

Pakistan - 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 Pakistan. 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	8.1	5.0	3.3	2.4	1.8	1.5	1.3	1.1	1.1	1.0	1.0
1	13 (11-16)	7.8 (6.9-10.0)	5.2 (4.4-6.6)	3.7 (2.9-4.7)	2.8 (2.1-3.5)	2.3 (1.6-2.9)	1.9 (1.3-2.5)	1.7 (1.1-2.3)	1.6 (1.0-2.2)	1.5 (1.0-2.2)	1.5 (0.9-2.1)
2	19 (14-27)	12 (9.3-17)	7.9 (6.0-11)	5.6 (3.9-7.9)	4.2 (2.7-6.5)	3.4 (2.0-5.5)	2.8 (1.6-4.8)	2.5 (1.4-4.4)	2.4 (1.2-4.2)	2.3 (1.2-4.0)	2.2 (1.1-3.9)
3	28 (19-38)	18 (13-24)	12 (8.3-17)	8.3 (5.3-13)	6.2 (3.6-11)	5.0 (2.6-8.9)	4.1 (2.1-7.7)	3.7 (1.8-7.0)	3.5 (1.6-6.7)	3.3 (1.5-6.4)	3.2 (1.4-6.2)
4	39 (27-51)	26 (17-33)	17 (11-22)	12 (7.9-17)	9.1 (5.9-14)	7.2 (4.4-11)	6.0 (3.4-9.8)	5.3 (2.9-9.0)	5.0 (2.6-8.6)	4.8 (2.5-8.3)	4.6 (2.3-8.0)
5	53 (43-63)	36 (28-42)	25 (19-28)	17 (13-21)	13 (9.7-16)	10 (7.7-14)	8.4 (6.4-12)	7.5 (5.5-11)	7.1 (4.9-10)	6.7 (4.6-9.7)	6.4 (4.3-9.3)
6	68	49	34	24	18	14	12	10	9.8	9.3	8.9

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

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	7.2	5.0	3.7	2.9	2.3	1.9	1.8	1.6	1.5	1.5
1	16 (15-20)	11 (9.7-13)	7.6 (6.4-9.3)	5.6 (4.4-6.8)	4.3 (3.2-5.3)	3.5 (2.4-4.5)	2.9 (2.0-3.9)	2.6 (1.7-3.6)	2.4 (1.6-3.4)	2.3 (1.5-3.2)	2.2 (1.4-3.1)
2	24 (19-32)	16 (13-22)	11 (8.6-15)	8.3 (5.8-12)	6.4 (4.1-9.6)	5.1 (3.1-8.1)	4.3 (2.4-7.0)	3.9 (2.1-6.5)	3.6 (1.9-6.1)	3.4 (1.8-5.8)	3.2 (1.7-5.5)
3	34 (26-44)	23 (17-30)	16 (12-23)	12 (7.9-19)	9.3 (5.5-15)	7.4 (4.1-13)	6.2 (3.2-11)	5.6 (2.8-10)	5.2 (2.5-9.8)	4.9 (2.3-9.3)	4.6 (2.1-8.8)
4	46 (34-56)	33 (23-39)	23 (16-30)	17 (12-24)	13 (9.0-19)	11 (6.8-16)	8.8 (5.2-14)	8.0 (4.5-13)	7.4 (4.0-12)	6.9 (3.7-12)	6.6 (3.4-11)
5	60 (51-68)	44 (37-50)	32 (26-37)	24 (19-29)	18 (15-23)	15 (12-20)	12 (9.5-17)	11 (8.1-15)	10 (7.2-15)	9.7 (6.6-14)	9.2 (6.2-13)
6	73	57	43	33	25	20	17	15	14	13	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	16	11	7.8	5.8	4.5	3.6	3.0	2.7	2.5	2.3	2.2
1	23 (21-27)	16 (14-19)	11 (9.6-13)	8.5 (6.8-10)	6.6 (5.0-8.2)	5.3 (3.8-6.8)	4.5 (3.1-6.0)	4.0 (2.7-5.6)	3.7 (2.4-5.2)	3.4 (2.2-4.9)	3.2 (2.1-4.6)
2	32 (27-41)	23 (19-30)	17 (13-22)	12 (9.0-17)	9.6 (6.4-14)	7.7 (4.8-12)	6.5 (3.8-10)	5.9 (3.3-9.6)	5.4 (2.9-9.0)	5.0 (2.7-8.4)	4.7 (2.5-7.9)
3	44 (35-52)	32 (25-40)	23 (17-32)	18 (12-26)	14 (8.5-22)	11 (6.3-18)	9.3 (5.0-16)	8.4 (4.3-15)	7.7 (3.8-14)	7.1 (3.5-13)	6.7 (3.2-12)
4	56 (44-63)	43 (32-50)	32 (24-40)	24 (18-33)	19 (14-27)	15 (10-23)	13 (8.1-20)	12 (6.9-19)	11 (6.1-18)	10.0 (5.5-17)	9.3 (5.0-16)
5	68 (61-73)	54 (48-59)	42 (36-48)	33 (27-39)	26 (21-33)	21 (17-27)	18 (14-24)	16 (12-22)	15 (10-21)	14 (9.5-19)	13 (8.7-18)
6	78	66	54	43	34	28	24	22	20	18	17

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

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	15	11	8.1	6.3	5.0	4.4	3.9	3.5	3.2	3.0
1	29 (26-32)	21 (18-23)	15 (13-17)	12 (9.3-14)	9.2 (6.9-11)	7.3 (5.3-9.5)	6.4 (4.4-8.6)	5.7 (3.8-7.8)	5.2 (3.4-7.2)	4.7 (3.1-6.7)	4.4 (2.8-6.2)
2	39 (33-46)	29 (24-35)	22 (17-27)	17 (12-22)	13 (8.9-19)	10 (6.7-16)	9.1 (5.5-14)	8.1 (4.7-13)	7.4 (4.1-12)	6.8 (3.7-11)	6.2 (3.3-10)
3	50 (42-58)	39 (32-48)	30 (23-40)	23 (16-33)	18 (12-28)	15 (8.9-24)	13 (7.2-21)	11 (6.1-20)	10 (5.4-18)	9.5 (4.8-17)	8.8 (4.3-16)
4	61 (52-67)	49 (40-57)	39 (31-48)	31 (24-41)	25 (18-35)	20 (14-29)	17 (11-27)	16 (9.6-25)	14 (8.4-23)	13 (7.4-21)	12 (6.7-20)
5	71 (66-75)	60 (55-66)	49 (44-56)	40 (35-48)	32 (28-40)	27 (22-34)	23 (18-31)	21 (16-29)	19 (14-27)	18 (12-25)	16 (11-23)
6	78	70	60	50	41	34	30	27	25	23	22

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	17	12	9.6	7.5	6.2	5.4	4.7	4.2	3.8	3.5
1	31 (27-37)	23 (20-28)	18 (14-21)	14 (11-16)	11 (8.0-12)	8.6 (6.3-10)	7.4 (5.3-8.6)	6.5 (4.6-7.7)	5.8 (4.0-6.9)	5.2 (3.6-6.2)	4.7 (3.2-5.7)
2	42 (35-51)	32 (26-40)	25 (19-31)	19 (14-24)	15 (10-19)	12 (8.0-16)	10 (6.6-14)	8.8 (5.6-12)	7.8 (4.9-11)	7.0 (4.3-9.7)	6.3 (3.9-8.8)
3	54 (44-64)	43 (33-54)	34 (25-44)	26 (18-35)	20 (14-29)	16 (11-24)	14 (8.7-21)	12 (7.4-18)	10 (6.4-16)	9.4 (5.6-15)	8.5 (5.0-13)
4	66 (57-73)	55 (46-63)	44 (36-53)	35 (27-44)	27 (21-36)	22 (16-30)	18 (13-26)	16 (11-23)	14 (9.7-21)	12 (8.5-19)	11 (7.6-17)
5	75 (69-79)	66 (59-72)	56 (48-62)	45 (39-52)	36 (30-43)	29 (24-36)	25 (20-31)	21 (17-27)	18 (15-24)	16 (14-22)	15 (12-20)
6	81	75	67	57	47	38	32	27	24	21	19

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

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	22	16	13	9.8	7.7	6.5	5.6	4.9	4.3	3.8	3.4
1	31 (25-47)	24 (19-37)	19 (14-28)	14 (11-20)	11 (8.1-15)	9.1 (6.6-12)	7.7 (5.5-9.3)	6.6 (4.7-7.6)	5.7 (4.1-6.8)	5.0 (3.6-6.0)	4.5 (3.2-5.4)
2	43 (32-59)	34 (24-49)	27 (18-39)	21 (14-30)	16 (10-23)	13 (8.4-18)	11 (6.9-14)	8.9 (5.8-12)	7.6 (5.0-10)	6.6 (4.3-9.0)	5.8 (3.8-8.1)
3	55 (41-68)	46 (32-59)	37 (24-50)	29 (18-40)	22 (14-31)	18 (11-25)	15 (9.1-21)	12 (7.7-17)	10 (6.5-14)	8.7 (5.6-12)	7.6 (4.9-11)
4	66 (51-76)	58 (42-68)	49 (33-59)	40 (26-49)	31 (20-39)	25 (16-32)	20 (13-26)	17 (11-22)	14 (9.7-19)	12 (8.4-16)	9.9 (7.4-14)
5	75 (61-80)	69 (52-75)	61 (43-68)	52 (35-58)	42 (28-48)	34 (23-40)	28 (20-33)	23 (17-28)	18 (15-23)	15 (13-19)	13 (11-17)
6	82	77	71	63	54	45	37	30	25	20	17

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	20	15	12	9.2	7.4	6.2	5.3	4.6	4.0	3.5	3.0
1	28 (22-43)	22 (17-34)	17 (13-26)	13 (9.8-20)	11 (7.7-15)	8.8 (6.3-12)	7.4 (5.2-9.6)	6.2 (4.4-7.8)	5.3 (3.8-6.3)	4.6 (3.2-5.3)	4.0 (2.8-4.6)
2	38 (28-53)	31 (22-45)	25 (17-36)	19 (13-28)	15 (10-22)	12 (8.2-18)	10 (6.7-14)	8.5 (5.6-12)	7.2 (4.7-9.5)	6.1 (4.0-7.9)	5.2 (3.4-6.8)
3	49 (35-63)	41 (28-54)	34 (22-45)	27 (17-37)	21 (13-29)	17 (11-24)	14 (8.9-20)	12 (7.4-16)	9.7 (6.2-13)	8.2 (5.2-11)	6.9 (4.5-9.6)
4	60 (44-70)	52 (36-62)	44 (29-54)	36 (23-45)	29 (18-37)	24 (15-31)	20 (13-25)	16 (11-21)	13 (9.0-18)	11 (7.6-15)	9.2 (6.6-12)
5	69 (53-75)	62 (45-69)	55 (38-62)	47 (31-54)	39 (25-45)	33 (21-38)	27 (18-32)	22 (15-27)	18 (13-22)	15 (11-19)	12 (9.7-16)
6	76	72	65	58	50	43	36	30	24	20	16

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

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	17	13	11	8.4	7.0	6.0	5.1	4.4	3.8	3.3	2.9
1	24 (18-37)	19 (14-29)	15 (11-23)	12 (8.5-18)	9.9 (7.0-15)	8.3 (5.8-12)	7.0 (4.9-9.6)	6.0 (4.1-7.9)	5.1 (3.5-6.5)	4.4 (3.0-5.3)	3.8 (2.6-4.4)
2	32 (23-46)	27 (18-39)	21 (14-31)	17 (11-25)	14 (9.2-21)	12 (7.6-17)	9.8 (6.3-14)	8.2 (5.3-11)	6.9 (4.5-9.4)	5.9 (3.8-7.8)	5.0 (3.2-6.5)
3	42 (30-55)	36 (24-48)	29 (19-40)	24 (15-33)	20 (12-27)	16 (10-23)	14 (8.4-19)	11 (7.0-16)	9.5 (5.9-13)	7.9 (5.0-11)	6.7 (4.2-9.3)
4	53 (37-63)	46 (31-56)	39 (25-49)	32 (20-41)	27 (17-35)	23 (14-29)	19 (12-24)	16 (9.8-20)	13 (8.3-17)	11 (7.0-14)	9.0 (6.0-12)
5	63 (45-69)	57 (39-63)	50 (32-56)	42 (26-49)	36 (22-42)	31 (19-36)	26 (16-31)	21 (14-26)	18 (12-22)	15 (10-18)	12 (8.7-16)
6	72	67	60	53	47	40	34	29	24	20	17

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	14	12	9.3	7.7	6.7	5.8	5.0	4.3	3.8	3.3	2.8
1	19 (14-28)	16 (11-23)	13 (8.9-19)	11 (7.3-15)	9.1 (6.2-13)	7.8 (5.3-11)	6.7 (4.5-9.0)	5.8 (3.9-7.5)	5.0 (3.3-6.3)	4.3 (2.9-5.3)	3.7 (2.5-4.5)
2	26 (18-36)	22 (14-30)	18 (12-25)	15 (9.5-21)	13 (8.1-18)	11 (6.9-15)	9.2 (5.8-13)	7.8 (5.0-11)	6.7 (4.2-9.0)	5.7 (3.6-7.6)	4.9 (3.1-6.5)
3	34 (23-45)	29 (19-38)	24 (15-32)	20 (13-27)	17 (11-23)	15 (9.1-20)	12 (7.7-17)	11 (6.6-15)	9.1 (5.6-13)	7.7 (4.8-11)	6.6 (4.1-9.2)
4	43 (29-53)	38 (25-47)	32 (20-40)	27 (17-34)	23 (14-30)	20 (12-26)	17 (10-22)	14 (9.0-19)	12 (7.7-16)	10 (6.6-14)	8.8 (5.7-12)
5	53 (37-60)	47 (31-54)	41 (26-48)	36 (22-42)	31 (19-37)	27 (17-33)	23 (15-28)	20 (13-24)	17 (11-21)	14 (9.4-18)	12 (8.2-15)
6	63	58	52	46	40	35	31	26	23	19	16