Sri Lanka - 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 Sri Lanka. 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	1.0	0.9	0.9	0.8	0.7	0.6	0.5
1	1.5 (1.0-2.3)	1.5 (1.0-2.1)	1.4 (1.0-2.0)	1.2 (0.8-1.7)	1.1 (0.7-1.5)	0.9 (0.6-1.3)	0.8 (0.5-1.1)
2	2.5 (1.3-4.2)	2.3 (1.2-4.0)	2.2 (1.2-3.9)	1.9 (1.0-3.4)	1.7 (0.9-3.0)	1.4 (0.8-2.6)	1.2 (0.7-2.2)
3	3.9 (1.9-6.6)	3.5 (1.7-6.3)	3.4 (1.6-6.2)	2.9 (1.4-5.4)	2.5 (1.2-4.7)	2.2 (1.0-4.1)	1.9 (0.9-3.5)
4	6.0 (3.1-9.6)	5.4 (2.8-8.8)	5.1 (2.6-8.4)	4.4 (2.2-7.3)	3.8 (1.9-6.3)	3.2 (1.6-5.5)	2.8 (1.4-4.8)
5	9.2 (5.3-12)	8.1 (5.0-11)	7.5 (4.9-10)	6.4 (4.2-8.9)	5.5 (3.6-7.7)	4.8 (3.1-6.6)	4.1 (2.7-5.8)
6	14	12	11	9.4	8.1	6.9	6.0

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

Age = 55 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	1.5	1.4	1.4	1.2	1.0	0.9	0.8
1	2.4 (1.6-3.5)	2.2 (1.5-3.2)	2.1 (1.4-3.0)	1.9 (1.2-2.6)	1.6 (1.1-2.2)	1.4 (0.9-1.9)	1.2 (0.8-1.6)
2	3.7 (2.1-6.1)	3.4 (1.9-5.8)	3.3 (1.8-5.7)	2.8 (1.5-4.9)	2.4 (1.3-4.3)	2.1 (1.1-3.7)	1.8 (1.0-3.2)
3	5.8 (3.1-9.4)	5.3 (2.7-9.0)	5.0 (2.5-8.9)	4.3 (2.1-7.7)	3.7 (1.8-6.6)	3.2 (1.6-5.7)	2.7 (1.3-5.0)
4	8.9 (5.0-14)	8.0 (4.4-13)	7.4 (4.0-12)	6.4 (3.4-10)	5.5 (2.9-9.0)	4.7 (2.4-7.8)	4.0 (2.1-6.7)
5	13 (8.0-18)	12 (7.6-16)	11 (7.3-15)	9.3 (6.2-13)	8.0 (5.4-11)	6.8 (4.6-9.5)	5.9 (3.9-8.2)
6	19	17	16	14	12	9.9	8.4

Age = 60 years

Number of CRFs	BMI (kg/m²)						
	15	**20**	**25**	**30**	**35**	**40**	**45**
0	2.3	2.2	2.1	1.8	1.6	1.4	1.2
1	3.6 (2.5-5.3)	3.4 (2.3-4.8)	3.3 (2.2-4.5)	2.8 (1.9-3.8)	2.4 (1.6-3.3)	2.1 (1.4-2.8)	1.8 (1.2-2.4)
2	5.6 (3.3-8.7)	5.2 (3.0-8.4)	5.0 (2.8-8.3)	4.3 (2.4-7.2)	3.6 (2.0-6.2)	3.1 (1.7-5.3)	2.7 (1.4-4.6)
3	8.5 (5.0-13)	7.9 (4.5-13)	7.5 (4.0-13)	6.3 (3.4-11)	5.4 (2.8-9.3)	4.6 (2.4-8.0)	3.9 (2.0-6.9)
4	13 (7.8-18)	12 (7.0-18)	11 (6.4-17)	9.3 (5.3-15)	7.9 (4.4-13)	6.7 (3.7-11)	5.7 (3.1-9.4)
5	18 (12-24)	17 (11-22)	16 (11-21)	13 (9.2-18)	11 (7.8-16)	9.7 (6.6-13)	8.2 (5.6-11)
6	25	24	22	19	16	14	12

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

Age = 65 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	3.3	3.2	3.1	2.6	2.2	1.9	1.6
1	5.1 (3.6-7.2)	4.8 (3.4-6.6)	4.7 (3.2-6.2)	4.0 (2.7-5.3)	3.4 (2.3-4.5)	2.8 (1.9-3.8)	2.4 (1.6-3.2)
2	7.7 (4.9-11)	7.3 (4.5-11)	7.0 (4.1-11)	5.9 (3.4-9.6)	5.0 (2.9-8.3)	4.2 (2.4-7.1)	3.6 (2.0-6.1)
3	11 (7.1-17)	11 (6.6-16)	10 (6.1-16)	8.7 (5.0-14)	7.3 (4.2-12)	6.2 (3.5-10)	5.2 (2.9-8.7)
4	16 (10-23)	15 (10-22)	15 (9.3-22)	13 (7.6-19)	11 (6.3-16)	8.9 (5.2-14)	7.5 (4.3-12)
5	22 (16-29)	22 (15-28)	21 (15-27)	18 (13-24)	15 (11-20)	13 (8.9-17)	11 (7.4-15)
6	30	29	29	24	21	17	15

Age = 70 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	4.1	3.9	3.8	3.2	2.7	2.3	1.9
1	6.3 (4.4-8.0)	5.9 (4.1-7.6)	5.6 (4.0-7.4)	4.7 (3.3-6.2)	3.9 (2.7-5.2)	3.3 (2.3-4.4)	2.7 (1.9-3.7)
2	9.5 (6.1-14)	8.8 (5.6-13)	8.3 (5.2-12)	6.8 (4.3-10)	5.7 (3.5-8.4)	4.7 (2.9-7.1)	3.9 (2.4-5.9)
3	14 (8.6-22)	13 (8.0-19)	12 (7.7-18)	10 (6.3-15)	8.2 (5.1-12)	6.8 (4.2-10)	5.6 (3.4-8.5)
4	21 (14-29)	19 (12-27)	17 (12-25)	14 (9.4-21)	12 (7.6-18)	9.8 (6.2-15)	8.1 (5.0-12)
5	29 (24-37)	27 (22-35)	25 (20-32)	21 (16-27)	17 (13-23)	14 (11-19)	12 (8.7-16)
6	40	37	34	29	24	20	16

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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 Sri Lanka.

Age = 75 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	4.5	4.3	4.3	3.5	2.9	2.4	2.0
1	7.2 (4.8-11)	6.8 (4.6-9.7)	6.4 (4.4-8.2)	5.2 (3.6-6.6)	4.3 (2.9-5.3)	3.5 (2.4-4.4)	2.9 (2.0-3.7)
2	11 (6.6-19)	10 (6.2-17)	9.6 (5.9-14)	7.8 (4.8-12)	6.3 (3.9-9.4)	5.1 (3.1-7.6)	4.2 (2.6-6.2)
3	18 (9.3-28)	16 (8.7-25)	14 (8.4-22)	12 (6.8-18)	9.5 (5.4-14)	7.6 (4.4-12)	6.2 (3.5-9.4)
4	26 (15-37)	24 (14-34)	21 (13-31)	17 (10-25)	14 (8.3-21)	11 (6.6-17)	9.1 (5.3-14)
5	36 (24-46)	34 (22-43)	31 (21-39)	25 (18-33)	21 (14-27)	17 (12-22)	13 (9.4-18)
6	48	45	42	36	30	24	20

Age = 80 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	4.9	4.6	4.5	3.6	3.0	2.4	2.0
1	7.9 (5.2-13)	7.3 (4.9-11)	6.8 (4.7-9.6)	5.5 (3.8-7.6)	4.4 (3.0-6.0)	3.6 (2.4-4.8)	2.9 (2.0-3.8)
2	12 (7.3-20)	11 (6.8-18)	10 (6.4-15)	8.3 (5.1-12)	6.6 (4.1-9.6)	5.3 (3.3-7.7)	4.2 (2.6-6.1)
3	19 (10-29)	17 (9.5-26)	15 (9.0-23)	12 (7.1-18)	9.9 (5.7-15)	7.9 (4.5-12)	6.3 (3.6-9.5)
4	27 (15-37)	25 (14-34)	22 (14-31)	18 (11-25)	15 (8.8-21)	12 (7.0-17)	9.3 (5.5-13)
5	37 (24-46)	34 (22-43)	31 (21-40)	26 (17-33)	21 (14-28)	17 (11-22)	14 (8.8-18)
6	48	45	42	36	30	24	20

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

Age = 85 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	5.2	4.8	4.6	3.7	3.0	2.4	1.9
1	8.5 (5.7-14)	7.6 (5.1-12)	7.1 (4.8-10)	5.6 (3.8-8.2)	4.5 (3.0-6.5)	3.6 (2.4-5.1)	2.9 (1.9-4.0)
2	14 (8.0-22)	12 (7.2-19)	11 (6.6-17)	8.6 (5.2-13)	6.8 (4.1-10)	5.4 (3.3-8.1)	4.3 (2.6-6.4)
3	21 (12-31)	18 (10-28)	16 (9.3-24)	13 (7.3-20)	10 (5.7-16)	8.2 (4.5-13)	6.5 (3.5-10)
4	29 (17-40)	27 (15-36)	24 (14-33)	19 (11-27)	15 (9.1-22)	12 (7.2-18)	9.7 (5.6-14)
5	40 (26-49)	37 (23-45)	34 (22-42)	28 (17-35)	23 (14-29)	18 (11-24)	14 (8.8-19)
6	51	48	45	38	32	26	21

Age = 90 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	4.8	4.5	4.5	3.6	2.9	2.4	1.9
1	7.9 (5.3-13)	7.1 (4.8-11)	6.8 (4.6-9.8)	5.4 (3.6-7.8)	4.3 (2.9-6.1)	3.5 (2.3-4.8)	2.8 (1.8-3.8)
2	13 (7.5-21)	11 (6.7-18)	10 (6.3-16)	8.2 (5.0-12)	6.5 (3.9-9.7)	5.1 (3.1-7.6)	4.1 (2.4-6.1)
3	19 (11-29)	17 (9.5-26)	15 (8.7-23)	12 (6.9-19)	9.7 (5.4-15)	7.7 (4.2-12)	6.1 (3.3-9.5)
4	28 (16-38)	25 (14-34)	22 (13-31)	18 (11-25)	14 (8.5-20)	11 (6.7-16)	9.1 (5.3-13)
5	38 (24-46)	35 (22-43)	32 (20-40)	26 (16-33)	21 (13-27)	17 (10-22)	13 (8.3-18)
6	48	46	43	36	30	24	20