

Mexico - 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 Mexico. 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	12	7.8	5.3	3.9	3.1	2.6	2.2	2.0	1.9	1.8	1.7
1	18 (16-23)	12 (10-15)	8.2 (6.8-10)	6.0 (4.6-7.6)	4.7 (3.4-5.9)	3.9 (2.7-5.1)	3.3 (2.2-4.5)	3.0 (2.0-4.1)	2.8 (1.8-3.9)	2.7 (1.7-3.8)	2.6 (1.7-3.7)
2	27 (21-38)	18 (14-25)	12 (9.1-17)	9.0 (6.1-13)	7.0 (4.3-11)	5.8 (3.3-9.4)	4.9 (2.7-8.2)	4.4 (2.3-7.6)	4.2 (2.2-7.3)	4.0 (2.1-7.0)	3.9 (2.0-6.8)
3	39 (28-51)	26 (19-34)	18 (12-26)	13 (8.2-21)	10 (5.8-17)	8.4 (4.4-15)	7.1 (3.5-13)	6.4 (3.0-12)	6.1 (2.8-12)	5.8 (2.7-11)	5.6 (2.5-11)
4	52 (37-64)	37 (25-45)	26 (17-33)	19 (13-27)	15 (9.7-22)	12 (7.2-19)	10 (5.7-17)	9.2 (5.0-15)	8.7 (4.6-15)	8.3 (4.3-14)	8.0 (4.1-14)
5	67 (57-76)	50 (40-56)	36 (28-41)	27 (20-32)	21 (16-26)	17 (13-22)	14 (11-20)	13 (9.3-18)	12 (8.5-17)	12 (8.0-17)	11 (7.6-16)
6	81	64	48	36	28	23	20	18	17	16	15

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

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	14	9.2	6.5	4.9	3.9	3.2	2.7	2.4	2.3	2.2	2.0
1	20 (18-24)	14 (12-17)	9.8 (8.1-12)	7.4 (5.7-8.9)	5.8 (4.2-7.3)	4.7 (3.3-6.2)	4.0 (2.7-5.4)	3.6 (2.4-5.0)	3.4 (2.2-4.8)	3.2 (2.1-4.5)	3.1 (2.0-4.3)
2	29 (24-39)	20 (16-27)	15 (11-20)	11 (7.5-16)	8.5 (5.4-13)	7.0 (4.1-11)	5.8 (3.3-9.6)	5.4 (2.9-9.0)	5.0 (2.7-8.5)	4.7 (2.5-8.1)	4.5 (2.3-7.7)
3	41 (31-51)	29 (22-38)	21 (15-30)	16 (10-24)	12 (7.2-20)	10 (5.4-17)	8.4 (4.3-15)	7.7 (3.8-14)	7.2 (3.4-13)	6.8 (3.2-13)	6.4 (3.0-12)
4	54 (41-64)	40 (29-47)	29 (21-38)	22 (15-31)	17 (12-26)	14 (9.0-22)	12 (7.1-19)	11 (6.2-18)	10 (5.6-17)	9.6 (5.1-16)	9.1 (4.8-15)
5	68 (60-75)	53 (44-58)	40 (33-45)	31 (25-37)	24 (19-31)	20 (16-26)	17 (13-23)	15 (11-21)	14 (10-20)	13 (9.2-19)	13 (8.6-18)
6	81	66	52	41	33	27	23	21	19	18	17

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	16	11	8.1	6.2	4.8	3.9	3.4	3.1	2.8	2.6	2.4
1	23 (21-27)	16 (14-19)	12 (10-14)	9.1 (7.1-11)	7.2 (5.3-9.0)	5.8 (4.1-7.6)	5.0 (3.4-6.7)	4.5 (3.0-6.2)	4.2 (2.7-5.8)	3.9 (2.5-5.4)	3.6 (2.3-5.1)
2	33 (28-42)	24 (19-31)	17 (13-23)	13 (9.3-18)	10 (6.8-15)	8.4 (5.2-13)	7.2 (4.2-12)	6.6 (3.7-11)	6.0 (3.3-10)	5.6 (3.0-9.4)	5.3 (2.8-8.9)
3	45 (36-53)	33 (26-43)	25 (18-35)	19 (12-29)	15 (9.0-24)	12 (6.8-20)	10 (5.5-18)	9.4 (4.8-17)	8.6 (4.3-16)	8.0 (3.9-15)	7.5 (3.6-14)
4	58 (45-65)	44 (33-52)	34 (25-43)	26 (19-36)	21 (15-30)	17 (11-26)	14 (8.9-23)	13 (7.7-21)	12 (6.8-20)	11 (6.2-19)	11 (5.7-18)
5	70 (64-76)	57 (50-62)	45 (38-51)	35 (29-42)	28 (23-35)	23 (19-30)	20 (15-27)	18 (13-25)	17 (12-23)	15 (11-22)	14 (9.9-20)
6	81	69	57	46	37	31	27	24	22	21	19

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

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	19	13	10	7.6	5.9	4.8	4.2	3.7	3.4	3.1	2.8
1	27 (25-30)	19 (17-22)	14 (12-16)	11 (8.7-13)	8.7 (6.5-11)	7.0 (5.0-9.1)	6.1 (4.2-8.2)	5.5 (3.7-7.5)	4.9 (3.3-6.9)	4.5 (3.0-6.4)	4.2 (2.7-5.9)
2	37 (32-44)	27 (23-34)	21 (16-26)	16 (11-22)	12 (8.4-18)	10 (6.3-15)	8.8 (5.2-14)	7.8 (4.5-12)	7.1 (4.0-12)	6.5 (3.6-11)	6.0 (3.2-9.9)
3	48 (40-57)	37 (30-47)	28 (21-39)	22 (15-32)	17 (11-27)	14 (8.4-23)	12 (6.9-21)	11 (5.9-19)	10 (5.1-18)	9.2 (4.6-17)	8.5 (4.2-15)
4	61 (50-67)	48 (38-57)	38 (29-48)	30 (23-40)	24 (18-34)	19 (13-29)	17 (11-26)	15 (9.4-24)	14 (8.2-22)	13 (7.3-21)	12 (6.6-19)
5	72 (67-76)	60 (55-66)	49 (43-56)	39 (34-47)	32 (27-40)	26 (22-34)	23 (18-31)	21 (15-28)	19 (14-26)	17 (12-24)	16 (11-23)
6	81	71	60	50	41	34	30	27	25	23	21

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	22	16	12	9.4	7.3	6.0	5.2	4.5	4.1	3.6	3.3
1	32 (28-37)	24 (20-28)	18 (15-21)	13 (11-16)	10 (8.1-12)	8.4 (6.3-9.8)	7.2 (5.3-8.4)	6.3 (4.5-7.4)	5.6 (4.0-6.6)	5.0 (3.5-6.0)	4.5 (3.1-5.4)
2	44 (36-53)	33 (27-42)	25 (19-32)	19 (14-25)	15 (10-19)	12 (8.0-15)	10 (6.6-13)	8.6 (5.6-12)	7.6 (4.8-10)	6.8 (4.2-9.3)	6.1 (3.8-8.5)
3	57 (47-68)	45 (35-56)	35 (26-46)	27 (19-36)	20 (14-29)	16 (11-24)	14 (8.7-21)	12 (7.3-18)	10 (6.3-16)	9.2 (5.5-14)	8.2 (4.9-13)
4	70 (61-77)	58 (48-67)	47 (37-55)	36 (28-45)	28 (21-36)	22 (17-30)	19 (14-26)	16 (11-23)	14 (9.8-20)	12 (8.6-18)	11 (7.6-17)
5	80 (74-83)	71 (64-76)	60 (52-65)	48 (41-54)	38 (32-44)	30 (25-36)	25 (21-31)	21 (18-27)	18 (16-24)	16 (14-22)	14 (12-19)
6	86	80	72	61	50	40	33	28	24	21	19

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

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	25	19	14	11	8.5	7.1	6.1	5.3	4.6	4.1	3.6
1	37 (30-54)	28 (23-42)	21 (17-31)	16 (13-23)	12 (9.4-17)	10 (7.6-13)	8.5 (6.3-10)	7.2 (5.3-8.3)	6.2 (4.5-7.2)	5.4 (3.9-6.4)	4.8 (3.5-5.7)
2	51 (39-69)	40 (29-58)	31 (22-46)	24 (16-35)	18 (12-26)	15 (9.8-21)	12 (8.0-16)	9.9 (6.6-13)	8.4 (5.6-11)	7.2 (4.8-9.9)	6.3 (4.2-8.9)
3	65 (49-78)	55 (38-69)	44 (29-58)	34 (22-47)	26 (16-36)	21 (13-29)	17 (10-24)	14 (8.7-19)	11 (7.3-16)	9.7 (6.2-14)	8.3 (5.4-12)
4	76 (61-84)	68 (50-78)	58 (39-69)	47 (30-57)	37 (23-46)	29 (19-37)	24 (16-30)	19 (13-25)	16 (11-21)	13 (9.7-17)	11 (8.4-15)
5	84 (73-87)	79 (64-84)	71 (53-77)	61 (43-67)	50 (34-56)	41 (28-46)	33 (24-38)	26 (20-31)	21 (17-26)	18 (15-22)	15 (13-18)
6	88	85	81	74	64	54	45	36	29	24	20

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	14	11	8.8	7.3	6.2	5.3	4.6	4.0	3.4
1	35 (29-52)	27 (22-41)	21 (17-31)	16 (13-23)	13 (9.7-18)	10 (7.9-14)	8.7 (6.5-11)	7.3 (5.4-8.8)	6.2 (4.6-7.1)	5.3 (3.9-6.2)	4.6 (3.3-5.4)
2	48 (36-66)	39 (28-56)	30 (22-45)	24 (16-35)	18 (13-28)	15 (10-22)	12 (8.3-17)	10 (6.8-14)	8.5 (5.7-11)	7.2 (4.8-9.3)	6.1 (4.1-8.1)
3	61 (46-75)	52 (37-67)	42 (28-56)	33 (22-45)	26 (17-36)	21 (13-29)	17 (11-24)	14 (9.0-20)	12 (7.5-16)	9.7 (6.3-13)	8.2 (5.3-11)
4	73 (56-81)	65 (46-75)	55 (37-66)	46 (29-55)	37 (23-45)	30 (19-37)	24 (16-31)	20 (13-25)	16 (11-21)	13 (9.3-17)	11 (8.0-15)
5	81 (68-85)	76 (59-81)	68 (50-74)	59 (41-65)	50 (33-55)	41 (28-47)	34 (23-39)	27 (20-32)	22 (17-26)	18 (14-22)	15 (12-18)
6	86	83	78	72	63	54	46	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 Mexico.

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	17	13	10	8.3	7.0	5.9	5.0	4.2	3.6	3.1
1	30 (24-45)	24 (19-36)	19 (15-28)	15 (11-22)	12 (9.1-17)	10 (7.5-14)	8.3 (6.2-11)	6.9 (5.1-8.9)	5.8 (4.3-7.2)	4.9 (3.6-5.9)	4.2 (3.0-4.8)
2	42 (31-58)	34 (25-50)	27 (19-41)	22 (15-32)	18 (12-26)	14 (9.7-21)	12 (8.0-17)	9.8 (6.6-14)	8.1 (5.4-11)	6.8 (4.5-9.3)	5.7 (3.8-7.6)
3	54 (40-68)	46 (32-60)	38 (25-51)	31 (20-42)	25 (16-35)	21 (13-28)	17 (11-23)	14 (8.7-19)	11 (7.2-16)	9.4 (6.0-13)	7.8 (5.0-11)
4	66 (49-75)	58 (41-69)	50 (33-61)	42 (26-51)	35 (22-43)	29 (18-36)	24 (15-30)	20 (12-25)	16 (10-21)	13 (8.7-17)	11 (7.3-14)
5	75 (60-80)	69 (52-75)	62 (44-69)	54 (36-61)	47 (31-53)	40 (26-45)	33 (22-38)	28 (18-32)	23 (15-27)	18 (13-22)	15 (11-18)
6	82	78	73	66	60	52	45	38	31	26	21

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	18	14	11	9.1	7.6	6.4	5.4	4.5	3.8	3.2	2.7
1	26 (20-39)	21 (16-31)	17 (12-25)	13 (10-20)	11 (8.3-17)	9.3 (6.9-14)	7.8 (5.7-11)	6.5 (4.7-9.0)	5.4 (3.9-7.3)	4.5 (3.3-6.0)	3.8 (2.8-4.9)
2	36 (26-50)	29 (21-43)	24 (16-36)	19 (13-29)	16 (11-25)	14 (9.1-20)	11 (7.5-17)	9.4 (6.2-14)	7.8 (5.1-11)	6.5 (4.3-9.4)	5.4 (3.5-7.7)
3	47 (33-60)	40 (27-53)	33 (22-45)	28 (18-38)	23 (15-32)	20 (12-27)	16 (10-23)	14 (8.3-19)	11 (6.8-16)	9.3 (5.7-13)	7.7 (4.7-11)
4	58 (42-68)	51 (35-62)	44 (29-55)	38 (23-47)	33 (20-41)	28 (17-35)	23 (14-30)	19 (12-25)	16 (9.7-21)	13 (8.1-17)	11 (6.8-14)
5	68 (52-74)	63 (45-69)	56 (38-63)	50 (32-56)	44 (28-50)	38 (24-44)	32 (20-38)	27 (17-32)	23 (14-27)	19 (12-22)	16 (10-19)
6	76	72	67	62	56	50	44	38	32	27	22