FRAX® WHO Fracture Risk Assessment Tool

Mexico - 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 Mexico. 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	14	8.9	5.8	4.1	3.1	2.4	2.0	1.7	1.6	1.5	1.4
1	21 (18-27)	14 (12-17)	8.9 (7.8-11)	6.2 (5.1-7.9)	4.6 (3.5-5.9)	3.7 (2.6-4.6)	3.0 (2.1-4.0)	2.6 (1.7-3.5)	2.3 (1.5-3.2)	2.2 (1.4-3.1)	2.1 (1.4-3.0)
2	31 (24-42)	20 (16-28)	13 (11-19)	9.3 (6.8-13)	6.9 (4.6-10)	5.5 (3.3-8.6)	4.5 (2.6-7.4)	3.8 (2.1-6.5)	3.4 (1.8-6.0)	3.3 (1.7-5.7)	3.1 (1.6-5.5)
3	43 (31-55)	29 (21-38)	20 (14-26)	14 (9.3-20)	10 (6.2-16)	8.0 (4.5-14)	6.5 (3.4-12)	5.6 (2.7-10)	5.0 (2.4-9.4)	4.7 (2.2-9.1)	4.5 (2.1-8.8)
4	56 (42-68)	40 (28-49)	28 (19-33)	20 (13-26)	15 (9.6-21)	11 (7.3-17)	9.3 (5.5-15)	7.9 (4.4-13)	7.1 (3.8-12)	6.7 (3.5-12)	6.5 (3.3-11)
5	69 (59-77)	53 (43-60)	38 (30-43)	27 (21-32)	20 (15-25)	16 (12-21)	13 (9.8-18)	11 (8.3-16)	9.9 (7.1-14)	9.4 (6.5-14)	9.0 (6.1-13)
6	80	66	50	37	28	22	18	15	14	13	12

FRAX® WHO Fracture Risk Assessment Tool

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

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	15	10	6.7	4.8	3.6	2.8	2.3	1.9	1.8	1.7	1.6
1	23 (20-27)	15 (13-18)	10 (8.8-12)	7.2 (5.9-8.8)	5.4 (4.1-6.6)	4.2 (3.1-5.3)	3.4 (2.4-4.5)	2.9 (1.9-3.9)	2.6 (1.7-3.6)	2.5 (1.6-3.4)	2.3 (1.5-3.3)
2	32 (25-42)	22 (17-29)	15 (12-20)	11 (7.9-14)	7.9 (5.5-11)	6.2 (3.9-9.5)	5.0 (3.0-8.1)	4.2 (2.4-7.0)	3.8 (2.1-6.5)	3.6 (1.9-6.2)	3.4 (1.8-5.9)
3	43 (33-54)	30 (23-38)	21 (16-28)	15 (11-22)	11 (7.3-18)	8.9 (5.2-15)	7.3 (4.0-13)	6.1 (3.1-11)	5.5 (2.7-10)	5.1 (2.5-9.6)	4.9 (2.3-9.2)
4	56 (44-65)	41 (30-49)	30 (21-36)	21 (15-28)	16 (11-23)	13 (8.5-19)	10 (6.4-16)	8.6 (5.0-14)	7.8 (4.3-13)	7.2 (3.9-12)	6.8 (3.6-12)
5	68 (60-74)	53 (45-59)	40 (32-44)	29 (23-34)	22 (17-28)	17 (14-23)	14 (11-19)	12 (9.1-17)	11 (7.8-15)	10 (7.0-14)	9.5 (6.5-14)
6	78	65	51	39	30	24	19	16	15	14	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	15	11	7.5	5.5	4.2	3.3	2.7	2.3	2.0	1.9	1.8
1	22 (20-26)	15 (14-18)	11 (9.5-13)	8.1 (6.6-9.6)	6.2 (4.8-7.3)	4.9 (3.6-6.1)	4.0 (2.8-5.2)	3.3 (2.2-4.5)	3.0 (2.0-4.2)	2.8 (1.8-3.9)	2.6 (1.7-3.7)
2	31 (25-39)	22 (18-28)	16 (13-20)	12 (8.9-15)	8.9 (6.3-13)	7.0 (4.6-11)	5.7 (3.5-9.0)	4.8 (2.8-7.7)	4.3 (2.4-7.2)	4.0 (2.2-6.8)	3.7 (2.0-6.4)
3	41 (32-49)	30 (24-37)	22 (17-29)	17 (12-23)	13 (8.5-19)	10 (6.2-16)	8.1 (4.7-14)	6.8 (3.7-12)	6.2 (3.2-11)	5.7 (2.8-10)	5.3 (2.6-9.8)
4	52 (42-60)	40 (31-46)	30 (22-37)	23 (17-30)	18 (13-24)	14 (9.8-20)	11 (7.4-17)	9.5 (5.8-15)	8.6 (5.0-14)	7.9 (4.4-13)	7.4 (4.0-13)
5	63 (56-68)	51 (44-55)	39 (33-45)	30 (25-36)	24 (19-30)	19 (15-25)	15 (12-21)	13 (10-18)	12 (8.6-17)	11 (7.6-16)	10 (6.9-15)
6	72	61	50	39	31	25	21	17	16	14	14

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

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	16	11	8.3	6.2	4.8	3.8	3.1	2.6	2.3	2.1	1.9
1	22 (20-25)	16 (14-18)	12 (10-13)	9.0 (7.3-10)	6.9 (5.4-8.3)	5.5 (4.1-6.9)	4.5 (3.2-5.8)	3.8 (2.6-5.0)	3.4 (2.3-4.6)	3.1 (2.0-4.3)	2.8 (1.8-4.0)
2	30 (24-36)	22 (18-27)	17 (14-21)	13 (9.8-16)	9.9 (7.2-14)	7.8 (5.3-11)	6.4 (4.1-9.6)	5.4 (3.3-8.4)	4.8 (2.8-7.8)	4.4 (2.5-7.2)	4.0 (2.2-6.7)
3	39 (32-45)	30 (24-36)	23 (18-29)	18 (13-24)	14 (9.6-20)	11 (7.1-17)	8.9 (5.4-14)	7.5 (4.3-13)	6.8 (3.7-12)	6.2 (3.2-11)	5.7 (2.9-10)
4	48 (40-55)	39 (31-44)	30 (24-37)	24 (18-31)	19 (14-26)	15 (11-22)	12 (8.4-18)	10 (6.6-16)	9.3 (5.6-15)	8.5 (4.9-14)	7.8 (4.4-13)
5	58 (53-62)	48 (43-53)	39 (34-44)	31 (26-37)	25 (21-31)	20 (17-26)	16 (13-22)	14 (11-19)	13 (9.4-18)	11 (8.2-16)	11 (7.3-15)
6	66	57	48	39	32	26	22	18	16	15	14

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	16	12	9.1	7.0	5.5	4.4	3.5	3.0	2.7	2.4	2.2
1	23 (19-28)	17 (14-21)	13 (11-16)	10 (8.0-12)	7.8 (6.0-9.5)	6.2 (4.6-7.5)	4.9 (3.6-5.9)	4.2 (3.0-5.0)	3.7 (2.6-4.3)	3.3 (2.3-3.9)	2.9 (2.0-3.5)
2	31 (25-39)	24 (19-31)	19 (14-24)	14 (11-19)	11 (8.1-15)	8.7 (6.1-12)	6.9 (4.7-9.4)	5.8 (3.8-8.0)	5.0 (3.2-7.0)	4.4 (2.8-6.2)	4.0 (2.5-5.6)
3	42 (34-50)	33 (26-42)	26 (19-34)	20 (14-27)	16 (11-22)	12 (8.2-17)	9.6 (6.3-14)	8.0 (5.1-12)	6.9 (4.3-10)	6.0 (3.7-9.3)	5.4 (3.2-8.4)
4	52 (44-60)	43 (35-51)	35 (27-42)	28 (21-34)	22 (16-28)	17 (12-22)	13 (9.4-18)	11 (7.6-15)	9.3 (6.4-13)	8.1 (5.5-12)	7.2 (4.8-11)
5	62 (55-67)	54 (46-60)	45 (38-51)	37 (30-42)	29 (24-35)	23 (18-28)	18 (15-23)	15 (12-19)	13 (10-17)	11 (8.7-15)	9.5 (7.7-13)
6	70	63	55	46	38	31	24	20	17	14	12

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

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	16	12	9.6	7.6	6.0	4.8	3.9	3.4	2.9	2.6	2.3
1	24 (19-39)	19 (14-31)	15 (11-24)	12 (8.5-19)	9.1 (6.6-14)	7.2 (5.2-11)	5.7 (4.1-8.2)	4.8 (3.4-6.6)	4.1 (2.9-5.3)	3.6 (2.5-4.4)	3.1 (2.2-3.7)
2	34 (24-50)	28 (19-42)	22 (15-34)	17 (11-27)	14 (8.9-21)	11 (6.9-16)	8.4 (5.4-12)	6.9 (4.4-10)	5.8 (3.7-8.1)	5.0 (3.2-6.7)	4.3 (2.7-5.6)
3	46 (32-59)	39 (25-52)	32 (20-43)	25 (15-35)	20 (12-28)	16 (9.3-23)	12 (7.2-18)	10 (5.9-14)	8.3 (5.0-12)	6.9 (4.2-10)	5.9 (3.6-8.4)
4	57 (41-67)	50 (34-61)	43 (27-53)	35 (22-45)	29 (17-37)	23 (13-30)	18 (11-24)	14 (8.7-19)	12 (7.3-16)	9.7 (6.2-13)	8.1 (5.3-11)
5	67 (50-73)	61 (43-68)	54 (36-61)	47 (29-54)	39 (24-45)	32 (19-37)	25 (15-30)	21 (13-25)	17 (11-21)	14 (9.3-17)	11 (8.1-14)
6	75	71	65	58	50	43	35	29	24	19	16

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	14	11	8.9	7.2	5.8	4.7	3.8	3.3	2.9	2.5	2.2
1	21 (16-35)	17 (13-28)	14 (10-23)	11 (8.0-18)	8.7 (6.3-14)	7.0 (5.0-11)	5.7 (4.0-8.6)	4.8 (3.4-7.0)	4.1 (2.9-5.8)	3.5 (2.5-4.8)	3.1 (2.2-4.0)
2	30 (21-45)	25 (17-38)	20 (13-31)	16 (11-26)	13 (8.5-20)	10 (6.8-16)	8.4 (5.4-13)	7.0 (4.5-11)	5.9 (3.8-8.7)	5.0 (3.2-7.2)	4.3 (2.8-6.0)
3	41 (27-55)	35 (22-48)	29 (18-41)	24 (14-34)	19 (12-28)	15 (9.1-22)	12 (7.3-18)	10 (6.1-15)	8.5 (5.1-12)	7.1 (4.3-10)	6.0 (3.7-8.5)
4	52 (35-63)	46 (29-56)	39 (24-49)	33 (19-42)	27 (16-35)	22 (12-29)	18 (10-23)	15 (8.5-19)	12 (7.3-16)	10 (6.2-13)	8.5 (5.4-11)
5	63 (44-69)	57 (37-63)	50 (31-57)	44 (26-50)	37 (21-43)	31 (18-36)	25 (14-30)	21 (12-25)	17 (10-21)	15 (8.9-18)	12 (7.7-15)
6	72	67	61	55	48	41	35	29	25	20	17

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

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	11	8.8	7.2	6.0	4.9	4.0	3.4	3.0	2.6	2.3	2.0
1	16 (12-27)	13 (9.7-23)	11 (7.9-19)	9.0 (6.4-15)	7.4 (5.2-12)	6.1 (4.3-9.9)	5.1 (3.6-8.1)	4.4 (3.1-6.8)	3.8 (2.6-5.7)	3.3 (2.3-4.8)	2.8 (2.0-4.0)
2	23 (16-36)	20 (13-30)	16 (11-26)	13 (8.7-21)	11 (7.1-17)	9.1 (5.8-14)	7.6 (4.8-12)	6.4 (4.1-10)	5.5 (3.5-8.4)	4.7 (3.0-7.1)	4.1 (2.6-6.0)
3	32 (21-45)	28 (17-39)	23 (14-34)	20 (12-28)	16 (9.7-24)	13 (7.9-20)	11 (6.5-16)	9.5 (5.6-14)	8.1 (4.7-12)	6.9 (4.0-9.7)	5.8 (3.5-8.3)
4	43 (27-53)	37 (23-48)	32 (19-42)	28 (16-36)	23 (13-31)	19 (11-26)	16 (9.0-22)	14 (7.7-18)	12 (6.6-16)	9.9 (5.7-13)	8.4 (4.9-11)
5	54 (35-60)	48 (30-55)	43 (25-49)	37 (21-43)	32 (18-38)	27 (15-32)	23 (13-28)	20 (11-24)	17 (9.3-20)	14 (8.1-17)	12 (7.0-15)
6	64	59	54	48	42	37	32	27	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	8.1	6.9	5.8	4.8	4.1	3.4	3.0	2.6	2.3	2.0	1.8
1	12 (8.7-21)	10 (7.3-18)	8.7 (6.1-15)	7.4 (5.1-12)	6.2 (4.3-10)	5.2 (3.6-8.7)	4.5 (3.1-7.4)	3.9 (2.7-6.4)	3.4 (2.4-5.5)	3.0 (2.1-4.7)	2.6 (1.8-4.0)
2	18 (12-28)	15 (9.8-24)	13 (8.3-20)	11 (6.9-17)	9.3 (5.8-15)	7.8 (4.9-12)	6.7 (4.2-11)	5.8 (3.7-9.2)	5.1 (3.2-8.0)	4.4 (2.8-6.9)	3.9 (2.4-6.0)
3	25 (16-36)	22 (13-32)	19 (11-27)	16 (9.5-24)	14 (8.0-20)	12 (6.7-17)	10 (5.8-15)	8.7 (5.0-13)	7.6 (4.3-11)	6.6 (3.8-9.6)	5.7 (3.3-8.3)
4	34 (21-44)	30 (18-39)	27 (15-35)	23 (13-30)	20 (11-26)	17 (9.1-23)	15 (7.9-20)	13 (6.9-17)	11 (6.0-15)	9.7 (5.3-13)	8.4 (4.6-11)
5	45 (27-51)	40 (23-47)	36 (20-42)	32 (17-37)	28 (15-33)	24 (13-29)	21 (11-25)	18 (9.6-22)	16 (8.4-20)	14 (7.4-17)	12 (6.5-15)
6	55	51	46	42	37	33	29	26	23	20	18