Ecuador - 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 body mass index (BMI kg/m²), the number of clinical risk factors (CRF) and age. Each table provides a mean estimate and a range, based on the epidemiology of Ecuador. The range is not a confidence interval, but because the weight of different risk factors varies, is a true range.

Age = 50 years

<table>
<thead>
<tr>
<th>Number of CRFs</th>
<th>BMI (kg/m²)</th>
<th>15</th>
<th>20</th>
<th>25</th>
<th>30</th>
<th>35</th>
<th>40</th>
<th>45</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0.5</td>
<td>0.4</td>
<td>0.4</td>
<td>0.4</td>
<td>0.3</td>
<td>0.3</td>
<td>0.3</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>0.8 (0.5-1.2)</td>
<td>0.7</td>
<td>0.5-0.9</td>
<td>0.6</td>
<td>0.4-0.8</td>
<td>0.5</td>
<td>0.3-0.7</td>
<td>0.4</td>
</tr>
<tr>
<td>2</td>
<td>1.2 (0.7-2.1)</td>
<td>1.1</td>
<td>0.6-1.9</td>
<td>1.0</td>
<td>0.5-1.8</td>
<td>0.9</td>
<td>0.5-1.6</td>
<td>0.8</td>
</tr>
<tr>
<td>3</td>
<td>2.0 (1.0-3.4)</td>
<td>1.7</td>
<td>0.8-3.1</td>
<td>1.6</td>
<td>0.8-3.0</td>
<td>1.4</td>
<td>0.7-2.6</td>
<td>1.2</td>
</tr>
<tr>
<td>4</td>
<td>3.1 (1.7-5.0)</td>
<td>2.7</td>
<td>1.4-4.4</td>
<td>2.4</td>
<td>1.3-4.1</td>
<td>2.1</td>
<td>1.1-3.5</td>
<td>1.8</td>
</tr>
<tr>
<td>5</td>
<td>4.9 (2.8-6.5)</td>
<td>4.1</td>
<td>2.5-5.6</td>
<td>3.7</td>
<td>2.4-5.0</td>
<td>3.2</td>
<td>2.1-4.3</td>
<td>2.7</td>
</tr>
<tr>
<td>6</td>
<td>7.6</td>
<td>6.3</td>
<td>5.5</td>
<td>4.7</td>
<td>4.0</td>
<td>3.4</td>
<td>3.0</td>
<td></td>
</tr>
</tbody>
</table>
Ten year probability of osteoporotic fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in men from Ecuador.

### Age = 55 years

<table>
<thead>
<tr>
<th>Number of CRFs</th>
<th>BMI (kg/m²)</th>
<th>15</th>
<th>20</th>
<th>25</th>
<th>30</th>
<th>35</th>
<th>40</th>
<th>45</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
<td>0.5</td>
<td>0.5</td>
<td>0.5</td>
<td>0.4</td>
<td>0.4</td>
<td>0.3</td>
<td>0.3</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>0.9 (0.6-1.3)</td>
<td>0.8 (0.5-1.1)</td>
<td>0.7 (0.5-1.0)</td>
<td>0.6 (0.4-0.9)</td>
<td>0.6 (0.4-0.8)</td>
<td>0.5 (0.3-0.7)</td>
<td>0.4 (0.3-0.6)</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>1.4 (0.8-2.3)</td>
<td>1.2 (0.7-2.1)</td>
<td>1.1 (0.6-2.0)</td>
<td>1.0 (0.5-1.7)</td>
<td>0.9 (0.5-1.5)</td>
<td>0.7 (0.4-1.3)</td>
<td>0.6 (0.3-1.1)</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>2.3 (1.2-3.8)</td>
<td>2.0 (1.0-3.4)</td>
<td>1.8 (0.9-3.2)</td>
<td>1.5 (0.7-2.7)</td>
<td>1.3 (0.6-2.4)</td>
<td>1.1 (0.5-2.1)</td>
<td>1.0 (0.5-1.8)</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>3.6 (2.0-5.6)</td>
<td>3.0 (1.7-4.9)</td>
<td>2.7 (1.5-4.4)</td>
<td>2.3 (1.2-3.8)</td>
<td>2.0 (1.0-3.3)</td>
<td>1.7 (0.9-2.8)</td>
<td>1.4 (0.8-2.4)</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>5.7 (3.4-7.4)</td>
<td>4.7 (2.9-6.2)</td>
<td>4.1 (2.7-5.5)</td>
<td>3.4 (2.3-4.7)</td>
<td>2.9 (2.0-4.0)</td>
<td>2.5 (1.7-3.5)</td>
<td>2.2 (1.4-3.0)</td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>8.8</td>
<td>7.1</td>
<td>6.1</td>
<td>5.1</td>
<td>4.4</td>
<td>3.7</td>
<td>3.2</td>
</tr>
</tbody>
</table>

### Age = 60 years

<table>
<thead>
<tr>
<th>Number of CRFs</th>
<th>BMI (kg/m²)</th>
<th>15</th>
<th>20</th>
<th>25</th>
<th>30</th>
<th>35</th>
<th>40</th>
<th>45</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
<td>0.7</td>
<td>0.6</td>
<td>0.5</td>
<td>0.5</td>
<td>0.4</td>
<td>0.3</td>
<td>0.3</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>1.0 (0.7-1.5)</td>
<td>0.9 (0.6-1.3)</td>
<td>0.8 (0.6-1.1)</td>
<td>0.7 (0.5-1.0)</td>
<td>0.6 (0.4-0.8)</td>
<td>0.5 (0.4-0.7)</td>
<td>0.5 (0.3-0.6)</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>1.7 (1.0-2.6)</td>
<td>1.4 (0.8-2.3)</td>
<td>1.3 (0.7-2.1)</td>
<td>1.1 (0.6-1.8)</td>
<td>0.9 (0.5-1.6)</td>
<td>0.8 (0.4-1.4)</td>
<td>0.7 (0.4-1.2)</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>2.7 (1.6-4.2)</td>
<td>2.2 (1.2-3.7)</td>
<td>2.0 (1.0-3.4)</td>
<td>1.7 (0.9-3.0)</td>
<td>1.4 (0.7-2.5)</td>
<td>1.2 (0.6-2.2)</td>
<td>1.0 (0.5-1.9)</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>4.2 (2.5-6.3)</td>
<td>3.5 (2.1-5.4)</td>
<td>3.0 (1.8-4.8)</td>
<td>2.6 (1.5-4.1)</td>
<td>2.2 (1.2-3.5)</td>
<td>1.8 (1.0-3.0)</td>
<td>1.6 (0.9-2.6)</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>6.5 (4.1-8.5)</td>
<td>5.3 (3.5-7.0)</td>
<td>4.5 (3.1-6.1)</td>
<td>3.8 (2.6-5.2)</td>
<td>3.2 (2.2-4.4)</td>
<td>2.7 (1.9-3.7)</td>
<td>2.3 (1.6-3.2)</td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>10</td>
<td>8.1</td>
<td>6.8</td>
<td>5.7</td>
<td>4.8</td>
<td>4.0</td>
<td>3.4</td>
</tr>
</tbody>
</table>
Ten year probability of osteoporotic fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in men from Ecuador.

### Age = 65 years

<table>
<thead>
<tr>
<th>Number of CRFs</th>
<th>15</th>
<th>20</th>
<th>25</th>
<th>30</th>
<th>35</th>
<th>40</th>
<th>45</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0.8</td>
<td>0.7</td>
<td>0.7</td>
<td>0.6</td>
<td>0.5</td>
<td>0.4</td>
<td>0.4</td>
</tr>
<tr>
<td>1</td>
<td>1.3 (1.0-1.8)</td>
<td>1.2 (0.8-1.6)</td>
<td>1.0 (0.7-1.4)</td>
<td>0.9 (0.6-1.2)</td>
<td>0.8 (0.5-1.0)</td>
<td>0.6 (0.4-0.8)</td>
<td>0.5 (0.4-0.7)</td>
</tr>
<tr>
<td>2</td>
<td>2.1 (1.3-3.0)</td>
<td>1.8 (1.1-2.7)</td>
<td>1.6 (0.9-2.6)</td>
<td>1.4 (0.8-2.2)</td>
<td>1.1 (0.7-1.9)</td>
<td>1.0 (0.6-1.6)</td>
<td>0.8 (0.5-1.4)</td>
</tr>
<tr>
<td>3</td>
<td>3.3 (2.1-4.8)</td>
<td>2.8 (1.7-4.3)</td>
<td>2.4 (1.4-4.1)</td>
<td>2.1 (1.1-3.5)</td>
<td>1.7 (1.0-2.9)</td>
<td>1.5 (0.8-2.5)</td>
<td>1.2 (0.7-2.2)</td>
</tr>
<tr>
<td>4</td>
<td>5.0 (3.3-7.3)</td>
<td>4.2 (2.7-6.4)</td>
<td>3.7 (2.3-5.8)</td>
<td>3.1 (1.9-4.9)</td>
<td>2.6 (1.6-4.1)</td>
<td>2.2 (1.3-3.5)</td>
<td>1.8 (1.1-3.0)</td>
</tr>
<tr>
<td>5</td>
<td>7.7 (5.2-9.9)</td>
<td>6.4 (4.4-8.4)</td>
<td>5.5 (3.9-7.3)</td>
<td>4.6 (3.3-6.2)</td>
<td>3.8 (2.7-5.2)</td>
<td>3.2 (2.3-4.4)</td>
<td>2.7 (1.9-3.7)</td>
</tr>
<tr>
<td>6</td>
<td>11</td>
<td>9.5</td>
<td>8.1</td>
<td>6.8</td>
<td>5.6</td>
<td>4.7</td>
<td>3.9</td>
</tr>
</tbody>
</table>

### Age = 70 years

<table>
<thead>
<tr>
<th>Number of CRFs</th>
<th>15</th>
<th>20</th>
<th>25</th>
<th>30</th>
<th>35</th>
<th>40</th>
<th>45</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1.2</td>
<td>1.1</td>
<td>1.0</td>
<td>0.8</td>
<td>0.7</td>
<td>0.6</td>
<td>0.5</td>
</tr>
<tr>
<td>1</td>
<td>1.9 (1.4-2.4)</td>
<td>1.6 (1.2-2.1)</td>
<td>1.4 (1.0-1.9)</td>
<td>1.2 (0.9-1.6)</td>
<td>1.0 (0.7-1.3)</td>
<td>0.8 (0.6-1.1)</td>
<td>0.7 (0.5-1.0)</td>
</tr>
<tr>
<td>2</td>
<td>3.0 (1.9-4.5)</td>
<td>2.5 (1.6-3.7)</td>
<td>2.2 (1.4-3.1)</td>
<td>1.8 (1.1-2.6)</td>
<td>1.5 (0.9-2.2)</td>
<td>1.3 (0.8-1.8)</td>
<td>1.1 (0.6-1.5)</td>
</tr>
<tr>
<td>3</td>
<td>4.8 (3.0-7.2)</td>
<td>4.0 (2.5-6.0)</td>
<td>3.3 (2.1-5.1)</td>
<td>2.7 (1.7-4.2)</td>
<td>2.3 (1.4-3.5)</td>
<td>1.9 (1.1-2.9)</td>
<td>1.6 (0.9-2.4)</td>
</tr>
<tr>
<td>4</td>
<td>7.7 (4.9-11)</td>
<td>6.2 (4.1-9.3)</td>
<td>5.1 (3.4-7.7)</td>
<td>4.2 (2.7-6.3)</td>
<td>3.4 (2.2-5.2)</td>
<td>2.8 (1.8-4.3)</td>
<td>2.3 (1.5-3.5)</td>
</tr>
<tr>
<td>5</td>
<td>12 (9.5-16)</td>
<td>9.8 (7.7-13)</td>
<td>7.9 (6.2-10)</td>
<td>6.4 (5.0-8.4)</td>
<td>5.2 (4.0-6.9)</td>
<td>4.2 (3.2-5.7)</td>
<td>3.5 (2.6-4.6)</td>
</tr>
<tr>
<td>6</td>
<td>18</td>
<td>15</td>
<td>12</td>
<td>9.8</td>
<td>7.9</td>
<td>6.4</td>
<td>5.2</td>
</tr>
</tbody>
</table>
Ten year probability of osteoporotic fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in men from Ecuador.

**Age = 75 years**

<table>
<thead>
<tr>
<th>Number of CRFs</th>
<th>BMI (kg/m²)</th>
<th>15</th>
<th>20</th>
<th>25</th>
<th>30</th>
<th>35</th>
<th>40</th>
<th>45</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1.8</td>
<td>1.6</td>
<td>1.4</td>
<td>1.1</td>
<td>1.0</td>
<td>0.8</td>
<td>0.7</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>3.0 (2.0-4.7)</td>
<td>2.5 (1.7-3.6)</td>
<td>2.1 (1.5-2.7)</td>
<td>1.8 (1.2-2.2)</td>
<td>1.4 (1.0-1.8)</td>
<td>1.2 (0.8-1.5)</td>
<td>1.0 (0.7-1.2)</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>5.0 (2.9-8.3)</td>
<td>4.1 (2.4-6.5)</td>
<td>3.4 (2.0-4.9)</td>
<td>2.7 (1.7-4.0)</td>
<td>2.2 (1.4-3.2)</td>
<td>1.8 (1.1-2.6)</td>
<td>1.5 (0.9-2.1)</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>8.3 (4.2-14)</td>
<td>6.8 (3.7-11)</td>
<td>5.4 (3.2-8.3)</td>
<td>4.3 (2.6-6.6)</td>
<td>3.5 (2.1-5.3)</td>
<td>2.8 (1.7-4.2)</td>
<td>2.3 (1.4-3.4)</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>13 (6.9-20)</td>
<td>11 (6.0-17)</td>
<td>8.7 (5.1-13)</td>
<td>6.9 (4.1-10)</td>
<td>5.5 (3.3-8.4)</td>
<td>4.4 (2.6-6.7)</td>
<td>3.5 (2.1-5.3)</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>20 (12-27)</td>
<td>17 (11-23)</td>
<td>14 (9.1-18)</td>
<td>11 (7.3-15)</td>
<td>8.8 (5.8-12)</td>
<td>6.9 (4.7-9.3)</td>
<td>5.5 (3.8-7.4)</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>30</td>
<td>26</td>
<td>22</td>
<td>17</td>
<td>14</td>
<td>11</td>
<td>8.7</td>
<td></td>
</tr>
</tbody>
</table>

**Age = 80 years**

<table>
<thead>
<tr>
<th>Number of CRFs</th>
<th>BMI (kg/m²)</th>
<th>15</th>
<th>20</th>
<th>25</th>
<th>30</th>
<th>35</th>
<th>40</th>
<th>45</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>2.5</td>
<td>2.2</td>
<td>1.9</td>
<td>1.6</td>
<td>1.3</td>
<td>1.0</td>
<td>0.9</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>4.1 (2.8-7.0)</td>
<td>3.6 (2.4-5.6)</td>
<td>3.0 (2.1-4.3)</td>
<td>2.4 (1.7-3.4)</td>
<td>2.0 (1.4-2.7)</td>
<td>1.6 (1.1-2.1)</td>
<td>1.3 (0.9-1.7)</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>6.8 (3.9-11)</td>
<td>5.8 (3.5-9.2)</td>
<td>4.8 (2.9-7.0)</td>
<td>3.8 (2.3-5.6)</td>
<td>3.1 (1.9-4.4)</td>
<td>2.4 (1.5-3.5)</td>
<td>2.0 (1.2-2.8)</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>11 (5.6-17)</td>
<td>9.2 (5.1-14)</td>
<td>7.6 (4.5-11)</td>
<td>6.0 (3.6-9.0)</td>
<td>4.8 (2.8-7.0)</td>
<td>3.8 (2.2-5.5)</td>
<td>3.0 (1.8-4.4)</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>16 (8.6-24)</td>
<td>14 (7.9-21)</td>
<td>12 (7.2-17)</td>
<td>9.5 (5.7-14)</td>
<td>7.5 (4.5-11)</td>
<td>5.9 (3.5-8.6)</td>
<td>4.6 (2.8-6.8)</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>24 (14-31)</td>
<td>21 (13-28)</td>
<td>18 (11-24)</td>
<td>15 (9.0-19)</td>
<td>12 (7.1-15)</td>
<td>9.1 (5.7-12)</td>
<td>7.1 (4.5-9.6)</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>33</td>
<td>31</td>
<td>27</td>
<td>22</td>
<td>17</td>
<td>14</td>
<td>11</td>
<td></td>
</tr>
</tbody>
</table>
Ten year probability of osteoporotic fractures (%) according to BMI, the number of clinical risk factors (CRF) and age in men from Ecuador.

### Age = 85 years

<table>
<thead>
<tr>
<th>Number of CRFs</th>
<th>15 (kg/m²)</th>
<th>20 (kg/m²)</th>
<th>25 (kg/m²)</th>
<th>30 (kg/m²)</th>
<th>35 (kg/m²)</th>
<th>40 (kg/m²)</th>
<th>45 (kg/m²)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>3.3</td>
<td>3.0</td>
<td>2.7</td>
<td>2.2</td>
<td>1.7</td>
<td>1.4</td>
<td>1.1</td>
</tr>
<tr>
<td>1</td>
<td>5.6 (3.6-9.6)</td>
<td>4.9 (3.3-8.2)</td>
<td>4.3 (3.0-6.6)</td>
<td>3.4 (2.3-5.2)</td>
<td>2.7 (1.8-4.1)</td>
<td>2.2 (1.5-3.2)</td>
<td>1.7 (1.2-2.5)</td>
</tr>
<tr>
<td>2</td>
<td>9.0 (5.1-16)</td>
<td>8.0 (4.6-13)</td>
<td>6.9 (4.2-11)</td>
<td>5.4 (3.3-8.5)</td>
<td>4.3 (2.6-6.6)</td>
<td>3.4 (2.0-5.2)</td>
<td>2.6 (1.6-4.0)</td>
</tr>
<tr>
<td>3</td>
<td>14 (7.3-22)</td>
<td>12 (6.7-20)</td>
<td>11 (6.1-16)</td>
<td>8.6 (4.7-13)</td>
<td>6.7 (3.7-10)</td>
<td>5.3 (2.9-8.1)</td>
<td>4.1 (2.2-6.4)</td>
</tr>
<tr>
<td>4</td>
<td>21 (11-30)</td>
<td>19 (10-27)</td>
<td>17 (9.5-24)</td>
<td>13 (7.4-19)</td>
<td>10 (5.8-15)</td>
<td>8.1 (4.6-12)</td>
<td>6.3 (3.6-9.3)</td>
</tr>
<tr>
<td>5</td>
<td>30 (18-38)</td>
<td>27 (16-35)</td>
<td>24 (15-31)</td>
<td>20 (12-26)</td>
<td>16 (9.2-21)</td>
<td>12 (7.3-17)</td>
<td>9.7 (5.7-13)</td>
</tr>
<tr>
<td>6</td>
<td>40</td>
<td>37</td>
<td>34</td>
<td>28</td>
<td>23</td>
<td>18</td>
<td>14</td>
</tr>
</tbody>
</table>

### Age = 90 years

<table>
<thead>
<tr>
<th>Number of CRFs</th>
<th>15 (kg/m²)</th>
<th>20 (kg/m²)</th>
<th>25 (kg/m²)</th>
<th>30 (kg/m²)</th>
<th>35 (kg/m²)</th>
<th>40 (kg/m²)</th>
<th>45 (kg/m²)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>4.4</td>
<td>4.0</td>
<td>3.7</td>
<td>2.9</td>
<td>2.3</td>
<td>1.9</td>
<td>1.5</td>
</tr>
<tr>
<td>1</td>
<td>7.3 (4.8-13)</td>
<td>6.5 (4.3-11)</td>
<td>5.9 (4.0-9.2)</td>
<td>4.6 (3.1-7.2)</td>
<td>3.7 (2.4-5.6)</td>
<td>2.9 (1.9-4.3)</td>
<td>2.3 (1.5-3.4)</td>
</tr>
<tr>
<td>2</td>
<td>12 (6.8-20)</td>
<td>10 (6.0-17)</td>
<td>9.3 (5.6-15)</td>
<td>7.3 (4.3-12)</td>
<td>5.7 (3.4-9.1)</td>
<td>4.5 (2.6-7.1)</td>
<td>3.5 (2.0-5.5)</td>
</tr>
<tr>
<td>3</td>
<td>18 (9.8-28)</td>
<td>16 (8.7-25)</td>
<td>14 (7.9-22)</td>
<td>11 (6.1-17)</td>
<td>8.9 (4.7-14)</td>
<td>6.9 (3.7-11)</td>
<td>5.4 (2.8-6.6)</td>
</tr>
<tr>
<td>4</td>
<td>26 (15-37)</td>
<td>24 (13-33)</td>
<td>21 (12-29)</td>
<td>17 (9.5-24)</td>
<td>13 (7.4-19)</td>
<td>11 (5.8-15)</td>
<td>8.3 (4.5-12)</td>
</tr>
<tr>
<td>5</td>
<td>36 (23-45)</td>
<td>33 (20-42)</td>
<td>30 (19-38)</td>
<td>25 (15-32)</td>
<td>20 (12-26)</td>
<td>16 (9.2-21)</td>
<td>13 (7.2-17)</td>
</tr>
<tr>
<td>6</td>
<td>48</td>
<td>44</td>
<td>41</td>
<td>35</td>
<td>28</td>
<td>23</td>
<td>18</td>
</tr>
</tbody>
</table>