

Bulgaria - The probabilities of a hip fracture in women

The following tables give the 10-year probability (%) of a hip 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 Bulgaria. 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	8.7	4.5	2.3	1.2	0.6	0.3	0.2	0.1	0.0	0.0
1	25 (17-32)	14 (9.2-18)	7.3 (4.8-9.5)	3.8 (2.5-4.9)	1.9 (1.3-2.5)	1.0 (0.6-1.3)	0.5 (0.3-0.7)	0.3 (0.2-0.4)	0.1 (0.1-0.2)	0.1 (0.1-0.1)	0.0 (0.0-0.1)
2	37 (24-51)	21 (13-31)	11 (6.7-17)	6.0 (3.5-9.1)	3.1 (1.8-4.7)	1.6 (0.9-2.4)	0.8 (0.5-1.3)	0.4 (0.2-0.7)	0.2 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.0-0.1)
3	51 (34-70)	31 (19-47)	17 (10-28)	9.4 (5.3-15)	4.9 (2.7-8.1)	2.5 (1.4-4.2)	1.3 (0.7-2.2)	0.7 (0.4-1.1)	0.4 (0.2-0.6)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
4	67 (50-83)	44 (30-61)	26 (17-39)	14 (9.0-22)	7.6 (4.7-12)	4.0 (2.4-6.3)	2.0 (1.2-3.3)	1.1 (0.6-1.7)	0.6 (0.3-0.9)	0.3 (0.2-0.5)	0.2 (0.1-0.3)
5	81 (72-91)	59 (49-74)	37 (29-50)	21 (16-30)	12 (8.6-17)	6.1 (4.5-8.9)	3.2 (2.3-4.6)	1.7 (1.2-2.4)	0.9 (0.6-1.3)	0.5 (0.3-0.7)	0.2 (0.2-0.4)
6	92	75	52	31	17	9.3	4.9	2.6	1.4	0.7	0.4

Ten years probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Bulgaria.

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	8.3	4.5	2.5	1.3	0.7	0.4	0.2	0.1	0.1	0.0
1	22 (16-27)	13 (8.7-16)	7.1 (4.8-8.7)	3.9 (2.6-4.8)	2.1 (1.4-2.6)	1.1 (0.7-1.4)	0.6 (0.4-0.8)	0.3 (0.2-0.4)	0.2 (0.1-0.2)	0.1 (0.1-0.1)	0.1 (0.0-0.1)
2	33 (21-44)	19 (12-27)	11 (6.7-16)	6.1 (3.6-8.8)	3.3 (2.0-4.8)	1.8 (1.1-2.6)	1.0 (0.6-1.4)	0.5 (0.3-0.8)	0.3 (0.2-0.4)	0.2 (0.1-0.2)	0.1 (0.1-0.1)
3	46 (31-63)	29 (18-42)	17 (10-25)	9.3 (5.5-15)	5.1 (3.0-8.1)	2.8 (1.6-4.4)	1.5 (0.9-2.4)	0.8 (0.5-1.3)	0.5 (0.3-0.8)	0.3 (0.2-0.4)	0.1 (0.1-0.2)
4	61 (47-77)	40 (29-56)	25 (17-36)	14 (9.3-21)	7.9 (5.1-12)	4.3 (2.8-6.7)	2.3 (1.5-3.7)	1.3 (0.8-2.1)	0.7 (0.5-1.1)	0.4 (0.3-0.6)	0.2 (0.1-0.4)
5	75 (68-86)	55 (46-68)	35 (29-47)	21 (17-29)	12 (9.3-17)	6.6 (5.1-9.4)	3.6 (2.8-5.2)	2.0 (1.6-2.9)	1.1 (0.9-1.6)	0.6 (0.5-0.9)	0.3 (0.3-0.5)
6	87	70	48	30	18	9.9	5.4	3.1	1.7	1.0	0.5

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	14	7.9	4.5	2.5	1.4	0.8	0.4	0.3	0.2	0.1	0.1
1	20 (14-24)	12 (8.2-14)	6.9 (4.7-8.1)	3.9 (2.6-4.6)	2.2 (1.5-2.6)	1.2 (0.8-1.5)	0.7 (0.5-0.8)	0.4 (0.3-0.5)	0.2 (0.2-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.1)
2	30 (20-39)	18 (12-24)	10 (6.6-14)	6.0 (3.7-8.2)	3.4 (2.1-4.7)	1.9 (1.2-2.6)	1.1 (0.7-1.5)	0.6 (0.4-0.9)	0.4 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
3	41 (28-55)	26 (17-37)	16 (9.9-23)	9.1 (5.6-14)	5.2 (3.2-7.8)	2.9 (1.8-4.5)	1.7 (1.0-2.6)	1.0 (0.6-1.5)	0.6 (0.3-0.9)	0.3 (0.2-0.5)	0.2 (0.1-0.3)
4	55 (43-70)	37 (27-50)	23 (16-33)	14 (9.5-20)	7.8 (5.4-12)	4.4 (3.0-6.7)	2.5 (1.7-3.9)	1.5 (1.0-2.3)	0.9 (0.6-1.3)	0.5 (0.3-0.8)	0.3 (0.2-0.4)
5	69 (63-80)	49 (44-62)	32 (28-43)	20 (17-27)	12 (9.6-16)	6.7 (5.5-9.4)	3.8 (3.1-5.5)	2.2 (1.8-3.2)	1.3 (1.1-1.9)	0.8 (0.6-1.1)	0.4 (0.4-0.6)
6	82	64	44	28	17	9.9	5.7	3.4	2.0	1.1	0.7

Ten years probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Bulgaria.

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	13	7.9	4.7	2.7	1.6	0.9	0.6	0.3	0.2	0.1	0.1
1	19 (14-23)	12 (8.3-14)	7.1 (4.9-8.4)	4.2 (2.9-5.0)	2.4 (1.7-2.9)	1.4 (1.0-1.7)	0.9 (0.6-1.0)	0.5 (0.4-0.6)	0.3 (0.2-0.4)	0.2 (0.1-0.2)	0.1 (0.1-0.1)
2	28 (19-35)	17 (12-22)	11 (6.9-14)	6.3 (4.1-8.2)	3.7 (2.4-4.8)	2.2 (1.4-2.8)	1.3 (0.8-1.7)	0.8 (0.5-1.0)	0.5 (0.3-0.6)	0.3 (0.2-0.4)	0.2 (0.1-0.2)
3	38 (27-50)	25 (17-34)	15 (10-22)	9.3 (6.1-13)	5.5 (3.6-8.0)	3.2 (2.1-4.7)	2.0 (1.3-2.9)	1.2 (0.8-1.7)	0.7 (0.5-1.1)	0.4 (0.3-0.6)	0.3 (0.2-0.4)
4	50 (41-63)	34 (27-46)	22 (17-31)	14 (10-19)	8.2 (6.0-12)	4.8 (3.5-7.1)	2.9 (2.1-4.3)	1.8 (1.3-2.6)	1.1 (0.8-1.6)	0.7 (0.5-1.0)	0.4 (0.3-0.6)
5	63 (58-74)	46 (40-57)	31 (26-40)	20 (16-26)	12 (9.9-16)	7.2 (5.9-9.9)	4.4 (3.6-6.1)	2.7 (2.2-3.7)	1.6 (1.3-2.3)	1.0 (0.8-1.4)	0.6 (0.5-0.8)
6	75	59	42	27	17	10	6.4	3.9	2.4	1.4	0.9

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	14	9.0	5.6	3.4	2.1	1.3	0.8	0.5	0.3	0.2	0.1
1	23 (20-28)	15 (13-18)	9.2 (7.8-12)	5.7 (4.8-7.2)	3.5 (3.0-4.4)	2.2 (1.8-2.7)	1.4 (1.2-1.7)	0.9 (0.7-1.1)	0.5 (0.5-0.7)	0.3 (0.3-0.4)	0.2 (0.2-0.3)
2	34 (28-43)	23 (18-30)	15 (12-20)	9.3 (7.3-12)	5.8 (4.5-7.8)	3.6 (2.8-4.9)	2.3 (1.8-3.1)	1.4 (1.1-2.0)	0.9 (0.7-1.2)	0.6 (0.4-0.8)	0.4 (0.3-0.5)
3	49 (40-57)	34 (27-42)	23 (17-29)	15 (11-19)	9.4 (6.8-12)	5.9 (4.3-7.8)	3.8 (2.7-5.0)	2.4 (1.7-3.2)	1.5 (1.1-2.0)	1.0 (0.7-1.3)	0.6 (0.4-0.8)
4	64 (54-69)	49 (39-55)	35 (27-40)	23 (17-28)	15 (11-18)	9.6 (7.0-12)	6.2 (4.5-7.7)	3.9 (2.8-4.9)	2.5 (1.8-3.1)	1.6 (1.1-2.0)	1.0 (0.7-1.3)
5	76 (69-79)	64 (55-67)	49 (41-53)	35 (28-38)	23 (18-26)	15 (12-17)	10.0 (7.8-11)	6.4 (5.0-7.4)	4.1 (3.2-4.8)	2.6 (2.0-3.0)	1.7 (1.3-1.9)
6	84	76	64	49	35	24	16	10	6.7	4.3	2.7

Ten years probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Bulgaria.

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	11	7.1	4.6	2.9	1.9	1.3	0.8	0.6	0.4	0.2
1	28 (22-51)	20 (15-38)	13 (9.9-27)	8.8 (6.4-18)	5.7 (4.1-12)	3.8 (2.7-8.1)	2.5 (1.8-5.5)	1.7 (1.2-3.6)	1.1 (0.8-2.4)	0.7 (0.5-1.6)	0.5 (0.3-1.1)
2	43 (30-65)	32 (21-53)	23 (14-40)	16 (9.0-29)	10 (5.8-20)	7.1 (3.9-14)	4.8 (2.6-9.3)	3.2 (1.7-6.3)	2.1 (1.1-4.2)	1.4 (0.7-2.8)	0.9 (0.5-1.9)
3	58 (41-75)	47 (29-65)	36 (20-52)	26 (13-39)	18 (8.8-28)	12 (5.9-20)	8.5 (3.9-14)	5.7 (2.6-9.7)	3.9 (1.7-6.6)	2.6 (1.1-4.4)	1.7 (0.8-3.0)
4	71 (53-81)	62 (40-73)	51 (29-62)	39 (20-51)	29 (13-38)	21 (9.1-28)	14 (6.2-20)	9.9 (4.1-14)	6.7 (2.8-9.8)	4.5 (1.8-6.6)	3.0 (1.2-4.5)
5	80 (64-85)	74 (53-80)	65 (41-71)	54 (30-60)	43 (21-48)	32 (15-37)	23 (10-27)	16 (7.0-20)	11 (4.7-14)	7.8 (3.2-9.3)	5.2 (2.1-6.3)
6	86	83	77	69	58	47	36	26	19	13	8.8

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	17	12	8.2	5.6	3.8	2.7	1.9	1.3	0.9	0.6	0.4
1	28 (21-50)	20 (15-39)	15 (11-30)	10 (7.3-21)	7.2 (5.0-15)	5.1 (3.5-11)	3.6 (2.5-7.9)	2.5 (1.7-5.6)	1.8 (1.2-3.9)	1.2 (0.8-2.7)	0.9 (0.6-1.9)
2	41 (28-61)	32 (21-51)	24 (15-41)	18 (10-32)	13 (7.0-24)	9.1 (5.0-17)	6.5 (3.5-13)	4.6 (2.4-9.1)	3.3 (1.7-6.5)	2.3 (1.2-4.6)	1.6 (0.8-3.2)
3	54 (37-70)	45 (28-62)	36 (20-52)	27 (15-42)	21 (10-33)	15 (7.4-25)	11 (5.2-18)	8.0 (3.7-13)	5.7 (2.6-9.7)	4.0 (1.8-6.9)	2.8 (1.2-4.9)
4	66 (47-76)	58 (38-70)	49 (29-61)	40 (21-52)	31 (15-42)	24 (11-33)	18 (7.9-25)	13 (5.6-19)	9.6 (3.9-14)	6.9 (2.8-10)	4.9 (1.9-7.2)
5	75 (57-80)	69 (48-75)	62 (39-68)	53 (30-59)	44 (22-50)	35 (17-41)	28 (12-33)	21 (8.9-25)	15 (6.4-19)	11 (4.5-14)	8.1 (3.2-10)
6	82	78	72	65	57	49	40	31	24	18	13

Ten years probability of hip fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women from Bulgaria.

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	14	10	7.4	5.3	3.9	2.9	2.1	1.6	1.1	0.8	0.6
1	23 (18-43)	18 (13-35)	13 (9.5-27)	9.7 (6.9-20)	7.3 (5.1-16)	5.5 (3.8-12)	4.1 (2.8-8.9)	3.0 (2.1-6.6)	2.2 (1.5-4.9)	1.6 (1.1-3.6)	1.2 (0.8-2.7)
2	35 (23-55)	28 (18-46)	22 (13-37)	16 (9.6-29)	13 (7.1-23)	9.6 (5.3-18)	7.2 (3.9-14)	5.4 (2.9-10)	4.0 (2.1-7.8)	3.0 (1.6-5.9)	2.2 (1.2-4.3)
3	47 (31-64)	40 (24-56)	32 (18-48)	25 (13-39)	20 (10-32)	16 (7.6-25)	12 (5.7-20)	9.2 (4.3-15)	6.9 (3.2-12)	5.2 (2.3-8.7)	3.8 (1.7-6.5)
4	60 (40-71)	52 (32-65)	45 (25-57)	37 (19-48)	30 (15-41)	24 (11-33)	19 (8.5-26)	15 (6.4-21)	11 (4.8-16)	8.6 (3.5-12)	6.5 (2.6-9.3)
5	70 (51-76)	64 (42-70)	57 (34-64)	50 (27-56)	42 (21-48)	35 (17-41)	29 (13-34)	23 (9.8-27)	18 (7.4-22)	14 (5.6-17)	10 (4.2-13)
6	77	74	69	62	55	48	41	33	27	21	16

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	8.6	6.5	4.9	3.8	3.0	2.3	1.8	1.4	1.1	0.8	0.7
1	15 (11-30)	12 (8.5-24)	9.0 (6.4-19)	7.0 (4.9-15)	5.5 (3.9-12)	4.4 (3.0-9.5)	3.4 (2.4-7.5)	2.7 (1.8-5.9)	2.1 (1.4-4.6)	1.6 (1.1-3.6)	1.3 (0.9-2.8)
2	24 (15-40)	19 (11-33)	15 (8.8-27)	12 (6.8-22)	9.5 (5.4-18)	7.6 (4.2-14)	6.0 (3.3-11)	4.7 (2.6-9.1)	3.7 (2.0-7.2)	2.9 (1.6-5.7)	2.3 (1.2-4.4)
3	34 (20-50)	29 (16-43)	23 (12-36)	19 (9.4-30)	15 (7.5-25)	12 (5.9-20)	10 (4.7-17)	8.0 (3.7-13)	6.3 (2.9-11)	5.0 (2.3-8.4)	3.9 (1.8-6.7)
4	46 (27-58)	40 (22-52)	34 (17-45)	28 (14-38)	24 (11-32)	19 (8.8-27)	16 (7.0-22)	13 (5.5-18)	10 (4.4-15)	8.2 (3.4-12)	6.5 (2.7-9.3)
5	58 (36-64)	52 (30-58)	46 (24-52)	39 (20-45)	34 (16-39)	29 (13-34)	24 (10-28)	20 (8.3-24)	16 (6.6-19)	13 (5.2-16)	10 (4.1-13)
6	68	64	58	52	46	40	34	29	24	20	16