Singapore (Chinese) - 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 Singapore (Chinese). The range is not a confidence interval, but because the weight of different risk factors varies, is a true range.

Age = 50 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	1.2	1.1	1.1	0.9	0.8	0.7	0.6
1	2.0 (1.3-3.0)	1.8 (1.2-2.6)	1.7 (1.1-2.4)	1.5 (1.0-2.0)	1.3 (0.9-1.8)	1.1 (0.7-1.5)	1.0 (0.7-1.3)
2	3.2 (1.7-5.3)	2.8 (1.5-4.8)	2.6 (1.4-4.6)	2.3 (1.2-4.0)	2.0 (1.0-3.5)	1.7 (0.9-3.0)	1.5 (0.8-2.7)
3	5.1 (2.5-8.7)	4.4 (2.1-7.9)	4.0 (1.9-7.4)	3.5 (1.6-6.4)	3.0 (1.4-5.6)	2.6 (1.2-4.9)	2.3 (1.1-4.3)
4	8.0 (4.4-13)	6.8 (3.6-11)	6.1 (3.2-10)	5.3 (2.7-8.7)	4.5 (2.3-7.6)	3.9 (2.0-6.6)	3.4 (1.7-5.8)
5	12 (7.3-16)	10 (6.4-14)	9.1 (6.0-12)	7.8 (5.2-11)	6.8 (4.5-9.2)	5.8 (3.9-8.0)	5.1 (3.4-7.0)
6	19	15	13	12	9.9	8.6	7.4

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

Age = 55 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	1.9	1.7	1.6	1.4	1.2	1.1	0.9
1	3.1 (2.2-4.6)	2.8 (1.9-3.9)	2.6 (1.7-3.5)	2.2 (1.5-3.0)	1.9 (1.3-2.6)	1.7 (1.1-2.3)	1.4 (1.0-2.0)
2	5.0 (2.8-7.9)	4.3 (2.4-7.1)	4.0 (2.1-6.7)	3.4 (1.8-5.8)	3.0 (1.6-5.1)	2.6 (1.4-4.4)	2.2 (1.2-3.8)
3	7.9 (4.3-13)	6.7 (3.5-12)	6.0 (3.0-11)	5.2 (2.6-9.3)	4.5 (2.2-8.1)	3.9 (1.9-7.0)	3.4 (1.6-6.1)
4	12 (7.1-19)	10 (6.0-16)	9.1 (5.1-15)	7.8 (4.3-13)	6.7 (3.7-11)	5.8 (3.1-9.6)	5.0 (2.7-8.3)
5	19 (12-24)	16 (10-20)	14 (9.1-18)	12 (7.8-16)	10 (6.7-13)	8.6 (5.8-12)	7.4 (5.0-10)
6	28	23	20	17	15	12	11

Age = 60 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	3.1	2.8	2.5	2.2	1.9	1.6	1.4
1	5.0 (3.6-7.2)	4.3 (3.1-6.0)	4.0 (2.7-5.3)	3.4 (2.3-4.6)	2.9 (2.0-3.9)	2.5 (1.7-3.4)	2.2 (1.5-2.9)
2	8.0 (4.8-12)	6.8 (4.0-11)	6.1 (3.4-9.8)	5.2 (2.9-8.5)	4.5 (2.5-7.4)	3.8 (2.1-6.4)	3.3 (1.8-5.6)
3	12 (7.5-19)	10 (5.9-17)	9.2 (4.9-16)	7.9 (4.2-13)	6.7 (3.5-12)	5.8 (3.0-10)	5.0 (2.5-8.7)
4	19 (12-27)	16 (9.8-23)	14 (8.3-21)	12 (6.9-18)	10 (5.8-16)	8.6 (4.9-14)	7.4 (4.1-12)
5	27 (18-34)	23 (16-29)	20 (14-26)	17 (12-22)	15 (10-19)	13 (8.8-17)	11 (7.5-14)
6	38	33	29	25	21	18	15

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

Age = 65 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	4.9	4.2	3.8	3.2	2.7	2.3	2.0
1	7.6 (5.6-10)	6.5 (4.7-8.7)	5.8 (4.1-7.6)	4.9 (3.5-6.4)	4.2 (2.9-5.5)	3.6 (2.5-4.7)	3.1 (2.1-4.0)
2	12 (7.7-16)	10 (6.2-15)	8.8 (5.3-14)	7.5 (4.4-12)	6.3 (3.7-10)	5.4 (3.1-8.7)	4.6 (2.6-7.5)
3	18 (12-25)	15 (9.5-22)	13 (7.7-21)	11 (6.5-18)	9.5 (5.4-15)	8.1 (4.5-13)	6.9 (3.8-11)
4	25 (18-34)	22 (15-31)	19 (13-28)	16 (11-24)	14 (8.8-21)	12 (7.3-18)	10 (6.1-16)
5	35 (26-43)	31 (23-39)	27 (20-35)	23 (17-30)	20 (15-26)	17 (12-22)	14 (10-19)
6	46	42	38	33	28	24	20

Age = 70 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	7.0	6.1	5.5	4.7	3.9	3.3	2.8
1	11 (7.9-14)	9.3 (6.8-12)	8.2 (6.0-10)	6.9 (5.0-8.9)	5.8 (4.2-7.5)	4.9 (3.5-6.4)	4.1 (3.0-5.4)
2	17 (11-24)	14 (9.1-20)	12 (7.8-17)	10 (6.5-14)	8.5 (5.4-12)	7.2 (4.5-10)	6.0 (3.8-8.7)
3	25 (16-34)	21 (14-30)	18 (12-26)	15 (9.6-22)	13 (7.9-19)	10 (6.6-16)	8.8 (5.5-13)
4	35 (25-46)	30 (21-41)	26 (18-37)	22 (15-31)	18 (12-26)	15 (10-22)	13 (8.4-19)
5	47 (40-56)	42 (36-51)	37 (31-45)	31 (26-39)	26 (21-33)	22 (17-28)	18 (14-24)
6	58	55	50	43	37	31	26

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

Age = 75 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	9.0	8.0	7.3	6.1	5.1	4.3	3.6
1	14 (9.9-21)	12 (8.8-17)	11 (7.9-14)	9.1 (6.5-11)	7.5 (5.4-9.1)	6.3 (4.5-7.7)	5.2 (3.7-6.5)
2	22 (14-34)	19 (12-28)	16 (10-23)	14 (8.6-19)	11 (7.0-16)	9.3 (5.8-13)	7.6 (4.8-11)
3	32 (19-47)	29 (17-41)	25 (16-35)	20 (13-29)	17 (10-24)	14 (8.6-20)	11 (7.1-16)
4	44 (29-57)	40 (26-53)	35 (23-48)	30 (19-41)	25 (16-35)	20 (13-29)	17 (10-24)
5	56 (42-65)	53 (40-63)	49 (37-58)	42 (31-51)	35 (26-44)	30 (22-38)	25 (18-32)
6	68	65	62	55	48	41	35

Age = 80 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	10	9.2	8.3	6.8	5.6	4.6	3.8
1	16 (11-25)	14 (10-21)	13 (9.1-17)	10 (7.3-14)	8.4 (6.0-11)	6.9 (4.9-9.0)	5.6 (4.0-7.2)
2	24 (15-37)	21 (14-32)	19 (12-26)	15 (9.9-22)	13 (8.0-17)	10 (6.5-14)	8.3 (5.2-12)
3	34 (21-47)	31 (19-43)	27 (18-38)	23 (14-32)	19 (12-26)	15 (9.3-21)	12 (7.5-18)
4	45 (30-57)	42 (28-53)	38 (26-50)	32 (22-43)	27 (17-36)	22 (14-30)	18 (11-25)
5	56 (41-65)	53 (39-62)	50 (37-59)	44 (31-53)	37 (26-46)	31 (22-39)	26 (18-33)
6	66	64	62	55	49	42	35

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

Age = 85 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	11	9.7	8.8	7.2	5.8	4.7	3.8
1	17 (12-27)	15 (11-24)	14 (9.6-20)	11 (7.7-16)	8.8 (6.1-13)	7.1 (4.9-10)	5.7 (3.9-8.0)
2	26 (17-39)	23 (15-35)	20 (13-30)	17 (11-24)	13 (8.4-20)	11 (6.7-16)	8.6 (5.3-13)
3	36 (23-50)	33 (20-46)	30 (19-41)	24 (15-35)	20 (12-29)	16 (9.4-24)	13 (7.5-19)
4	47 (31-60)	44 (29-56)	41 (27-52)	34 (22-45)	29 (18-39)	23 (15-32)	19 (12-27)
5	58 (44-66)	56 (41-64)	53 (38-61)	46 (32-55)	39 (27-48)	33 (22-41)	27 (18-35)
6	67	66	64	58	51	44	37

Age = 90 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	10	9.4	8.8	7.1	5.8	4.7	3.8
1	17 (12-27)	15 (10-23)	13 (9.4-20)	11 (7.5-16)	8.7 (5.9-12)	7.0 (4.7-9.9)	5.6 (3.8-7.8)
2	25 (17-39)	22 (14-34)	20 (13-29)	16 (10-24)	13 (8.1-19)	10 (6.4-16)	8.4 (5.1-12)
3	36 (23-50)	32 (20-45)	29 (18-41)	24 (14-34)	19 (11-28)	16 (9.0-23)	12 (7.1-19)
4	47 (32-59)	44 (28-55)	40 (26-51)	34 (21-44)	28 (17-38)	23 (14-31)	18 (11-26)
5	58 (44-65)	55 (40-64)	52 (37-61)	45 (31-54)	38 (26-47)	32 (21-40)	26 (17-34)
6	65	65	63	57	50	44	37