

Malta - 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 Malta. 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	16	10	7.0	5.1	4.0	3.3	2.8	2.5	2.4	2.3	2.2
1	24 (21-30)	16 (14-20)	11 (9.0-13)	7.8 (6.1-9.8)	6.1 (4.5-7.6)	5.0 (3.5-6.5)	4.2 (2.8-5.7)	3.8 (2.5-5.2)	3.6 (2.3-5.0)	3.4 (2.2-4.8)	3.3 (2.1-4.6)
2	35 (28-48)	23 (19-32)	16 (12-22)	12 (8.1-17)	9.1 (5.7-14)	7.4 (4.3-12)	6.2 (3.5-10)	5.6 (3.0-9.6)	5.3 (2.8-9.2)	5.1 (2.6-8.8)	4.9 (2.5-8.5)
3	49 (36-63)	34 (25-43)	23 (16-33)	17 (11-26)	13 (7.6-22)	11 (5.7-19)	9.1 (4.5-17)	8.2 (3.9-15)	7.7 (3.6-15)	7.4 (3.4-14)	7.1 (3.2-14)
4	64 (47-77)	46 (32-56)	33 (22-41)	24 (16-33)	19 (13-28)	15 (9.5-24)	13 (7.5-21)	12 (6.4-19)	11 (5.9-19)	10 (5.5-18)	10 (5.2-17)
5	78 (69-86)	61 (50-68)	45 (36-50)	34 (26-40)	26 (20-33)	21 (16-28)	18 (14-24)	16 (12-23)	15 (11-22)	15 (10-21)	14 (9.6-20)
6	90	75	59	45	36	29	25	22	21	20	19

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

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	18	12	8.2	6.1	4.7	3.8	3.2	2.9	2.7	2.6	2.4
1	26 (23-31)	18 (16-21)	12 (11-15)	9.2 (7.3-11)	7.1 (5.3-8.8)	5.7 (4.1-7.4)	4.8 (3.3-6.4)	4.4 (2.9-6.0)	4.1 (2.7-5.6)	3.8 (2.5-5.4)	3.6 (2.3-5.1)
2	37 (31-49)	26 (21-34)	18 (14-25)	14 (9.7-19)	10 (6.9-16)	8.5 (5.1-13)	7.0 (4.1-11)	6.4 (3.5-11)	6.0 (3.2-10)	5.6 (3.0-9.5)	5.3 (2.8-9.1)
3	51 (39-63)	36 (28-46)	26 (19-36)	20 (13-29)	15 (9.1-24)	12 (6.8-21)	10 (5.3-18)	9.3 (4.6-17)	8.6 (4.2-16)	8.1 (3.8-15)	7.7 (3.6-14)
4	65 (51-76)	49 (36-58)	36 (26-45)	27 (19-37)	21 (15-31)	17 (11-26)	14 (8.8-23)	13 (7.5-21)	12 (6.8-20)	11 (6.2-19)	11 (5.8-18)
5	79 (71-86)	63 (55-69)	49 (41-54)	37 (31-44)	29 (24-36)	24 (19-31)	20 (16-27)	18 (13-25)	17 (12-23)	16 (11-22)	15 (10-21)
6	89	77	62	49	39	32	27	25	23	22	20

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	22	15	11	8.3	6.4	5.1	4.4	3.9	3.6	3.4	3.1
1	32 (29-36)	23 (20-26)	16 (14-19)	12 (9.8-14)	9.5 (7.2-12)	7.6 (5.5-9.8)	6.5 (4.5-8.6)	5.8 (4.0-8.0)	5.3 (3.6-7.4)	5.0 (3.3-6.9)	4.6 (3.0-6.5)
2	44 (37-55)	32 (27-41)	23 (19-30)	18 (13-24)	14 (9.3-20)	11 (7.0-17)	9.4 (5.6-15)	8.5 (4.8-14)	7.8 (4.3-13)	7.2 (3.9-12)	6.7 (3.6-11)
3	58 (47-68)	44 (35-54)	33 (25-44)	25 (17-36)	20 (12-30)	16 (9.2-26)	13 (7.3-23)	12 (6.3-21)	11 (5.5-20)	10 (5.0-19)	9.6 (4.6-18)
4	71 (59-79)	57 (44-64)	44 (33-54)	34 (25-45)	27 (19-38)	22 (15-32)	19 (12-29)	17 (10-27)	15 (8.9-25)	14 (8.1-23)	13 (7.4-22)
5	83 (78-87)	70 (63-75)	57 (50-63)	45 (39-53)	36 (30-44)	30 (25-38)	25 (20-33)	23 (17-31)	21 (15-29)	20 (14-27)	18 (13-26)
6	91	82	70	58	47	39	34	31	28	26	25

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

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	27	20	15	11	8.6	6.8	5.9	5.3	4.7	4.3	4.0
1	38 (36-42)	28 (25-31)	21 (18-23)	16 (13-19)	12 (9.6-15)	9.9 (7.3-13)	8.6 (6.1-11)	7.7 (5.3-10)	6.9 (4.7-9.6)	6.3 (4.2-8.9)	5.8 (3.8-8.2)
2	51 (44-60)	39 (33-47)	29 (24-36)	23 (17-30)	18 (12-25)	14 (9.3-21)	12 (7.6-19)	11 (6.5-17)	9.9 (5.6-16)	9.1 (5.0-15)	8.3 (4.5-14)
3	64 (55-72)	51 (42-61)	40 (31-52)	31 (22-44)	25 (16-37)	20 (12-31)	17 (9.9-28)	15 (8.4-26)	14 (7.3-24)	13 (6.5-23)	12 (5.9-21)
4	76 (66-81)	63 (52-71)	51 (41-61)	41 (32-53)	33 (25-45)	27 (20-39)	24 (16-35)	21 (13-33)	19 (12-30)	18 (10-28)	16 (9.3-26)
5	85 (81-87)	75 (70-79)	64 (58-70)	53 (47-61)	43 (38-52)	36 (31-45)	32 (25-41)	28 (22-37)	26 (19-35)	24 (17-32)	22 (15-30)
6	90	84	75	65	55	46	41	37	34	31	29

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	33	24	18	14	11	8.8	7.6	6.6	5.9	5.3	4.8
1	45 (41-52)	34 (30-40)	26 (22-31)	20 (16-23)	15 (12-18)	12 (9.5-14)	11 (7.9-12)	9.2 (6.7-11)	8.1 (5.8-9.5)	7.2 (5.1-8.6)	6.5 (4.6-7.8)
2	59 (51-69)	47 (39-57)	36 (29-45)	28 (21-35)	21 (16-28)	17 (12-22)	15 (9.9-19)	13 (8.3-17)	11 (7.1-15)	9.8 (6.2-13)	8.8 (5.5-12)
3	72 (62-81)	60 (49-71)	48 (37-60)	38 (28-50)	30 (21-40)	24 (16-34)	20 (13-29)	17 (11-26)	15 (9.2-23)	13 (8.0-20)	12 (7.1-19)
4	82 (76-86)	73 (64-80)	62 (51-70)	50 (40-60)	40 (31-50)	32 (24-42)	27 (20-36)	23 (17-32)	20 (14-29)	18 (13-26)	16 (11-23)
5	88 (84-90)	82 (77-86)	74 (67-79)	63 (56-69)	52 (45-58)	42 (36-49)	36 (30-43)	30 (26-38)	26 (22-34)	23 (20-30)	21 (17-27)
6	90	88	83	75	64	54	46	39	34	30	27

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

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	33	25	20	15	12	9.8	8.4	7.3	6.4	5.6	5.0
1	47 (40-66)	37 (30-53)	29 (23-41)	22 (17-31)	17 (13-23)	14 (11-18)	12 (8.7-14)	9.9 (7.3-11)	8.5 (6.3-9.9)	7.5 (5.5-8.8)	6.6 (4.8-7.9)
2	61 (49-78)	51 (39-69)	41 (30-57)	32 (22-46)	24 (17-35)	20 (13-28)	16 (11-22)	14 (9.1-18)	12 (7.7-15)	9.9 (6.6-14)	8.6 (5.8-12)
3	74 (60-84)	65 (49-78)	54 (38-69)	44 (29-58)	34 (22-47)	28 (18-38)	23 (14-31)	19 (12-26)	16 (10-22)	13 (8.6-18)	11 (7.5-16)
4	82 (71-88)	76 (61-84)	68 (50-78)	58 (40-68)	47 (31-57)	38 (25-48)	31 (21-39)	26 (18-33)	21 (15-28)	18 (13-24)	15 (11-20)
5	87 (80-90)	84 (73-88)	79 (64-84)	71 (54-77)	61 (44-67)	51 (37-58)	43 (31-49)	35 (27-41)	29 (23-34)	24 (20-29)	20 (17-25)
6	89	88	86	81	74	65	56	46	38	32	26

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	28	22	17	14	11	9.1	7.8	6.7	5.7	5.0	4.4
1	40 (33-57)	32 (25-47)	25 (20-37)	20 (15-28)	16 (12-22)	13 (9.6-17)	11 (8.0-14)	9.1 (6.7-11)	7.7 (5.7-9.0)	6.7 (4.8-7.6)	5.8 (4.2-6.7)
2	53 (41-70)	44 (33-60)	35 (25-50)	28 (20-41)	22 (15-32)	18 (12-26)	15 (10-21)	12 (8.4-17)	10 (7.0-14)	8.9 (6.0-12)	7.6 (5.1-10)
3	65 (51-77)	56 (41-70)	47 (33-61)	38 (25-51)	31 (20-41)	25 (16-34)	21 (13-28)	17 (11-23)	14 (9.2-20)	12 (7.8-16)	10 (6.6-14)
4	75 (60-82)	68 (51-77)	60 (42-70)	50 (34-61)	42 (27-51)	35 (22-43)	29 (19-36)	24 (16-30)	19 (13-25)	16 (11-21)	14 (9.9-18)
5	81 (70-85)	77 (62-82)	71 (54-77)	63 (45-69)	54 (38-61)	46 (32-52)	39 (27-45)	32 (23-37)	26 (20-31)	22 (17-26)	18 (15-22)
6	85	83	80	74	67	59	51	43	35	29	24

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

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	22	18	14	11	9.2	7.8	6.6	5.6	4.8	4.1	3.5
1	32 (25-47)	25 (19-38)	20 (15-30)	16 (12-24)	13 (9.7-19)	11 (8.0-15)	9.2 (6.7-13)	7.7 (5.6-10)	6.5 (4.7-8.2)	5.6 (4.0-6.7)	4.7 (3.4-5.6)
2	42 (31-58)	35 (25-49)	28 (20-41)	23 (16-34)	19 (13-28)	16 (10-23)	13 (8.6-19)	11 (7.1-15)	9.0 (5.9-13)	7.6 (5.0-10)	6.4 (4.2-8.5)
3	53 (40-67)	46 (32-59)	39 (26-51)	32 (20-43)	26 (17-36)	22 (14-30)	18 (11-25)	15 (9.4-21)	13 (7.9-17)	10 (6.6-14)	8.7 (5.5-12)
4	64 (48-73)	57 (41-67)	50 (34-60)	42 (27-52)	36 (23-45)	30 (19-38)	25 (16-32)	21 (13-27)	17 (11-22)	14 (9.5-19)	12 (8.1-16)
5	73 (58-78)	68 (51-74)	61 (43-68)	54 (36-60)	47 (31-53)	40 (26-47)	34 (22-40)	29 (19-34)	24 (16-29)	20 (14-24)	16 (12-20)
6	79	76	71	65	58	52	45	38	32	27	22

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	16	13	10	8.5	7.2	6.1	5.2	4.4	3.7	3.2	2.7
1	23 (17-36)	19 (14-29)	15 (11-24)	12 (8.9-19)	10 (7.4-16)	8.8 (6.2-13)	7.4 (5.2-11)	6.2 (4.4-9.0)	5.2 (3.7-7.4)	4.4 (3.1-6.1)	3.7 (2.6-5.0)
2	32 (22-45)	26 (18-38)	22 (15-32)	18 (12-27)	15 (9.9-23)	13 (8.3-19)	11 (6.9-16)	8.9 (5.8-13)	7.5 (4.8-11)	6.2 (4.0-9.0)	5.2 (3.4-7.5)
3	42 (29-55)	36 (24-48)	30 (19-41)	25 (16-35)	21 (13-30)	18 (11-25)	15 (9.2-21)	13 (7.7-18)	11 (6.4-15)	8.9 (5.4-12)	7.4 (4.5-10)
4	52 (37-62)	46 (31-56)	40 (25-49)	34 (21-43)	29 (18-38)	25 (15-32)	21 (13-28)	18 (11-23)	15 (9.1-20)	13 (7.7-16)	10 (6.5-14)
5	62 (45-69)	57 (39-63)	50 (33-57)	44 (28-51)	39 (24-46)	34 (21-40)	29 (18-35)	25 (15-30)	21 (13-25)	18 (11-22)	15 (9.2-18)
6	71	67	61	55	50	45	39	34	29	25	21