

Ireland - 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 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 Ireland. 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 | 23 | 14 | 9.0 | 6.1 | 4.4 | 3.4 | 2.8 | 2.3 | 2.1 | 2.0 | 1.9 | |
| 1 | 33 (27-41) | 21 (18-27) | 14 (12-17) | 9.3 (8.0-12) | 6.7 (5.3-8.5) | 5.2 (3.8-6.5) | 4.2 (2.9-5.4) | 3.5 (2.4-4.7) | 3.1 (2.1-4.3) | 3.0 (1.9-4.1) | 2.8 (1.8-3.9) | |
| 2 | 47 (35-61) | 31 (24-43) | 21 (16-29) | 14 (11-20) | 10 (7.2-14) | 7.7 (5.0-12) | 6.2 (3.7-9.9) | 5.2 (2.9-8.7) | 4.6 (2.5-7.9) | 4.4 (2.3-7.5) | 4.2 (2.1-7.3) | |
| 3 | 62 (46-76) | 44 (32-57) | 30 (22-39) | 21 (15-29) | 15 (9.6-23) | 11 (6.7-19) | 9.1 (4.9-16) | 7.6 (3.8-14) | 6.7 (3.3-13) | 6.3 (3.0-12) | 6.0 (2.8-12) | |
| 4 | 76 (61-86) | 58 (42-70) | 41 (29-51) | 29 (20-36) | 21 (14-29) | 16 (11-24) | 13 (8.2-20) | 11 (6.3-18) | 9.6 (5.3-16) | 9.0 (4.8-15) | 8.6 (4.5-15) | |
| 5 | 86 (80-91) | 72 (62-80) | 55 (45-62) | 40 (31-44) | 30 (23-35) | 23 (17-28) | 18 (14-24) | 15 (12-21) | 13 (9.9-19) | 13 (8.9-18) | 12 (8.3-17) | |
| 6 | 92 | 84 | 69 | 53 | 40 | 31 | 25 | 21 | 18 | 17 | 16 | |

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

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 | 24 | 16 | 11 | 7.4 | 5.5 | 4.2 | 3.4 | 2.8 | 2.6 | 2.4 | 2.2 |
| 1 | 35 (30-42) | 24 (21-28) | 16 (14-19) | 11 (9.5-14) | 8.2 (6.5-10) | 6.3 (4.7-7.8) | 5.1 (3.6-6.6) | 4.2 (2.9-5.7) | 3.8 (2.5-5.2) | 3.5 (2.3-4.9) | 3.3 (2.2-4.7) |
| 2 | 48 (39-61) | 34 (27-44) | 23 (19-31) | 16 (13-22) | 12 (8.7-17) | 9.3 (6.2-14) | 7.5 (4.6-12) | 6.2 (3.6-10) | 5.6 (3.1-9.3) | 5.2 (2.8-8.8) | 4.9 (2.6-8.3) |
| 3 | 62 (50-74) | 46 (35-57) | 33 (25-41) | 24 (17-32) | 17 (12-26) | 13 (8.2-22) | 11 (6.1-18) | 9.0 (4.7-16) | 8.0 (4.0-15) | 7.4 (3.6-14) | 7.0 (3.3-13) |
| 4 | 75 (63-84) | 59 (46-70) | 44 (32-52) | 33 (23-40) | 24 (17-33) | 19 (13-27) | 15 (10-23) | 13 (7.7-20) | 11 (6.5-18) | 10 (5.8-17) | 9.9 (5.3-17) |
| 5 | 85 (80-89) | 73 (64-79) | 57 (49-63) | 44 (36-49) | 33 (27-39) | 26 (21-33) | 21 (17-27) | 18 (14-24) | 16 (12-22) | 15 (10-20) | 14 (9.5-19) |
| 6 | 91 | 83 | 70 | 56 | 44 | 35 | 28 | 24 | 21 | 20 | 19 |

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 | 24 | 17 | 12 | 8.7 | 6.6 | 5.2 | 4.2 | 3.5 | 3.2 | 2.9 | 2.7 |
| 1 | 34 (31-39) | 24 (22-28) | 17 (15-20) | 13 (11-15) | 9.7 (7.7-11) | 7.6 (5.7-9.4) | 6.2 (4.4-8.0) | 5.1 (3.6-6.9) | 4.7 (3.1-6.4) | 4.3 (2.8-6.0) | 4.0 (2.6-5.6) |
| 2 | 46 (39-56) | 34 (28-42) | 25 (20-32) | 18 (14-24) | 14 (10-19) | 11 (7.4-16) | 8.9 (5.6-14) | 7.4 (4.4-12) | 6.7 (3.8-11) | 6.2 (3.4-10) | 5.8 (3.1-9.6) |
| 3 | 59 (48-68) | 45 (36-53) | 34 (27-43) | 26 (19-35) | 20 (14-29) | 16 (9.9-24) | 13 (7.4-21) | 11 (5.8-18) | 9.6 (5.0-17) | 8.8 (4.4-16) | 8.2 (4.0-15) |
| 4 | 70 (60-77) | 57 (46-64) | 45 (35-52) | 35 (26-43) | 27 (20-36) | 22 (16-31) | 18 (12-26) | 15 (9.3-23) | 13 (7.9-21) | 12 (7.0-20) | 11 (6.3-19) |
| 5 | 80 (75-84) | 69 (63-74) | 57 (50-62) | 45 (39-52) | 36 (30-43) | 29 (24-36) | 24 (19-31) | 20 (16-27) | 18 (14-25) | 17 (12-23) | 16 (11-22) |
| 6 | 86 | 79 | 68 | 57 | 46 | 38 | 32 | 27 | 24 | 22 | 21 |

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

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 | 24 | 17 | 13 | 9.7 | 7.5 | 6.0 | 4.8 | 4.1 | 3.7 | 3.3 | 3.1 |
| 1 | 33 (30-36) | 24 (22-27) | 18 (16-21) | 14 (11-16) | 11 (8.5-13) | 8.6 (6.5-11) | 7.0 (5.1-9.0) | 5.9 (4.1-7.9) | 5.3 (3.6-7.2) | 4.8 (3.2-6.7) | 4.4 (2.9-6.2) |
| 2 | 43 (36-51) | 33 (28-40) | 25 (21-31) | 20 (15-25) | 15 (11-21) | 12 (8.4-17) | 10 (6.5-15) | 8.4 (5.2-13) | 7.6 (4.4-12) | 6.9 (3.9-11) | 6.3 (3.5-10) |
| 3 | 54 (46-61) | 43 (36-51) | 34 (28-43) | 27 (20-36) | 21 (15-30) | 17 (11-26) | 14 (8.6-22) | 12 (6.8-20) | 11 (5.8-18) | 9.6 (5.1-17) | 8.9 (4.5-16) |
| 4 | 64 (56-70) | 54 (45-60) | 44 (35-52) | 35 (27-44) | 28 (22-38) | 23 (17-32) | 19 (13-28) | 16 (11-25) | 14 (9.0-23) | 13 (7.8-21) | 12 (7.0-20) |
| 5 | 73 (69-77) | 64 (59-69) | 54 (48-60) | 45 (39-52) | 37 (32-44) | 30 (26-38) | 25 (21-33) | 21 (17-29) | 19 (15-27) | 18 (13-25) | 16 (12-23) |
| 6 | 79 | 72 | 64 | 55 | 46 | 39 | 33 | 28 | 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 | 23 | 18 | 14 | 10 | 8.2 | 6.6 | 5.3 | 4.5 | 4.0 | 3.6 | 3.3 |
| 1 | 32 (28-38) | 25 (21-30) | 19 (16-23) | 15 (12-18) | 12 (9.1-14) | 9.3 (7.0-11) | 7.4 (5.5-8.9) | 6.3 (4.6-7.5) | 5.5 (3.9-6.5) | 4.9 (3.4-5.9) | 4.4 (3.1-5.3) |
| 2 | 43 (35-51) | 34 (27-42) | 27 (21-34) | 21 (16-27) | 16 (12-21) | 13 (9.2-17) | 10 (7.2-14) | 8.7 (5.8-12) | 7.6 (4.9-10) | 6.7 (4.3-9.3) | 6.0 (3.7-8.4) |
| 3 | 54 (45-62) | 45 (36-54) | 36 (28-45) | 29 (21-37) | 23 (16-31) | 18 (12-25) | 14 (9.5-21) | 12 (7.7-18) | 10 (6.5-15) | 9.0 (5.6-14) | 8.1 (4.9-13) |
| 4 | 64 (55-71) | 55 (46-63) | 46 (38-55) | 38 (30-46) | 30 (23-38) | 24 (18-32) | 19 (14-26) | 16 (11-22) | 14 (9.7-20) | 12 (8.3-18) | 11 (7.3-16) |
| 5 | 72 (66-77) | 65 (58-71) | 57 (49-63) | 48 (41-55) | 40 (33-46) | 32 (27-39) | 26 (21-32) | 22 (18-27) | 18 (15-24) | 16 (13-21) | 14 (12-19) |
| 6 | 78 | 73 | 66 | 59 | 50 | 42 | 34 | 29 | 24 | 21 | 18 |

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

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 | 18 | 14 | 11 | 8.8 | 7.1 | 5.7 | 4.9 | 4.3 | 3.8 | 3.4 |
| 1 | 32 (26-50) | 26 (20-42) | 21 (16-34) | 17 (12-27) | 13 (9.6-21) | 10 (7.6-16) | 8.4 (6.0-12) | 7.0 (5.0-9.8) | 6.0 (4.2-8.0) | 5.2 (3.7-6.5) | 4.6 (3.2-5.5) |
| 2 | 44 (32-60) | 37 (26-52) | 30 (21-44) | 24 (16-36) | 19 (13-29) | 15 (10-23) | 12 (7.9-18) | 10 (6.5-15) | 8.5 (5.5-12) | 7.2 (4.6-9.8) | 6.2 (4.0-8.2) |
| 3 | 55 (41-68) | 48 (34-61) | 41 (27-53) | 34 (22-45) | 28 (17-38) | 22 (13-31) | 18 (11-25) | 14 (8.6-21) | 12 (7.2-17) | 10 (6.1-14) | 8.5 (5.3-12) |
| 4 | 65 (49-74) | 58 (42-68) | 52 (35-62) | 44 (29-55) | 37 (23-47) | 31 (19-39) | 25 (15-32) | 20 (12-27) | 17 (10-22) | 14 (8.8-19) | 12 (7.6-16) |
| 5 | 73 (58-78) | 68 (51-74) | 62 (44-69) | 55 (38-62) | 48 (31-55) | 41 (26-48) | 34 (21-40) | 28 (18-34) | 23 (15-29) | 19 (13-24) | 16 (11-20) |
| 6 | 79 | 76 | 71 | 65 | 59 | 52 | 44 | 38 | 32 | 27 | 22 |

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 | 17 | 13 | 11 | 8.7 | 7.1 | 5.8 | 5.0 | 4.3 | 3.8 | 3.3 |
| 1 | 29 (23-47) | 24 (18-40) | 20 (15-33) | 16 (12-27) | 13 (9.5-22) | 11 (7.6-17) | 8.6 (6.1-14) | 7.3 (5.1-11) | 6.2 (4.4-9.3) | 5.3 (3.7-7.7) | 4.6 (3.2-6.3) |
| 2 | 39 (29-56) | 34 (24-49) | 28 (20-42) | 23 (16-36) | 19 (13-29) | 16 (10-24) | 13 (8.2-20) | 11 (6.9-16) | 9.0 (5.8-13) | 7.6 (4.9-11) | 6.5 (4.2-9.3) |
| 3 | 50 (36-64) | 44 (30-58) | 38 (25-51) | 32 (21-44) | 27 (17-38) | 22 (14-32) | 18 (11-26) | 15 (9.2-22) | 13 (7.7-18) | 11 (6.5-15) | 9.1 (5.5-13) |
| 4 | 60 (44-70) | 54 (38-65) | 48 (32-59) | 42 (27-53) | 36 (22-46) | 31 (18-39) | 26 (15-33) | 22 (13-28) | 18 (11-24) | 15 (9.2-20) | 13 (7.8-17) |
| 5 | 69 (52-74) | 64 (46-70) | 59 (40-65) | 53 (34-60) | 47 (29-53) | 40 (24-47) | 34 (20-41) | 30 (17-35) | 25 (15-30) | 21 (13-26) | 18 (11-22) |
| 6 | 75 | 72 | 68 | 63 | 57 | 51 | 44 | 39 | 34 | 29 | 24 |

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

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 | 16 | 14 | 11 | 9.4 | 7.8 | 6.4 | 5.4 | 4.7 | 4.1 | 3.6 | 3.2 |
| 1 | 24 (18-40) | 20 (15-34) | 17 (12-29) | 14 (10-24) | 12 (8.3-20) | 9.7 (6.8-16) | 8.1 (5.7-13) | 7.0 (4.8-11) | 6.0 (4.2-9.5) | 5.2 (3.6-8.0) | 4.6 (3.1-6.8) |
| 2 | 34 (24-50) | 29 (20-44) | 25 (16-38) | 21 (14-32) | 17 (11-27) | 14 (9.2-22) | 12 (7.6-19) | 10 (6.5-16) | 8.8 (5.6-14) | 7.6 (4.8-12) | 6.5 (4.1-9.8) |
| 3 | 44 (30-58) | 39 (25-53) | 34 (21-47) | 29 (18-41) | 25 (15-35) | 21 (12-30) | 17 (10-25) | 15 (8.9-22) | 13 (7.6-19) | 11 (6.5-16) | 9.4 (5.5-13) |
| 4 | 55 (38-65) | 50 (33-61) | 44 (28-55) | 39 (24-49) | 34 (20-43) | 29 (17-38) | 25 (14-32) | 21 (12-28) | 18 (10-24) | 16 (9.0-21) | 13 (7.7-18) |
| 5 | 65 (47-70) | 60 (41-66) | 55 (36-62) | 50 (31-56) | 44 (26-51) | 39 (22-45) | 34 (19-40) | 30 (16-35) | 26 (14-31) | 22 (12-27) | 19 (11-23) |
| 6 | 72 | 69 | 65 | 61 | 56 | 50 | 45 | 40 | 35 | 30 | 26 |

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 | 12 | 10 | 8.5 | 7.2 | 6.1 | 5.1 | 4.5 | 4.0 | 3.5 | 3.1 | 2.8 |
| 1 | 17 (13-28) | 15 (11-24) | 13 (8.9-21) | 11 (7.5-18) | 9.1 (6.3-15) | 7.6 (5.3-13) | 6.6 (4.6-11) | 5.8 (4.0-9.4) | 5.1 (3.5-8.1) | 4.5 (3.1-7.0) | 4.0 (2.7-6.1) |
| 2 | 25 (17-37) | 21 (14-32) | 18 (12-28) | 16 (10-24) | 13 (8.5-21) | 11 (7.1-17) | 9.8 (6.2-15) | 8.6 (5.4-13) | 7.5 (4.7-12) | 6.6 (4.2-10) | 5.8 (3.6-8.7) |
| 3 | 33 (22-45) | 29 (19-41) | 26 (16-36) | 22 (14-32) | 19 (12-27) | 16 (9.7-24) | 14 (8.4-21) | 13 (7.4-18) | 11 (6.4-16) | 9.6 (5.6-14) | 8.4 (4.9-12) |
| 4 | 43 (28-53) | 39 (24-49) | 35 (21-44) | 31 (18-39) | 27 (15-35) | 23 (13-30) | 20 (11-27) | 18 (10-24) | 16 (8.9-21) | 14 (7.8-18) | 12 (6.8-16) |
| 5 | 53 (35-60) | 49 (31-56) | 45 (27-51) | 40 (24-47) | 36 (21-42) | 32 (18-37) | 28 (16-33) | 25 (14-30) | 22 (12-27) | 20 (11-24) | 17 (9.5-21) |
| 6 | 62 | 59 | 55 | 51 | 46 | 42 | 38 | 34 | 31 | 27 | 24 |