India - 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 India. 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	9.2	5.6	3.6	2.4	1.8	1.4	1.1	1.0	0.9	0.8	0.8
1	14 (11-18)	8.6 (7.5-11)	5.5 (4.8-7.1)	3.7 (3.0-4.8)	2.7 (2.1-3.4)	2.1 (1.5-2.6)	1.7 (1.2-2.2)	1.4 (0.9-1.9)	1.3 (0.8-1.8)	1.2 (0.8-1.7)	1.2 (0.7-1.6)
2	21 (15-29)	13 (9.7-18)	8.3 (6.4-12)	5.6 (4.2-7.9)	4.0 (2.8-5.9)	3.1 (1.9-4.8)	2.5 (1.5-4.1)	2.1 (1.2-3.6)	1.9 (1.0-3.3)	1.8 (0.9-3.2)	1.7 (0.9-3.1)
3	30 (21-39)	19 (13-25)	12 (8.6-16)	8.3 (5.8-12)	5.9 (3.7-9.3)	4.5 (2.6-7.7)	3.6 (1.9-6.5)	3.1 (1.5-5.7)	2.7 (1.3-5.2)	2.6 (1.2-5.0)	2.5 (1.1-4.8)
4	40 (29-51)	27 (18-34)	18 (12-22)	12 (7.8-16)	8.6 (5.6-12)	6.5 (4.2-9.9)	5.2 (3.1-8.4)	4.4 (2.4-7.3)	3.9 (2.1-6.7)	3.7 (1.9-6.4)	3.5 (1.8-6.2)
5	52 (42-61)	37 (28-44)	25 (19-29)	17 (13-20)	12 (9.0-15)	9.2 (6.8-12)	7.3 (5.4-10)	6.1 (4.5-8.7)	5.4 (3.9-7.9)	5.1 (3.5-7.5)	4.9 (3.3-7.2)
6	64	48	34	24	17	13	10	8.4	7.5	7.0	6.7

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

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	12	7.4	4.9	3.4	2.5	2.0	1.6	1.3	1.2	1.1	1.1
1	17 (15-21)	11 (10-14)	7.3 (6.3-9.1)	5.1 (4.2-6.3)	3.8 (2.9-4.7)	2.9 (2.1-3.6)	2.4 (1.6-3.1)	2.0 (1.3-2.7)	1.8 (1.1-2.5)	1.7 (1.1-2.3)	1.6 (1.0-2.2)
2	24 (19-32)	16 (12-22)	11 (8.5-15)	7.5 (5.7-10)	5.5 (3.9-7.9)	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 (1.2-4.0)
3	33 (25-42)	23 (17-29)	15 (11-20)	11 (7.8-15)	8.0 (5.2-12)	6.1 (3.7-10)	4.9 (2.7-8.6)	4.1 (2.1-7.4)	3.7 (1.8-6.8)	3.4 (1.6-6.5)	3.3 (1.5-6.2)
4	44 (33-52)	31 (23-37)	22 (15-26)	15 (11-20)	11 (7.7-16)	8.7 (5.8-13)	6.9 (4.3-11)	5.8 (3.3-9.5)	5.2 (2.8-8.8)	4.8 (2.5-8.3)	4.6 (2.3-7.9)
5	55 (46-61)	41 (33-46)	29 (23-33)	21 (16-25)	16 (12-20)	12 (9.1-16)	9.6 (7.3-13)	8.0 (6.1-11)	7.1 (5.1-10)	6.7 (4.6-9.8)	6.3 (4.2-9.3)
6	65	51	38	28	21	16	13	11	9.7	9.0	8.5

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	14	9.4	6.6	4.8	3.6	2.8	2.3	1.9	1.7	1.6	1.5
1	20 (18-23)	14 (12-16)	9.6 (8.1-11)	6.9 (5.6-8.3)	5.2 (4.0-6.3)	4.1 (3.0-5.1)	3.3 (2.3-4.3)	2.7 (1.8-3.7)	2.5 (1.6-3.4)	2.3 (1.5-3.2)	2.1 (1.3-3.0)
2	27 (21-33)	19 (15-24)	14 (11-17)	9.9 (7.6-13)	7.5 (5.4-11)	5.9 (3.9-8.8)	4.7 (2.9-7.4)	3.9 (2.3-6.4)	3.6 (2.0-6.0)	3.3 (1.8-5.6)	3.1 (1.6-5.3)
3	35 (28-43)	26 (20-32)	19 (14-24)	14 (10-19)	11 (7.2-16)	8.2 (5.2-13)	6.7 (3.9-11)	5.5 (3.0-9.6)	5.0 (2.6-8.9)	4.6 (2.3-8.4)	4.3 (2.1-8.0)
4	44 (36-52)	34 (26-40)	25 (19-31)	19 (14-25)	14 (11-20)	11 (8.0-17)	9.2 (5.9-14)	7.6 (4.6-12)	6.9 (3.9-11)	6.4 (3.5-11)	5.9 (3.1-10)
5	53 (47-58)	43 (36-47)	33 (27-38)	25 (20-30)	19 (16-25)	15 (12-20)	12 (9.7-17)	10 (8.0-15)	9.3 (6.8-13)	8.6 (6.0-13)	8.0 (5.5-12)
6	61	51	41	32	25	20	16	14	12	11	11

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

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	15	11	8.1	6.1	4.7	3.7	3.0	2.5	2.2	2.0	1.9
1	21 (19-24)	15 (13-18)	11 (9.5-13)	8.6 (6.9-%10.0	6.6 (5.1-7.9)	5.3 (3.8-6.5)	4.3 (3.0-5.5)	3.6 (2.4-4.8)	3.2 (2.1-4.4)	2.9 (1.9-4.1)	2.7 (1.7-3.9)
2	28 (23-33)	21 (17-25)	16 (13-19)	12 (9.2-16)	9.3 (6.8-13)	7.4 (5.0-11)	6.0 (3.8-9.2)	5.1 (3.1-8.0)	4.5 (2.6-7.4)	4.1 (2.3-6.9)	3.8 (2.1-6.5)
3	36 (29-42)	27 (22-33)	21 (17-27)	16 (13-22)	13 (9.1-18)	10 (6.8-15)	8.3 (5.1-13)	7.0 (4.1-12)	6.3 (3.4-11)	5.7 (3.0-10)	5.3 (2.7-9.5)
4	44 (37-50)	35 (29-41)	27 (22-33)	21 (17-28)	17 (13-23)	14 (9.9-20)	11 (7.6-17)	9.4 (6.0-15)	8.5 (5.1-14)	7.7 (4.4-13)	7.2 (3.9-12)
5	51 (46-56)	43 (37-48)	34 (30-40)	28 (23-34)	22 (18-28)	18 (15-24)	15 (12-20)	12 (9.9-18)	11 (8.4-16)	10 (7.3-15)	9.5 (6.6-14)
6	58	50	42	34	28	23	19	16	15	13	12

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	14	11	8.4	6.5	5.1	4.1	3.3	2.9	2.5	2.3	2.1
1	20 (17-25)	16 (13-19)	12 (9.4-15)	9.2 (7.1-11)	7.2 (5.4-8.9)	5.7 (4.2-7.0)	4.6 (3.3-5.6)	3.9 (2.7-4.7)	3.5 (2.4-4.2)	3.1 (2.1-3.7)	2.8 (1.9-3.4)
2	28 (22-35)	22 (17-28)	17 (13-22)	13 (9.5-17)	10 (7.2-14)	7.9 (5.5-11)	6.3 (4.3-8.9)	5.3 (3.5-7.6)	4.7 (3.0-6.7)	4.2 (2.6-6.0)	3.8 (2.3-5.4)
3	37 (29-45)	29 (23-37)	23 (17-30)	18 (13-24)	14 (9.7-19)	11 (7.4-16)	8.7 (5.7-13)	7.3 (4.6-11)	6.3 (3.9-9.6)	5.6 (3.4-8.6)	5.0 (3.0-7.8)
4	47 (38-54)	38 (30-46)	31 (23-38)	24 (18-30)	19 (14-25)	15 (10-20)	12 (8.1-16)	9.8 (6.6-14)	8.4 (5.6-12)	7.4 (4.8-11)	6.6 (4.3-10)
5	56 (49-62)	48 (40-54)	39 (32-46)	32 (26-38)	25 (20-31)	20 (16-25)	16 (13-21)	13 (10-17)	11 (8.8-15)	9.7 (7.7-13)	8.6 (6.8-12)
6	65	57	49	41	33	27	21	17	15	13	11

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

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	12	9.8	7.7	6.1	4.9	4.0	3.3	2.8	2.5	2.2	2.0
1	19 (14-32)	15 (11-25)	12 (8.3-19)	9.2 (6.5-15)	7.3 (5.1-11)	5.8 (4.0-8.8)	4.7 (3.2-6.7)	4.0 (2.7-5.4)	3.4 (2.3-4.5)	3.0 (2.0-3.7)	2.7 (1.8-3.2)
2	27 (18-41)	22 (14-33)	17 (11-26)	14 (8.7-21)	11 (6.8-16)	8.5 (5.3-13)	6.7 (4.2-9.8)	5.6 (3.5-8.0)	4.8 (3.0-6.7)	4.1 (2.6-5.6)	3.6 (2.2-4.8)
3	37 (24-50)	31 (19-42)	25 (15-34)	20 (12-28)	16 (9.1-22)	12 (7.2-18)	9.7 (5.6-14)	8.0 (4.7-11)	6.6 (4.0-9.6)	5.6 (3.4-8.1)	4.8 (3.0-6.9)
4	48 (31-58)	41 (25-51)	34 (20-43)	28 (16-36)	22 (13-29)	18 (9.9-23)	14 (7.8-19)	11 (6.5-15)	9.3 (5.5-13)	7.7 (4.8-11)	6.5 (4.1-9.1)
5	58 (40-65)	51 (33-58)	44 (27-51)	37 (22-44)	30 (18-37)	25 (14-30)	19 (11-24)	16 (9.6-20)	13 (8.3-17)	11 (7.2-14)	8.9 (6.3-12)
6	68	62	55	48	40	33	27	22	18	15	12

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	10	8.3	6.7	5.4	4.4	3.6	3.0	2.6	2.3	2.0	1.8
1	16 (11-27)	13 (8.9-22)	10 (7.1-17)	8.2 (5.7-14)	6.6 (4.5-11)	5.3 (3.6-8.6)	4.4 (3.0-6.8)	3.7 (2.5-5.6)	3.2 (2.2-4.6)	2.8 (1.9-3.9)	2.4 (1.6-3.2)
2	22 (15-35)	18 (12-29)	15 (9.6-24)	12 (7.7-19)	9.7 (6.1-15)	7.8 (4.9-12)	6.3 (4.0-9.6)	5.3 (3.3-8.0)	4.5 (2.8-6.6)	3.9 (2.4-5.5)	3.4 (2.1-4.6)
3	31 (19-43)	26 (16-37)	21 (13-31)	17 (10-25)	14 (8.3-20)	11 (6.7-16)	9.2 (5.4-13)	7.7 (4.5-11)	6.4 (3.8-9.1)	5.4 (3.3-7.7)	4.6 (2.8-6.5)
4	41 (25-51)	35 (21-44)	29 (17-38)	24 (14-32)	20 (11-26)	16 (9.1-22)	13 (7.4-18)	11 (6.2-15)	9.1 (5.3-12)	7.6 (4.5-10)	6.4 (3.9-8.7)
5	51 (32-57)	45 (27-51)	39 (22-45)	33 (18-39)	27 (15-33)	22 (12-27)	18 (10-23)	15 (8.6-19)	13 (7.4-16)	11 (6.4-14)	8.9 (5.5-11)
6	61	55	49	43	36	30	25	21	18	15	12

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

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	8.2	6.8	5.6	4.6	3.8	3.2	2.7	2.4	2.1	1.9	1.6
1	12 (8.8-22)	10 (7.2-18)	8.5 (5.9-15)	7.0 (4.8-12)	5.8 (3.9-9.8)	4.7 (3.2-8.0)	4.0 (2.7-6.6)	3.5 (2.3-5.5)	3.0 (2.0-4.6)	2.6 (1.7-3.9)	2.3 (1.5-3.3)
2	18 (12-29)	15 (9.7-24)	13 (7.9-20)	10 (6.5-17)	8.6 (5.3-14)	7.1 (4.3-11)	5.9 (3.6-9.2)	5.0 (3.1-7.8)	4.3 (2.7-6.6)	3.7 (2.3-5.6)	3.2 (2.0-4.7)
3	26 (16-37)	22 (13-32)	18 (11-27)	15 (8.8-22)	13 (7.2-19)	10 (5.9-15)	8.7 (5.0-13)	7.4 (4.2-11)	6.3 (3.6-9.1)	5.4 (3.1-7.7)	4.6 (2.7-6.5)
4	35 (20-45)	30 (17-39)	26 (14-34)	22 (12-29)	18 (9.8-24)	15 (8.1-20)	13 (6.8-17)	11 (5.8-14)	9.1 (5.0-12)	7.7 (4.3-10)	6.6 (3.7-8.8)
5	45 (27-51)	40 (23-46)	35 (19-41)	30 (16-35)	25 (13-30)	21 (11-26)	18 (9.3-22)	15 (8.0-19)	13 (6.9-16)	11 (5.9-14)	9.3 (5.2-12)
6	55	50	45	39	34	29	25	21	18	16	13

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	6.4	5.5	4.7	4.0	3.4	2.8	2.5	2.2	2.0	1.8	1.6
1	9.5 (6.5-16)	8.0 (5.4-13)	6.8 (4.6-11)	5.8 (3.9-9.4)	4.9 (3.3-7.9)	4.1 (2.7-6.6)	3.6 (2.4-5.7)	3.2 (2.1-5.0)	2.8 (1.9-4.3)	2.5 (1.7-3.8)	2.2 (1.5-3.3)
2	14 (8.7-21)	12 (7.3-18)	9.9 (6.2-15)	8.4 (5.2-13)	7.1 (4.4-11)	6.0 (3.7-9.2)	5.2 (3.2-7.9)	4.6 (2.8-6.9)	4.1 (2.5-6.0)	3.6 (2.2-5.3)	3.2 (1.9-4.6)
3	19 (12-28)	17 (9.8-24)	14 (8.3-21)	12 (7.1-18)	10 (6.0-15)	8.7 (5.0-13)	7.6 (4.4-11)	6.6 (3.8-9.6)	5.8 (3.4-8.3)	5.1 (3.0-7.3)	4.5 (2.6-6.3)
4	27 (15-35)	23 (13-31)	20 (11-27)	17 (9.6-23)	15 (8.1-20)	13 (6.9-17)	11 (6.0-15)	9.5 (5.2-13)	8.3 (4.6-11)	7.3 (4.0-9.8)	6.4 (3.5-8.6)
5	36 (20-42)	31 (18-37)	28 (15-33)	24 (13-29)	21 (11-25)	18 (9.3-22)	16 (8.1-19)	14 (7.2-17)	12 (6.4-15)	10 (5.6-13)	9.1 (5.0-12)
6	45	41	37	33	28	25	22	19	17	15	13