

Philippines - 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 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	9.9	6.0	3.8	2.6	1.9	1.5	1.2	1.0	0.9	0.9	0.8	
1	15 (12-19)	9.2 (8.0-12)	5.9 (5.2-7.6)	4.0 (3.3-5.1)	2.9 (2.2-3.7)	2.2 (1.6-2.8)	1.8 (1.2-2.4)	1.5 (1.0-2.1)	1.4 (0.9-1.9)	1.3 (0.8-1.8)	1.2 (0.8-1.7)	
2	22 (16-31)	14 (10-20)	8.9 (6.9-13)	6.0 (4.5-8.5)	4.3 (3.0-6.3)	3.3 (2.1-5.2)	2.7 (1.6-4.4)	2.3 (1.2-3.8)	2.0 (1.1-3.5)	1.9 (1.0-3.4)	1.8 (0.9-3.2)	
3	32 (22-42)	20 (14-27)	13 (9.3-17)	8.9 (6.2-13)	6.4 (4.0-10)	4.8 (2.8-8.2)	3.9 (2.1-7.0)	3.3 (1.6-6.1)	2.9 (1.4-5.5)	2.8 (1.3-5.3)	2.6 (1.2-5.1)	
4	43 (31-55)	29 (20-37)	19 (13-24)	13 (8.4-17)	9.2 (6.0-13)	7.0 (4.6-11)	5.6 (3.4-9.0)	4.7 (2.6-7.8)	4.2 (2.2-7.1)	3.9 (2.0-6.8)	3.7 (1.9-6.6)	
5	56 (46-65)	39 (31-47)	27 (20-31)	18 (14-21)	13 (9.7-16)	9.9 (7.3-13)	7.9 (5.8-11)	6.6 (4.9-9.3)	5.8 (4.2-8.4)	5.5 (3.8-8.0)	5.2 (3.5-7.7)	
6	68	52	36	25	18	14	11	9.1	8.0	7.5	7.2	

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men 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	9.6	6.2	4.1	2.9	2.1	1.7	1.3	1.1	1.0	1.0	0.9
1	14 (12-18)	9.2 (8.4-11)	6.1 (5.3-7.6)	4.3 (3.5-5.3)	3.2 (2.4-3.9)	2.5 (1.8-3.1)	2.0 (1.4-2.6)	1.7 (1.1-2.3)	1.5 (1.0-2.1)	1.4 (0.9-2.0)	1.3 (0.8-1.9)
2	21 (16-28)	14 (11-18)	9.1 (7.2-12)	6.4 (4.8-8.6)	4.7 (3.2-6.8)	3.6 (2.3-5.6)	2.9 (1.7-4.8)	2.5 (1.4-4.1)	2.2 (1.2-3.8)	2.1 (1.1-3.6)	2.0 (1.0-3.4)
3	29 (21-37)	19 (14-25)	13 (9.6-17)	9.2 (6.5-13)	6.8 (4.4-11)	5.2 (3.1-8.7)	4.2 (2.3-7.4)	3.5 (1.8-6.4)	3.2 (1.6-5.9)	3.0 (1.4-5.6)	2.8 (1.3-5.3)
4	39 (29-48)	27 (19-33)	19 (13-23)	13 (9.0-17)	9.7 (6.6-14)	7.4 (5.0-11)	6.0 (3.7-9.5)	5.0 (2.9-8.2)	4.5 (2.4-7.6)	4.2 (2.2-7.2)	3.9 (2.0-6.9)
5	50 (42-58)	36 (29-42)	26 (20-29)	18 (14-22)	13 (10-17)	10 (7.9-14)	8.3 (6.3-11)	6.9 (5.2-9.8)	6.2 (4.4-9.0)	5.8 (4.0-8.5)	5.4 (3.7-8.1)
6	61	47	34	25	18	14	11	9.4	8.4	7.8	7.4

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	8.6	5.9	4.1	3.0	2.3	1.8	1.5	1.2	1.1	1.0	1.0
1	12 (11-15)	8.6 (7.5-10)	6.0 (5.0-7.3)	4.4 (3.5-5.3)	3.4 (2.5-4.0)	2.7 (1.9-3.4)	2.2 (1.5-2.9)	1.8 (1.2-2.5)	1.7 (1.1-2.3)	1.5 (1.0-2.2)	1.4 (0.9-2.0)
2	18 (14-23)	12 (9.7-16)	8.7 (6.9-11)	6.4 (4.7-8.6)	4.9 (3.4-7.0)	3.8 (2.5-5.9)	3.1 (1.9-5.0)	2.6 (1.5-4.3)	2.4 (1.3-4.0)	2.2 (1.2-3.8)	2.1 (1.1-3.6)
3	24 (18-30)	17 (13-21)	12 (9.3-16)	9.0 (6.5-13)	6.9 (4.5-11)	5.4 (3.3-8.9)	4.4 (2.5-7.5)	3.7 (2.0-6.5)	3.4 (1.7-6.1)	3.1 (1.5-5.7)	2.9 (1.4-5.4)
4	32 (25-39)	23 (17-28)	17 (12-21)	13 (9.1-17)	9.6 (6.9-14)	7.5 (5.1-11)	6.1 (3.8-9.7)	5.1 (3.0-8.4)	4.7 (2.6-7.8)	4.3 (2.3-7.4)	4.0 (2.1-7.0)
5	41 (35-46)	31 (26-35)	23 (19-27)	17 (14-21)	13 (10-17)	10 (8.1-14)	8.4 (6.5-12)	7.0 (5.3-10)	6.3 (4.5-9.3)	5.9 (4.0-8.7)	5.5 (3.7-8.2)
6	51	39	30	23	17	14	11	9.3	8.5	7.8	7.3

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men 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	7.2	5.1	3.8	2.9	2.2	1.8	1.4	1.2	1.1	1.0	0.9
1	10 (8.9-12)	7.3 (6.2-8.5)	5.4 (4.4-6.3)	4.1 (3.2-4.8)	3.2 (2.4-3.9)	2.5 (1.8-3.2)	2.1 (1.4-2.7)	1.8 (1.2-2.4)	1.6 (1.0-2.2)	1.5 (0.9-2.1)	1.3 (0.8-1.9)
2	14 (11-17)	10 (8.2-13)	7.6 (6.0-9.7)	5.8 (4.3-7.9)	4.5 (3.1-6.5)	3.6 (2.4-5.4)	2.9 (1.8-4.6)	2.5 (1.5-4.1)	2.3 (1.3-3.8)	2.1 (1.1-3.5)	1.9 (1.0-3.3)
3	19 (15-23)	14 (11-18)	11 (8.2-14)	8.0 (5.9-11)	6.3 (4.3-9.5)	5.0 (3.2-8.0)	4.1 (2.4-6.8)	3.5 (1.9-6.0)	3.1 (1.7-5.5)	2.9 (1.5-5.2)	2.7 (1.3-4.9)
4	25 (20-30)	19 (15-23)	14 (11-18)	11 (8.2-15)	8.5 (6.4-12)	6.8 (4.7-10)	5.6 (3.6-8.7)	4.7 (2.9-7.7)	4.3 (2.5-7.1)	3.9 (2.2-6.6)	3.6 (1.9-6.2)
5	32 (28-36)	25 (21-29)	19 (16-23)	15 (12-18)	11 (9.3-15)	9.1 (7.3-13)	7.5 (6.0-11)	6.4 (4.8-9.2)	5.7 (4.1-8.5)	5.3 (3.6-7.9)	4.9 (3.3-7.4)
6	40	31	24	19	15	12	9.8	8.4	7.5	6.9	6.4

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	5.6	4.2	3.2	2.5	1.9	1.6	1.3	1.1	1.0	0.9	0.8
1	8.1 (6.4-10)	6.0 (4.7-7.7)	4.6 (3.5-5.8)	3.5 (2.6-4.4)	2.7 (2.0-3.4)	2.2 (1.5-2.7)	1.8 (1.2-2.2)	1.5 (1.0-1.8)	1.3 (0.9-1.6)	1.2 (0.8-1.5)	1.1 (0.7-1.3)
2	12 (8.7-16)	8.7 (6.4-12)	6.5 (4.7-9.0)	5.0 (3.5-6.9)	3.9 (2.7-5.4)	3.0 (2.0-4.3)	2.4 (1.6-3.5)	2.1 (1.3-3.0)	1.8 (1.1-2.6)	1.6 (1.0-2.4)	1.5 (0.9-2.2)
3	16 (12-21)	12 (8.9-16)	9.3 (6.5-13)	7.0 (4.8-9.8)	5.4 (3.6-7.7)	4.2 (2.8-6.2)	3.3 (2.1-5.0)	2.8 (1.7-4.3)	2.4 (1.5-3.8)	2.2 (1.3-3.4)	1.9 (1.1-3.1)
4	23 (17-28)	17 (12-22)	13 (9.2-17)	9.8 (6.8-13)	7.5 (5.1-10)	5.8 (3.9-8.1)	4.6 (3.0-6.6)	3.8 (2.5-5.6)	3.3 (2.1-4.9)	2.9 (1.8-4.4)	2.6 (1.6-4.0)
5	30 (24-35)	23 (18-28)	18 (14-22)	14 (10-17)	10 (8.0-13)	8.0 (6.1-11)	6.2 (4.8-8.4)	5.1 (3.9-7.0)	4.3 (3.4-6.1)	3.8 (2.9-5.4)	3.3 (2.6-4.8)
6	39	31	24	19	14	11	8.5	6.8	5.8	4.9	4.3

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men 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	4.5	3.5	2.8	2.2	1.7	1.4	1.2	1.0	0.9	0.8	0.7
1	7.2 (5.0-13)	5.5 (3.8-9.9)	4.3 (2.9-7.5)	3.3 (2.2-5.6)	2.6 (1.7-4.2)	2.1 (1.4-3.2)	1.7 (1.1-2.4)	1.4 (0.9-2.0)	1.2 (0.8-1.6)	1.1 (0.7-1.3)	0.9 (0.6-1.1)
2	11 (6.8-18)	8.6 (5.1-14)	6.6 (3.9-11)	5.1 (3.0-8.1)	3.9 (2.4-6.1)	3.0 (1.8-4.7)	2.4 (1.5-3.6)	2.0 (1.2-2.9)	1.7 (1.0-2.4)	1.5 (0.9-2.0)	1.3 (0.8-1.7)
3	17 (9.2-25)	13 (7.0-19)	9.9 (5.4-15)	7.6 (4.2-11)	5.8 (3.2-8.6)	4.5 (2.5-6.6)	3.5 (2.0-5.1)	2.8 (1.6-4.2)	2.4 (1.4-3.4)	2.0 (1.2-2.9)	1.7 (1.0-2.5)
4	24 (13-31)	19 (9.8-25)	15 (7.5-20)	11 (5.8-15)	8.6 (4.4-12)	6.6 (3.4-9.1)	5.1 (2.7-7.0)	4.1 (2.2-5.6)	3.3 (1.9-4.6)	2.7 (1.6-3.9)	2.3 (1.4-3.3)
5	33 (18-39)	26 (14-32)	21 (11-26)	16 (8.3-20)	13 (6.5-16)	9.6 (5.1-12)	7.3 (4.0-9.4)	5.8 (3.4-7.6)	4.7 (2.9-6.2)	3.8 (2.5-5.1)	3.2 (2.2-4.3)
6	43	36	29	23	18	14	11	8.4	6.7	5.4	4.4

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	3.6	2.9	2.3	1.8	1.5	1.2	1.0	0.9	0.7	0.7	0.6
1	5.8 (3.9-11)	4.6 (3.1-8.5)	3.6 (2.4-6.6)	2.9 (1.9-5.1)	2.3 (1.5-4.0)	1.8 (1.2-3.1)	1.5 (1.0-2.4)	1.2 (0.8-2.0)	1.1 (0.7-1.6)	0.9 (0.6-1.3)	0.8 (0.5-1.1)
2	8.9 (5.3-15)	7.0 (4.2-12)	5.6 (3.3-9.4)	4.4 (2.6-7.3)	3.5 (2.1-5.7)	2.7 (1.6-4.4)	2.2 (1.3-3.4)	1.8 (1.1-2.8)	1.5 (0.9-2.3)	1.3 (0.8-1.9)	1.1 (0.7-1.6)
3	13 (7.2-20)	11 (5.7-16)	8.4 (4.5-13)	6.6 (3.6-10)	5.2 (2.8-7.9)	4.1 (2.2-6.1)	3.2 (1.8-4.8)	2.7 (1.5-3.9)	2.2 (1.3-3.2)	1.8 (1.1-2.6)	1.6 (0.9-2.2)
4	19 (9.7-26)	15 (7.7-21)	12 (6.1-17)	9.7 (4.9-14)	7.7 (3.9-11)	6.0 (3.1-8.4)	4.8 (2.5-6.6)	3.9 (2.1-5.3)	3.2 (1.7-4.4)	2.6 (1.5-3.6)	2.2 (1.3-3.0)
5	27 (13-32)	22 (11-26)	18 (8.5-22)	14 (6.8-17)	11 (5.4-14)	8.8 (4.3-11)	6.9 (3.4-8.8)	5.6 (2.9-7.2)	4.6 (2.5-5.9)	3.8 (2.1-4.9)	3.1 (1.8-4.1)
6	36	30	25	20	16	13	10	8.1	6.6	5.4	4.4

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in men 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	2.7	2.2	1.8	1.5	1.2	1.0	0.8	0.7	0.6	0.5	0.5
1	4.5 (3.0-8.7)	3.6 (2.4-7.0)	2.9 (2.0-5.6)	2.4 (1.6-4.5)	1.9 (1.3-3.6)	1.5 (1.0-2.9)	1.3 (0.9-2.3)	1.1 (0.7-1.9)	0.9 (0.6-1.6)	0.8 (0.5-1.3)	0.7 (0.5-1.1)
2	7.1 (4.1-12)	5.7 (3.3-10)	4.6 (2.7-8.1)	3.7 (2.2-6.5)	3.0 (1.8-5.2)	2.4 (1.4-4.1)	2.0 (1.2-3.4)	1.7 (1.0-2.8)	1.4 (0.8-2.3)	1.2 (0.7-1.9)	1.0 (0.6-1.6)
3	11 (5.6-17)	8.8 (4.6-14)	7.1 (3.7-11)	5.8 (3.0-9.0)	4.6 (2.4-7.3)	3.7 (2.0-5.8)	3.0 (1.6-4.7)	2.5 (1.4-3.9)	2.1 (1.2-3.2)	1.8 (1.0-2.7)	1.5 (0.8-2.2)
4	16 (7.7-22)	13 (6.2-18)	11 (5.1-15)	8.7 (4.1-12)	7.0 (3.3-9.9)	5.7 (2.7-8.0)	4.6 (2.2-6.5)	3.8 (1.9-5.4)	3.2 (1.6-4.5)	2.7 (1.4-3.7)	2.2 (1.2-3.1)
5	23 (11-27)	19 (8.8-23)	16 (7.2-19)	13 (5.8-16)	10 (4.7-13)	8.5 (3.8-10)	6.9 (3.1-8.6)	5.8 (2.6-7.2)	4.8 (2.2-6.0)	4.0 (1.9-5.0)	3.3 (1.6-4.2)
6	31	27	22	19	15	12	10	8.5	7.1	5.9	4.9

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	2.1	1.7	1.5	1.2	1.0	0.9	0.8	0.7	0.6	0.5	0.5
1	3.2 (2.1-5.9)	2.7 (1.8-4.9)	2.3 (1.5-4.1)	1.9 (1.3-3.4)	1.6 (1.0-2.8)	1.3 (0.9-2.3)	1.2 (0.8-2.0)	1.0 (0.7-1.7)	0.9 (0.6-1.5)	0.8 (0.5-1.3)	0.7 (0.5-1.1)
2	5.0 (2.9-8.4)	4.2 (2.5-7.0)	3.5 (2.1-5.8)	2.9 (1.7-4.9)	2.4 (1.4-4.0)	2.0 (1.2-3.3)	1.7 (1.0-2.8)	1.5 (0.9-2.5)	1.3 (0.8-2.1)	1.2 (0.7-1.8)	1.0 (0.6-1.6)
3	7.5 (4.0-12)	6.3 (3.4-9.7)	5.3 (2.8-8.1)	4.4 (2.4-6.8)	3.7 (2.0-5.6)	3.1 (1.6-4.7)	2.6 (1.4-4.0)	2.3 (1.2-3.4)	2.0 (1.1-3.0)	1.7 (0.9-2.6)	1.5 (0.8-2.2)
4	11 (5.5-15)	9.4 (4.6-13)	7.9 (3.9-11)	6.6 (3.2-9.3)	5.5 (2.7-7.7)	4.6 (2.3-6.5)	3.9 (2.0-5.5)	3.4 (1.7-4.8)	2.9 (1.5-4.1)	2.5 (1.3-3.5)	2.2 (1.1-3.0)
5	16 (7.6-20)	14 (6.4-17)	12 (5.4-14)	9.8 (4.5-12)	8.2 (3.8-10)	6.9 (3.2-8.5)	5.9 (2.7-7.3)	5.1 (2.4-6.4)	4.4 (2.1-5.5)	3.8 (1.8-4.8)	3.2 (1.6-4.1)
6	23	20	17	14	12	10	8.7	7.5	6.4	5.5	4.8