Lithuania - 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 Lithuania. 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	18	11	7.2	5.1	3.8	3.1	2.6	2.3	2.2	2.1	2.0
1	26 (22-33)	17 (15-21)	11 (9.6-14)	7.7 (6.3-9.7)	5.8 (4.4-7.3)	4.6 (3.3-5.9)	3.9 (2.6-5.1)	3.5 (2.3-4.7)	3.2 (2.1-4.5)	3.1 (2.0-4.3)	3.0 (1.9-4.2)
2	38 (29-51)	25 (20-35)	17 (13-23)	12 (8.4-16)	8.7 (5.7-13)	6.9 (4.2-11)	5.7 (3.2-9.4)	5.1 (2.8-8.7)	4.8 (2.5-8.3)	4.6 (2.4-7.9)	4.4 (2.2-7.6)
3	52 (38-67)	36 (26-47)	24 (18-33)	17 (11-25)	13 (7.6-21)	10 (5.5-17)	8.3 (4.3-15)	7.4 (3.6-14)	7.0 (3.3-13)	6.6 (3.1-13)	6.4 (2.9-12)
4	67 (51-80)	49 (34-60)	34 (23-41)	24 (16-32)	18 (12-26)	14 (9.3-22)	12 (7.1-19)	11 (5.9-18)	9.9 (5.3-17)	9.4 (5.0-16)	9.0 (4.7-15)
5	81 (72-89)	63 (53-72)	47 (37-52)	34 (26-39)	26 (20-32)	20 (16-26)	17 (13-23)	15 (11-21)	14 (9.9-19)	13 (9.2-19)	13 (8.6-18)
6	91	78	61	46	35	28	23	20	19	18	17

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

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	20	13	9.2	6.7	5.2	4.1	3.4	3.1	2.9	2.7	2.6
1	30 (26-35)	20 (18-24)	14 (12-17)	10 (8.2-12)	7.7 (5.9-9.4)	6.2 (4.5-7.9)	5.1 (3.6-6.8)	4.7 (3.1-6.3)	4.3 (2.9-6.0)	4.1 (2.6-5.7)	3.8 (2.5-5.4)
2	42 (34-54)	29 (24-38)	20 (16-27)	15 (11-20)	11 (7.6-17)	9.1 (5.6-14)	7.5 (4.4-12)	6.8 (3.8-11)	6.3 (3.4-11)	5.9 (3.1-10)	5.6 (2.9-9.6)
3	56 (44-68)	40 (31-50)	29 (22-39)	21 (15-31)	16 (10-26)	13 (7.5-22)	11 (5.8-19)	9.8 (5.0-18)	9.1 (4.4-17)	8.5 (4.1-16)	8.1 (3.8-15)
4	70 (56-81)	54 (40-63)	40 (29-48)	30 (21-39)	23 (16-33)	19 (12-28)	15 (9.5-24)	14 (8.1-22)	13 (7.2-21)	12 (6.6-20)	11 (6.1-19)
5	83 (76-89)	68 (59-74)	53 (44-58)	41 (33-47)	32 (26-39)	26 (20-33)	21 (17-28)	19 (14-26)	18 (13-25)	17 (12-23)	16 (11-22)
6	91	81	67	53	42	34	29	26	24	23	21

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	20	14	10	7.7	6.0	4.9	4.2	3.8	3.5	3.2	3.0
1	29 (27-34)	21 (19-24)	15 (13-18)	11 (9.1-13)	8.9 (6.7-11)	7.2 (5.2-9.4)	6.1 (4.3-8.2)	5.6 (3.8-7.6)	5.1 (3.4-7.1)	4.7 (3.1-6.7)	4.4 (2.9-6.3)
2	41 (35-51)	30 (25-38)	22 (17-28)	17 (12-23)	13 (8.6-19)	10 (6.5-16)	8.9 (5.2-14)	8.1 (4.6-13)	7.4 (4.1-12)	6.9 (3.7-11)	6.4 (3.4-11)
3	54 (44-64)	41 (32-51)	31 (23-42)	23 (16-35)	18 (11-29)	15 (8.6-25)	13 (6.9-22)	11 (5.9-20)	11 (5.3-19)	9.8 (4.8-18)	9.2 (4.4-17)
4	68 (55-76)	53 (41-61)	41 (31-51)	32 (23-43)	26 (18-36)	21 (14-31)	18 (11-28)	16 (9.6-26)	15 (8.5-24)	14 (7.7-23)	13 (7.1-21)
5	80 (74-85)	67 (60-71)	54 (47-60)	43 (36-50)	34 (29-42)	28 (23-36)	24 (19-32)	22 (16-30)	20 (15-28)	19 (13-26)	18 (12-25)
6	89	79	67	55	45	37	32	29	27	25	24

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

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	20	14	11	8.1	6.4	5.1	4.5	4.0	3.7	3.4	3.1
1	28 (26-31)	21 (18-23)	15 (13-18)	12 (9.3-14)	9.3 (7.0-12)	7.5 (5.4-9.9)	6.6 (4.6-8.9)	5.9 (4.0-8.1)	5.4 (3.6-7.5)	4.9 (3.2-6.9)	4.5 (3.0-6.4)
2	38 (33-47)	29 (24-36)	22 (17-28)	17 (12-23)	13 (8.9-19)	11 (6.8-16)	9.5 (5.7-15)	8.5 (4.9-14)	7.7 (4.3-12)	7.1 (3.9-12)	6.5 (3.5-11)
3	51 (42-60)	39 (31-50)	30 (22-42)	24 (16-35)	19 (12-29)	15 (8.9-25)	13 (7.4-23)	12 (6.4-21)	11 (5.6-19)	10 (5.0-18)	9.2 (4.5-17)
4	63 (53-70)	51 (40-60)	40 (31-51)	32 (24-43)	26 (19-36)	21 (14-31)	18 (12-28)	17 (10-26)	15 (8.9-24)	14 (8.0-23)	13 (7.2-21)
5	75 (70-79)	63 (58-69)	52 (46-59)	42 (37-50)	34 (29-43)	28 (23-36)	25 (19-33)	22 (17-30)	20 (15-28)	19 (13-26)	17 (12-24)
6	84	75	64	53	44	37	33	30	27	25	23

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	20	15	11	8.3	6.4	5.2	4.5	4.0	3.5	3.2	2.9
1	29 (26-34)	21 (18-25)	16 (13-19)	12 (9.6-14)	9.2 (7.2-11)	7.4 (5.6-8.6)	6.3 (4.7-7.3)	5.5 (4.0-6.5)	4.9 (3.5-5.8)	4.4 (3.1-5.2)	3.9 (2.7-4.7)
2	41 (33-50)	30 (24-39)	23 (18-29)	17 (13-22)	13 (9.3-17)	10 (7.1-14)	8.8 (5.8-12)	7.6 (4.9-10)	6.7 (4.2-9.1)	5.9 (3.7-8.2)	5.3 (3.3-7.4)
3	54 (44-65)	42 (32-53)	32 (23-42)	24 (17-33)	18 (12-26)	15 (9.4-21)	12 (7.7-18)	10 (6.4-16)	9.1 (5.5-14)	8.1 (4.8-13)	7.2 (4.3-11)
4	68 (58-75)	55 (45-64)	43 (34-52)	33 (25-42)	26 (19-33)	20 (15-27)	17 (12-23)	14 (10-20)	12 (8.8-18)	11 (7.6-16)	9.7 (6.7-15)
5	79 (73-83)	69 (62-74)	57 (49-62)	45 (38-51)	35 (29-41)	28 (23-33)	23 (19-28)	19 (16-24)	17 (14-22)	14 (12-19)	13 (11-17)
6	86	80	70	58	47	37	31	26	22	19	17

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

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	21	16	12	9.0	6.8	5.6	4.7	4.0	3.5	3.1	2.7
1	33 (27-51)	25 (20-39)	18 (14-28)	14 (11-20)	10 (7.8-15)	8.2 (6.2-11)	6.7 (5.0-8.5)	5.6 (4.1-6.7)	4.8 (3.5-5.5)	4.1 (3.0-4.8)	3.6 (2.6-4.3)
2	47 (35-66)	36 (26-54)	28 (19-42)	21 (14-32)	15 (10-23)	12 (8.0-18)	9.7 (6.4-14)	7.9 (5.2-11)	6.6 (4.4-8.7)	5.6 (3.7-7.5)	4.8 (3.2-6.7)
3	61 (45-76)	50 (34-66)	40 (25-54)	30 (19-42)	23 (14-32)	18 (11-25)	14 (8.5-20)	11 (6.9-16)	9.1 (5.7-13)	7.6 (4.8-11)	6.4 (4.1-9.1)
4	74 (57-82)	65 (45-75)	54 (35-65)	43 (26-53)	33 (20-41)	26 (16-33)	20 (13-26)	16 (10-21)	13 (8.8-17)	10 (7.5-14)	8.7 (6.5-12)
5	82 (69-86)	76 (59-82)	68 (48-74)	57 (38-63)	46 (30-51)	37 (24-41)	29 (20-33)	23 (16-27)	18 (14-22)	14 (12-18)	12 (10-15)
6	87	84	79	71	61	50	40	32	25	20	16

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	24	19	15	11	8.9	7.4	6.2	5.3	4.5	3.9	3.4
1	35 (28-53)	28 (22-43)	22 (17-33)	17 (13-25)	13 (9.7-19)	11 (7.9-15)	8.8 (6.4-12)	7.3 (5.3-9.4)	6.2 (4.5-7.5)	5.3 (3.8-6.1)	4.5 (3.3-5.2)
2	47 (36-64)	39 (28-55)	31 (22-45)	24 (17-36)	19 (13-28)	15 (10-23)	12 (8.3-18)	10 (6.8-14)	8.5 (5.7-12)	7.2 (4.7-9.5)	6.1 (4.0-7.9)
3	59 (45-73)	51 (36-65)	42 (29-56)	34 (22-46)	27 (17-37)	22 (14-30)	18 (11-24)	14 (9.0-20)	12 (7.5-16)	9.8 (6.2-14)	8.2 (5.3-11)
4	69 (54-78)	62 (45-72)	54 (36-65)	45 (29-55)	37 (23-46)	30 (19-38)	25 (15-31)	20 (13-26)	16 (11-21)	13 (9.1-18)	11 (7.8-15)
5	77 (63-82)	72 (55-78)	65 (47-72)	57 (39-64)	49 (32-55)	41 (27-47)	34 (22-39)	28 (19-33)	23 (16-27)	18 (13-22)	15 (12-19)
6	83	80	75	68	61	53	45	38	31	25	20

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

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	27	22	18	14	12	9.9	8.4	7.2	6.2	5.3	4.6
1	37 (29-52)	30 (23-44)	25 (18-36)	20 (15-29)	16 (12-24)	14 (10-20)	12 (8.4-16)	9.9 (7.1-13)	8.4 (6.0-11)	7.2 (5.1-8.8)	6.2 (4.3-7.3)
2	47 (36-62)	40 (29-54)	33 (24-46)	27 (19-39)	23 (16-33)	19 (13-28)	16 (11-23)	14 (9.0-19)	11 (7.6-16)	9.7 (6.4-13)	8.2 (5.4-11)
3	57 (44-69)	50 (37-63)	43 (31-56)	37 (25-48)	31 (20-42)	26 (17-35)	22 (14-30)	19 (12-25)	16 (10-22)	13 (8.4-18)	11 (7.1-15)
4	66 (52-75)	60 (45-70)	54 (38-64)	47 (32-57)	41 (27-50)	35 (23-44)	30 (20-38)	25 (17-32)	21 (14-27)	18 (12-23)	15 (10-20)
5	74 (60-79)	69 (53-75)	63 (47-70)	57 (40-64)	51 (35-58)	45 (30-52)	39 (26-46)	34 (23-40)	29 (19-34)	24 (17-29)	20 (14-25)
6	80	77	72	67	61	56	50	43	38	32	27

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	24	20	16	13	11	9.3	7.9	6.8	5.8	4.9	4.2
1	33 (25-47)	27 (20-40)	22 (16-33)	18 (13-27)	16 (11-23)	13 (9.5-19)	11 (8.0-16)	9.5 (6.7-13)	8.0 (5.7-11)	6.8 (4.8-9.0)	5.8 (4.1-7.4)
2	43 (32-57)	36 (26-50)	30 (21-43)	25 (18-37)	22 (15-32)	19 (12-27)	16 (10-23)	13 (8.8-19)	11 (7.4-16)	9.5 (6.2-13)	8.0 (5.2-11)
3	53 (40-65)	47 (33-59)	40 (28-53)	34 (23-46)	30 (19-40)	26 (16-35)	22 (14-30)	19 (12-25)	16 (9.7-22)	13 (8.2-18)	11 (6.9-15)
4	62 (48-71)	57 (42-67)	51 (35-61)	45 (30-55)	40 (26-49)	35 (22-43)	30 (19-38)	26 (16-33)	22 (14-28)	18 (12-24)	15 (9.9-20)
5	70 (56-76)	66 (50-72)	61 (44-68)	56 (38-62)	50 (34-57)	45 (30-52)	40 (26-46)	35 (22-41)	30 (19-35)	25 (16-30)	21 (14-26)
6	76	74	70	66	61	56	51	45	39	34	29