabilities of a major osteoporotic fracture in women

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 Singapore (Indian). 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	8.3	5.2	3.4	2.4	1.9	1.5	1.3	1.2	1.1	1.0	1.0
1	13 (11-16)	8.0 (7.0-10)	5.3 (4.5-6.7)	3.8 (3.0-4.7)	2.9 (2.1-3.6)	2.3 (1.6-3.0)	1.9 (1.3-2.6)	1.7 (1.1-2.4)	1.6 (1.1-2.3)	1.6 (1.0-2.2)	1.5 (1.0-2.1)
2	20 (15-28)	12 (9.6-18)	8.1 (6.1-12)	5.7 (4.0-8.1)	4.3 (2.7-6.6)	3.4 (2.0-5.6)	2.9 (1.6-4.8)	2.6 (1.4-4.4)	2.4 (1.3-4.2)	2.3 (1.2-4.1)	2.2 (1.1-3.9)
3	29 (20-40)	18 (13-25)	12 (8.5-17)	8.5 (5.4-13)	6.4 (3.7-11)	5.1 (2.7-9.1)	4.2 (2.1-7.8)	3.8 (1.8-7.2)	3.6 (1.6-6.8)	3.4 (1.5-6.6)	3.2 (1.5-6.3)
4	41 (28-53)	27 (17-34)	18 (12-22)	12 (8.1-17)	9.3 (6.0-14)	7.4 (4.5-12)	6.1 (3.5-10)	5.5 (3.0-9.2)	5.1 (2.7-8.8)	4.9 (2.5-8.4)	4.7 (2.4-8.1)
5	55 (44-65)	37 (29-44)	25 (19-28)	18 (14-21)	13 (10-17)	11 (7.9-14)	8.7 (6.5-12)	7.7 (5.6-11)	7.2 (5.1-10)	6.9 (4.7-9.9)	6.6 (4.4-9.5)
6	70	51	35	25	19	15	12	11	10	9.5	9.1

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Singapore (Indian).

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	11	7.5	5.2	3.8	2.9	2.4	2.0	1.8	1.7	1.6	1.5
1	17 (15-21)	11 (10-14)	7.9 (6.7-9.6)	5.8 (4.6-7.0)	4.4 (3.3-5.5)	3.6 (2.5-4.6)	3.0 (2.0-4.0)	2.7 (1.8-3.7)	2.5 (1.7-3.5)	2.4 (1.5-3.3)	2.2 (1.4-3.2)
2	25 (20-34)	17 (14-23)	12 (9.1-16)	8.6 (6.1-12)	6.6 (4.3-9.9)	5.3 (3.2-8.3)	4.4 (2.5-7.2)	4.0 (2.2-6.7)	3.7 (2.0-6.3)	3.5 (1.8-6.0)	3.3 (1.7-5.7)
3	36 (27-47)	25 (18-32)	17 (12-24)	13 (8.2-19)	9.6 (5.7-16)	7.7 (4.2-13)	6.4 (3.3-11)	5.8 (2.9-11)	5.4 (2.6-10)	5.0 (2.4-9.6)	4.8 (2.2-9.1)
4	49 (36-60)	35 (24-42)	25 (17-31)	18 (12-25)	14 (9.4-20)	11 (7.1-17)	9.1 (5.5-15)	8.3 (4.7-14)	7.7 (4.2-13)	7.2 (3.9-12)	6.8 (3.6-12)
5	63 (54-72)	47 (39-53)	34 (28-38)	25 (20-30)	19 (15-24)	15 (12-20)	13 (9.9-17)	12 (8.5-16)	11 (7.6-15)	10 (6.9-14)	9.5 (6.5-14)
6	77	61	46	34	27	21	18	16	15	14	13

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	17	12	8.3	6.1	4.7	3.8	3.2	2.9	2.6	2.4	2.3
1	25 (23-28)	17 (16-20)	12 (11-14)	9.1 (7.3-11)	7.0 (5.3-8.6)	5.6 (4.1-7.2)	4.7 (3.3-6.3)	4.3 (2.9-5.8)	3.9 (2.6-5.4)	3.6 (2.4-5.1)	3.4 (2.2-4.7)
2	35 (29-44)	25 (21-32)	18 (14-23)	13 (9.7-18)	10 (6.9-15)	8.2 (5.1-12)	6.9 (4.1-11)	6.2 (3.5-10)	5.7 (3.1-9.4)	5.3 (2.8-8.8)	4.9 (2.6-8.2)
3	48 (38-57)	35 (27-44)	25 (19-35)	19 (13-28)	15 (9.2-23)	12 (6.8-20)	9.9 (5.4-17)	8.9 (4.6-16)	8.1 (4.1-15)	7.5 (3.7-14)	7.0 (3.4-13)
4	61 (49-70)	47 (35-53)	35 (26-43)	27 (19-35)	21 (15-29)	17 (11-25)	14 (8.9-22)	13 (7.5-20)	11 (6.6-19)	11 (5.9-18)	9.9 (5.4-17)
5	74 (68-80)	60 (53-65)	46 (40-52)	36 (30-42)	28 (23-35)	23 (19-29)	19 (15-26)	17 (13-23)	16 (11-22)	15 (10-20)	14 (9.4-19)
6	85	73	59	47	38	31	26	23	21	20	18

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Singapore (Indian).

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	23	16	12	9.0	7.0	5.5	4.8	4.3	3.8	3.5	3.2	
1	32 (30-36)	24 (21-26)	17 (15-19)	13 (11-15)	10 (7.8-13)	8.1 (6.0-10)	7.0 (5.0-9.3)	6.2 (4.3-8.5)	5.6 (3.8-7.8)	5.1 (3.4-7.2)	4.7 (3.1-6.6)	
2	44 (38-53)	33 (28-40)	25 (20-31)	19 (14-25)	15 (10-20)	12 (7.6-17)	10 (6.2-15)	9.0 (5.2-14)	8.1 (4.6-13)	7.4 (4.1-12)	6.8 (3.7-11)	
3	57 (48-65)	44 (36-54)	34 (26-45)	26 (19-37)	20 (13-31)	16 (10-26)	14 (8.1-24)	13 (6.8-22)	11 (5.9-20)	10 (5.3-19)	9.6 (4.8-17)	
4	70 (59-76)	57 (46-64)	45 (35-54)	35 (27-46)	28 (21-39)	23 (16-33)	20 (13-30)	17 (11-27)	16 (9.6-25)	14 (8.5-23)	13 (7.6-22)	
5	80 (76-84)	69 (63-73)	57 (51-63)	46 (41-53)	37 (32-45)	30 (26-38)	26 (21-35)	24 (18-32)	21 (16-29)	20 (14-27)	18 (13-25)	
6	88	80	69	58	48	40	35	31	28	26	24	

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	26	20	15	11	8.7	7.1	6.1	5.4	4.8	4.3	3.9	
1	37 (34-44)	28 (24-33)	21 (18-25)	16 (13-19)	12 (9.7-14)	10 (7.6-12)	8.5 (6.4-9.9)	7.5 (5.4-8.7)	6.6 (4.7-7.8)	5.9 (4.2-7.0)	5.3 (3.7-6.3)	
2	51 (43-61)	39 (32-49)	30 (23-38)	23 (17-29)	17 (13-23)	14 (9.7-18)	12 (7.9-16)	10 (6.7-14)	9.0 (5.7-12)	8.0 (5.0-11)	7.2 (4.5-10)	
3	65 (55-76)	52 (41-64)	41 (30-53)	31 (22-42)	24 (17-34)	19 (13-28)	16 (10-24)	14 (8.7-21)	12 (7.5-19)	11 (6.5-17)	9.7 (5.8-15)	
4	78 (69-84)	67 (56-74)	54 (43-63)	43 (33-52)	33 (25-42)	27 (20-35)	22 (16-31)	19 (14-27)	16 (12-24)	15 (10-21)	13 (9.1-19)	
5	87 (83-89)	79 (73-83)	68 (61-73)	56 (49-62)	45 (38-51)	36 (30-42)	30 (25-36)	25 (22-32)	22 (19-28)	19 (16-25)	17 (14-23)	
6	91	87	80	69	58	47	40	34	29	25	22	

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Singapore (Indian).

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	27	21	16	12	9.4	7.8	6.7	5.8	5.0	4.5	4.0
1	40 (33-58)	31 (25-45)	23 (19-34)	18 (14-25)	14 (10-18)	11 (8.4-14)	9.3 (7.0-11)	7.9 (5.9-9.1)	6.8 (5.0-7.9)	5.9 (4.3-7.0)	5.2 (3.8-6.2)
2	55 (42-73)	44 (32-62)	34 (24-50)	26 (18-38)	20 (14-29)	16 (11-22)	13 (8.8-18)	11 (7.3-14)	9.2 (6.2-12)	7.9 (5.3-11)	6.9 (4.6-9.8)
3	69 (53-82)	58 (41-73)	47 (32-62)	37 (24-50)	28 (18-39)	23 (14-32)	18 (12-26)	15 (9.5-21)	13 (8.0-18)	11 (6.9-15)	9.1 (6.0-13)
4	80 (65-87)	72 (54-82)	62 (43-73)	51 (33-61)	40 (26-49)	32 (21-40)	26 (17-33)	21 (14-27)	17 (12-23)	14 (11-19)	12 (9.2-16)
5	87 (77-90)	82 (68-87)	75 (58-81)	65 (47-71)	54 (38-60)	44 (31-50)	36 (26-41)	29 (22-34)	23 (19-28)	19 (16-23)	16 (14-20)
6	90	88	85	78	69	58	48	39	32	26	21

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	25	19	15	11	9.1	7.6	6.4	5.5	4.7	4.1	3.6
1	36 (29-53)	28 (22-42)	22 (17-33)	17 (13-25)	13 (10-19)	11 (8.1-15)	9.0 (6.7-12)	7.6 (5.6-9.3)	6.4 (4.7-7.5)	5.5 (4.0-6.3)	4.7 (3.4-5.5)
2	49 (37-66)	40 (29-57)	31 (22-46)	24 (17-37)	19 (13-29)	16 (11-23)	13 (8.6-18)	11 (7.1-15)	8.8 (5.9-12)	7.4 (4.9-9.7)	6.3 (4.2-8.3)
3	61 (46-75)	52 (37-67)	43 (29-57)	34 (22-47)	27 (17-37)	22 (14-30)	18 (11-25)	15 (9.3-20)	12 (7.7-17)	10 (6.5-14)	8.4 (5.5-12)
4	72 (56-81)	65 (47-75)	56 (38-67)	46 (30-57)	38 (24-47)	31 (19-39)	25 (16-32)	20 (13-26)	17 (11-22)	14 (9.5-18)	11 (8.2-15)
5	80 (67-85)	75 (59-80)	68 (50-74)	59 (41-66)	50 (34-56)	42 (28-48)	35 (24-40)	28 (20-33)	23 (17-27)	19 (14-23)	15 (12-19)
6	86	83	78	71	63	55	46	38	31	26	21

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Singapore (Indian).

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	21	16	13	10	8.5	7.2	6.1	5.2	4.5	3.9	3.3
1	29 (23-44)	23 (18-35)	19 (14-28)	15 (11-22)	12 (8.8-17)	10 (7.3-14)	8.5 (6.1-11)	7.1 (5.1-9.2)	6.1 (4.3-7.5)	5.2 (3.7-6.2)	4.4 (3.1-5.1)
2	40 (29-55)	33 (23-47)	26 (18-39)	21 (14-31)	17 (12-25)	14 (9.5-21)	12 (7.8-17)	9.9 (6.5-14)	8.3 (5.4-11)	7.0 (4.6-9.4)	5.9 (3.9-7.8)
3	51 (37-65)	43 (30-57)	36 (24-48)	29 (19-40)	24 (15-33)	20 (13-27)	17 (10-23)	14 (8.6-19)	11 (7.2-16)	9.6 (6.0-13)	8.0 (5.1-11)
4	62 (46-72)	55 (38-66)	47 (31-58)	40 (25-49)	33 (21-42)	28 (17-35)	23 (15-29)	19 (12-25)	16 (10-21)	13 (8.8-17)	11 (7.5-15)
5	72 (56-77)	66 (48-72)	59 (41-66)	51 (34-58)	44 (28-51)	38 (24-44)	32 (20-37)	26 (17-31)	22 (15-26)	18 (13-22)	15 (11-18)
6	79	75	70	63	56	49	42	36	30	25	20

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	16	13	10	8.5	7.3	6.3	5.4	4.7	4.0	3.5	3.0
1	22 (16-31)	18 (13-25)	14 (10-21)	12 (8.2-17)	10 (6.9-14)	8.6 (5.9-12)	7.3 (5.0-9.7)	6.3 (4.3-8.1)	5.4 (3.7-6.8)	4.6 (3.2-5.7)	4.0 (2.7-4.8)
2	29 (20-40)	24 (16-34)	20 (13-28)	16 (11-23)	14 (9.0-20)	12 (7.6-17)	10 (6.5-14)	8.5 (5.5-12)	7.3 (4.7-9.9)	6.2 (4.0-8.3)	5.3 (3.4-7.0)
3	38 (26-49)	32 (21-43)	27 (17-36)	22 (14-30)	19 (12-26)	16 (10-22)	14 (8.5-19)	12 (7.3-16)	9.9 (6.2-14)	8.4 (5.3-12)	7.1 (4.5-9.9)
4	48 (33-58)	42 (28-51)	35 (23-44)	30 (19-38)	26 (16-33)	22 (14-28)	19 (12-24)	16 (10-21)	14 (8.6-18)	11 (7.4-15)	9.7 (6.3-13)
5	58 (42-65)	52 (36-59)	46 (30-53)	40 (25-46)	35 (22-41)	30 (19-36)	26 (16-31)	22 (14-27)	18 (12-23)	16 (11-20)	13 (9.1-17)
6	68	63	57	50	45	39	34	29	25	21	18