

Philippines - 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 Philippines. 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	8.5	5.3	3.5	2.5	1.9	1.6	1.3	1.2	1.1	1.1	1.0
1	13 (11-17)	8.2 (7.2-10)	5.4 (4.6-6.9)	3.9 (3.0-4.9)	2.9 (2.2-3.7)	2.4 (1.7-3.1)	2.0 (1.3-2.7)	1.8 (1.2-2.5)	1.7 (1.1-2.4)	1.6 (1.0-2.3)	1.5 (1.0-2.2)
2	20 (15-28)	12 (9.8-18)	8.2 (6.3-12)	5.8 (4.1-8.3)	4.4 (2.8-6.8)	3.5 (2.1-5.7)	3.0 (1.6-5.0)	2.7 (1.4-4.6)	2.5 (1.3-4.4)	2.4 (1.2-4.2)	2.3 (1.2-4.0)
3	29 (20-40)	19 (13-25)	12 (8.7-18)	8.7 (5.5-14)	6.5 (3.8-11)	5.2 (2.8-9.3)	4.3 (2.2-8.0)	3.9 (1.8-7.4)	3.7 (1.7-7.0)	3.5 (1.6-6.7)	3.3 (1.5-6.5)
4	41 (28-53)	27 (18-34)	18 (12-23)	13 (8.2-18)	9.5 (6.2-14)	7.5 (4.6-12)	6.2 (3.6-10)	5.6 (3.0-9.4)	5.2 (2.8-9.0)	5.0 (2.6-8.6)	4.8 (2.4-8.3)
5	55 (44-64)	38 (29-44)	26 (20-29)	18 (14-22)	14 (10-17)	11 (8.0-14)	8.8 (6.7-12)	7.9 (5.7-11)	7.4 (5.2-11)	7.0 (4.8-10)	6.7 (4.5-9.7)
6	69	50	35	25	19	15	12	11	10	9.7	9.3

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

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	9.0	5.9	4.1	3.1	2.4	1.9	1.6	1.5	1.4	1.3	1.2
1	14 (12-16)	9.0 (8.0-11)	6.3 (5.2-7.7)	4.6 (3.6-5.6)	3.6 (2.6-4.5)	2.9 (2.0-3.8)	2.4 (1.6-3.3)	2.2 (1.5-3.1)	2.1 (1.3-2.9)	1.9 (1.3-2.7)	1.8 (1.2-2.6)
2	20 (16-27)	13 (11-18)	9.4 (7.1-13)	6.9 (4.8-9.8)	5.3 (3.4-8.1)	4.3 (2.6-6.8)	3.6 (2.0-5.9)	3.3 (1.8-5.5)	3.0 (1.6-5.2)	2.9 (1.5-4.9)	2.7 (1.4-4.7)
3	29 (21-37)	20 (15-26)	14 (9.7-20)	10 (6.5-16)	7.8 (4.6-13)	6.3 (3.4-11)	5.2 (2.7-9.4)	4.7 (2.3-8.8)	4.4 (2.1-8.3)	4.1 (1.9-7.9)	3.9 (1.8-7.5)
4	40 (29-49)	28 (19-33)	20 (13-25)	14 (9.8-20)	11 (7.5-17)	8.9 (5.6-14)	7.4 (4.4-12)	6.7 (3.8-11)	6.3 (3.4-11)	5.9 (3.1-10)	5.6 (2.9-9.6)
5	53 (45-61)	38 (31-43)	28 (22-32)	20 (16-25)	16 (12-20)	13 (9.8-17)	10 (8.0-14)	9.4 (6.8-13)	8.8 (6.1-12)	8.2 (5.6-12)	7.8 (5.3-11)
6	67	50	37	28	22	17	14	13	12	11	11

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	9.9	6.8	4.9	3.7	2.9	2.3	2.0	1.8	1.7	1.6	1.5
1	15 (13-17)	10 (8.9-12)	7.3 (6.0-8.6)	5.5 (4.3-6.6)	4.3 (3.2-5.4)	3.5 (2.4-4.6)	3.0 (2.0-4.0)	2.7 (1.8-3.7)	2.5 (1.6-3.5)	2.3 (1.5-3.3)	2.2 (1.4-3.1)
2	21 (17-27)	15 (12-19)	11 (8.1-14)	8.1 (5.6-11)	6.3 (4.1-9.4)	5.1 (3.1-7.9)	4.3 (2.5-7.0)	3.9 (2.2-6.5)	3.6 (1.9-6.1)	3.4 (1.8-5.7)	3.1 (1.6-5.3)
3	30 (23-36)	21 (16-28)	15 (11-22)	12 (7.6-18)	9.0 (5.4-15)	7.3 (4.1-13)	6.2 (3.3-11)	5.6 (2.8-10)	5.2 (2.5-9.6)	4.8 (2.3-9.0)	4.5 (2.1-8.5)
4	40 (30-47)	29 (21-36)	22 (15-28)	16 (12-23)	13 (8.9-19)	10 (6.7-16)	8.8 (5.3-14)	7.9 (4.6-13)	7.3 (4.0-12)	6.8 (3.7-11)	6.3 (3.4-11)
5	52 (45-58)	39 (33-44)	29 (24-34)	22 (18-28)	18 (14-23)	14 (11-19)	12 (9.2-17)	11 (7.9-15)	10 (7.0-14)	9.4 (6.4-13)	8.8 (5.9-13)
6	65	51	39	30	24	19	16	15	14	13	12

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

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	10	7.2	5.3	4.0	3.1	2.5	2.2	2.0	1.8	1.7	1.5
1	15 (13-16)	10 (9.0-12)	7.7 (6.3-8.9)	5.9 (4.5-7.2)	4.6 (3.4-5.9)	3.7 (2.6-4.9)	3.2 (2.2-4.4)	2.9 (1.9-4.0)	2.6 (1.7-3.7)	2.4 (1.6-3.4)	2.2 (1.4-3.2)
2	21 (17-26)	15 (12-19)	11 (8.4-15)	8.5 (6.0-12)	6.6 (4.4-9.8)	5.3 (3.3-8.2)	4.7 (2.7-7.4)	4.2 (2.4-6.8)	3.8 (2.1-6.3)	3.5 (1.9-5.8)	3.2 (1.7-5.4)
3	29 (23-35)	21 (16-28)	16 (11-22)	12 (8.0-18)	9.4 (5.8-15)	7.6 (4.4-13)	6.6 (3.6-11)	5.9 (3.1-11)	5.4 (2.7-9.7)	4.9 (2.4-9.0)	4.6 (2.2-8.4)
4	38 (30-44)	29 (22-35)	22 (16-28)	17 (12-23)	13 (9.4-19)	11 (7.0-16)	9.2 (5.7-15)	8.2 (4.9-13)	7.5 (4.3-12)	6.9 (3.8-12)	6.3 (3.5-11)
5	49 (43-53)	38 (33-43)	29 (25-34)	22 (19-28)	18 (15-23)	14 (12-19)	13 (9.5-17)	11 (8.2-16)	10 (7.2-15)	9.4 (6.4-13)	8.7 (5.8-13)
6	59	48	38	30	24	19	17	15	14	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	9.9	7.2	5.4	4.1	3.2	2.6	2.3	2.0	1.8	1.6	1.5
1	15 (12-18)	11 (8.6-13)	7.8 (6.2-9.4)	5.9 (4.5-7.1)	4.6 (3.4-5.4)	3.7 (2.7-4.4)	3.2 (2.3-3.7)	2.8 (2.0-3.3)	2.5 (1.7-3.0)	2.2 (1.5-2.7)	2.0 (1.4-2.4)
2	21 (16-27)	15 (12-20)	11 (8.3-15)	8.4 (6.0-11)	6.4 (4.4-8.6)	5.1 (3.4-7.0)	4.4 (2.8-6.0)	3.8 (2.4-5.3)	3.4 (2.1-4.7)	3.0 (1.8-4.2)	2.7 (1.6-3.8)
3	29 (22-38)	22 (16-29)	16 (11-22)	12 (8.1-17)	9.0 (5.9-13)	7.2 (4.5-11)	6.0 (3.7-9.3)	5.2 (3.2-8.1)	4.6 (2.7-7.2)	4.1 (2.4-6.5)	3.7 (2.1-5.9)
4	40 (32-47)	30 (23-37)	22 (17-29)	17 (12-22)	13 (9.2-17)	9.9 (7.0-14)	8.3 (5.8-12)	7.1 (4.9-11)	6.2 (4.2-9.3)	5.5 (3.7-8.4)	4.9 (3.3-7.6)
5	52 (44-57)	41 (34-46)	31 (25-36)	23 (19-28)	18 (14-22)	14 (11-17)	11 (9.2-15)	9.5 (7.8-13)	8.2 (6.8-11)	7.2 (5.9-10)	6.4 (5.2-9.0)
6	63	52	41	32	24	19	15	13	11	9.5	8.4

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

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	9.7	7.2	5.5	4.2	3.2	2.7	2.3	2.0	1.8	1.6	1.4
1	15 (11-25)	11 (8.3-18)	8.3 (6.1-13)	6.2 (4.5-9.3)	4.7 (3.4-6.7)	3.8 (2.7-5.1)	3.2 (2.3-4.0)	2.7 (1.9-3.2)	2.3 (1.7-2.8)	2.1 (1.4-2.5)	1.8 (1.3-2.2)
2	23 (15-35)	17 (11-27)	13 (8.2-19)	9.3 (6.0-14)	6.9 (4.5-10)	5.5 (3.5-7.9)	4.5 (2.9-6.2)	3.7 (2.4-4.9)	3.2 (2.0-4.2)	2.7 (1.8-3.7)	2.4 (1.5-3.3)
3	33 (21-45)	25 (15-35)	19 (11-27)	14 (8.1-20)	10 (6.0-15)	8.0 (4.7-12)	6.4 (3.8-9.2)	5.2 (3.2-7.5)	4.3 (2.7-6.2)	3.6 (2.3-5.2)	3.1 (2.0-4.4)
4	44 (28-55)	35 (21-45)	27 (16-35)	20 (12-27)	15 (8.9-20)	12 (7.1-15)	9.1 (5.7-12)	7.2 (4.8-9.8)	5.9 (4.0-8.1)	4.9 (3.5-6.8)	4.1 (3.0-5.8)
5	56 (37-63)	47 (29-54)	38 (22-44)	29 (17-34)	22 (13-26)	17 (10-20)	13 (8.6-16)	10 (7.3-13)	8.1 (6.2-10)	6.6 (5.4-8.5)	5.5 (4.7-7.2)
6	67	59	49	40	31	24	18	14	11	9.0	7.4

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	8.6	6.5	4.9	3.8	3.0	2.5	2.1	1.7	1.5	1.3	1.1
1	13 (9.9-23)	10 (7.3-17)	7.6 (5.5-13)	5.7 (4.1-9.3)	4.4 (3.1-6.9)	3.6 (2.5-5.3)	2.9 (2.1-4.1)	2.4 (1.7-3.2)	2.1 (1.4-2.6)	1.7 (1.2-2.1)	1.5 (1.0-1.7)
2	20 (13-31)	15 (9.9-24)	11 (7.4-18)	8.6 (5.5-14)	6.6 (4.2-10)	5.2 (3.4-8.0)	4.2 (2.7-6.2)	3.4 (2.2-4.9)	2.8 (1.8-3.9)	2.4 (1.5-3.2)	2.0 (1.3-2.6)
3	28 (18-40)	22 (13-32)	17 (10-25)	13 (7.5-19)	9.7 (5.7-14)	7.7 (4.5-11)	6.1 (3.6-8.6)	4.9 (3.0-6.9)	4.0 (2.4-5.6)	3.3 (2.0-4.6)	2.7 (1.7-3.8)
4	38 (23-49)	31 (18-40)	24 (14-32)	19 (10-25)	14 (7.9-19)	11 (6.4-15)	8.8 (5.2-12)	7.0 (4.3-9.3)	5.6 (3.6-7.5)	4.5 (3.0-6.1)	3.7 (2.5-5.1)
5	49 (31-56)	41 (24-48)	33 (19-39)	26 (14-31)	20 (11-24)	16 (9.1-19)	13 (7.5-15)	10 (6.2-12)	7.9 (5.2-9.9)	6.3 (4.4-8.0)	5.1 (3.7-6.5)
6	60	52	44	36	28	23	18	14	11	8.8	7.0

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

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	7.0	5.4	4.2	3.2	2.7	2.2	1.9	1.6	1.4	1.2	1.0
1	11 (7.6-19)	8.3 (5.8-14)	6.4 (4.4-11)	4.9 (3.4-8.3)	4.0 (2.7-6.5)	3.3 (2.2-5.1)	2.7 (1.8-4.1)	2.3 (1.5-3.3)	1.9 (1.3-2.6)	1.6 (1.1-2.1)	1.4 (0.9-1.8)
2	16 (10-26)	13 (7.9-20)	9.7 (6.0-16)	7.4 (4.6-12)	5.9 (3.7-9.4)	4.8 (3.0-7.5)	3.9 (2.5-6.0)	3.2 (2.0-4.8)	2.7 (1.7-3.9)	2.2 (1.4-3.1)	1.9 (1.2-2.6)
3	23 (14-34)	18 (11-27)	14 (8.2-21)	11 (6.4-17)	8.8 (5.1-13)	7.1 (4.1-10)	5.7 (3.3-8.3)	4.6 (2.7-6.6)	3.8 (2.2-5.4)	3.1 (1.9-4.4)	2.6 (1.6-3.7)
4	32 (18-42)	26 (14-35)	21 (11-28)	16 (8.6-22)	13 (7.0-17)	10 (5.7-14)	8.3 (4.7-11)	6.7 (3.8-9.0)	5.4 (3.1-7.3)	4.4 (2.6-5.9)	3.6 (2.2-4.9)
5	43 (25-49)	36 (20-42)	29 (15-34)	23 (12-28)	19 (9.6-22)	15 (7.9-18)	12 (6.5-15)	9.7 (5.4-12)	7.8 (4.5-9.8)	6.2 (3.7-7.9)	5.0 (3.2-6.5)
6	54	47	39	32	26	21	17	14	11	8.9	7.1

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	5.7	4.6	3.7	3.0	2.6	2.2	1.9	1.7	1.4	1.2	1.1
1	8.3 (5.6-13)	6.6 (4.5-11)	5.3 (3.5-8.4)	4.3 (2.9-6.7)	3.6 (2.4-5.5)	3.1 (2.0-4.6)	2.6 (1.7-3.8)	2.3 (1.5-3.2)	1.9 (1.3-2.6)	1.7 (1.1-2.2)	1.4 (0.9-1.8)
2	12 (7.6-18)	9.6 (6.0-15)	7.7 (4.8-12)	6.2 (3.8-9.4)	5.2 (3.2-7.8)	4.4 (2.7-6.4)	3.7 (2.3-5.3)	3.1 (1.9-4.5)	2.7 (1.6-3.7)	2.3 (1.4-3.2)	1.9 (1.2-2.7)
3	17 (10-25)	14 (8.1-20)	11 (6.5-16)	8.9 (5.2-13)	7.5 (4.3-11)	6.2 (3.6-8.9)	5.2 (3.1-7.4)	4.4 (2.6-6.2)	3.7 (2.2-5.2)	3.1 (1.9-4.4)	2.6 (1.6-3.7)
4	24 (14-31)	20 (11-26)	16 (8.8-21)	13 (7.1-17)	11 (5.9-14)	8.9 (5.0-12)	7.4 (4.2-10)	6.2 (3.5-8.3)	5.2 (3.0-7.0)	4.3 (2.5-5.9)	3.6 (2.2-5.0)
5	32 (18-38)	27 (15-32)	22 (12-27)	18 (9.7-22)	15 (8.2-19)	13 (6.9-16)	11 (5.9-13)	8.8 (5.0-11)	7.3 (4.3-9.3)	6.1 (3.6-7.8)	5.0 (3.1-6.6)
6	42	36	30	25	21	18	15	12	10	8.6	7.1