

**Bulgaria - 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/m<sup>2</sup>), 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.

Age = 50 years

Number of CRFs	BMI kg/m <sup>2</sup>						
	15	20	25	30	35	40	45
0	2.8	2.7	2.7	2.3	2.0	1.8	1.5
1	4.4 (2.9-6.6)	4.2 (2.8-6.0)	4.1 (2.8-5.8)	3.6 (2.4-5.0)	3.1 (2.1-4.3)	2.7 (1.8-3.8)	2.4 (1.6-3.3)
2	6.9 (3.7-12)	6.5 (3.5-11)	6.3 (3.3-11)	5.5 (2.9-9.6)	4.8 (2.5-8.4)	4.2 (2.2-7.4)	3.6 (1.9-6.5)
3	11 (5.4-18)	9.8 (4.9-17)	9.5 (4.6-17)	8.2 (4.0-15)	7.1 (3.4-13)	6.2 (3.0-11)	5.4 (2.6-9.9)
4	16 (8.6-25)	15 (7.8-23)	14 (7.3-23)	12 (6.3-20)	11 (5.4-17)	9.1 (4.7-15)	7.9 (4.0-13)
5	23 (14-30)	21 (14-28)	20 (14-27)	17 (12-24)	15 (10-21)	13 (8.9-18)	11 (7.7-16)
6	33	30	28	25	22	19	16

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

Age = 55 years

Number of CRFs	BMI kg/m <sup>2</sup>						
	15	20	25	30	35	40	45
0	2.8	2.7	2.7	2.3	2.0	1.8	1.5
1	4.5 (3.0-6.7)	4.3 (2.9-6.1)	4.2 (2.8-5.7)	3.6 (2.4-4.9)	3.1 (2.1-4.3)	2.7 (1.8-3.7)	2.3 (1.5-3.2)
2	7.0 (3.9-11)	6.6 (3.6-11)	6.3 (3.4-11)	5.5 (2.9-9.4)	4.7 (2.5-8.2)	4.1 (2.2-7.1)	3.5 (1.9-6.2)
3	11 (5.9-17)	9.9 (5.2-17)	9.5 (4.8-17)	8.2 (4.1-14)	7.0 (3.5-13)	6.1 (3.0-11)	5.3 (2.6-9.5)
4	16 (9.3-24)	15 (8.3-23)	14 (7.6-22)	12 (6.5-19)	10 (5.5-17)	8.9 (4.7-15)	7.7 (4.0-13)
5	23 (15-30)	21 (14-28)	20 (14-27)	17 (12-23)	15 (10-20)	13 (8.7-18)	11 (7.5-15)
6	33	30	28	24	21	18	16

Age = 60 years

Number of CRFs	BMI kg/m <sup>2</sup>						
	15	20	25	30	35	40	45
0	3.0	2.8	2.8	2.4	2.1	1.8	1.5
1	4.7 (3.2-6.8)	4.4 (3.0-6.1)	4.3 (2.9-5.8)	3.6 (2.5-4.9)	3.1 (2.1-4.2)	2.7 (1.8-3.6)	2.3 (1.5-3.1)
2	7.2 (4.3-11)	6.7 (3.9-11)	6.4 (3.6-11)	5.5 (3.1-9.2)	4.7 (2.6-8.0)	4.0 (2.2-6.9)	3.5 (1.9-6.0)
3	11 (6.6-16)	10 (5.7-16)	9.6 (5.2-16)	8.2 (4.3-14)	7.0 (3.7-12)	6.0 (3.1-10)	5.1 (2.6-9.0)
4	16 (10-23)	15 (9.0-22)	14 (8.1-22)	12 (6.8-19)	10 (5.7-16)	8.7 (4.8-14)	7.5 (4.0-12)
5	23 (15-30)	21 (14-28)	20 (14-26)	17 (12-23)	15 (10-20)	12 (8.6-17)	11 (7.4-15)
6	32	30	28	24	21	18	15

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

Age = 65 years

Number of CRFs	BMI kg/m <sup>2</sup>						
	15	20	25	30	35	40	45
0	3.4	3.2	3.1	2.6	2.2	1.9	1.6
1	5.2 (3.6-7.2)	4.9 (3.4-6.6)	4.7 (3.2-6.2)	4.0 (2.7-5.3)	3.4 (2.3-4.5)	2.9 (1.9-3.8)	2.5 (1.6-3.3)
2	7.8 (4.9-11)	7.3 (4.4-11)	7.0 (4.1-11)	6.0 (3.4-9.7)	5.1 (2.9-8.4)	4.3 (2.4-7.2)	3.7 (2.0-6.2)
3	11 (7.2-17)	11 (6.7-16)	10 (6.0-17)	8.8 (5.0-14)	7.4 (4.2-12)	6.3 (3.5-10)	5.3 (2.9-9.0)
4	16 (11-23)	16 (10-23)	15 (9.3-23)	13 (7.7-19)	11 (6.3-17)	9.0 (5.2-14)	7.6 (4.3-12)
5	23 (16-30)	22 (16-28)	21 (15-28)	18 (13-24)	15 (11-20)	13 (9.1-17)	11 (7.6-15)
6	31	30	29	25	21	18	15

Age = 70 years

Number of CRFs	BMI kg/m <sup>2</sup>						
	15	20	25	30	35	40	45
0	4.1	4.0	3.9	3.3	2.7	2.3	2.0
1	6.3 (4.4-8.1)	5.9 (4.2-7.7)	5.7 (4.0-7.4)	4.7 (3.4-6.2)	4.0 (2.8-5.2)	3.3 (2.3-4.4)	2.8 (1.9-3.7)
2	9.6 (6.1-14)	8.9 (5.6-13)	8.3 (5.2-12)	6.9 (4.3-10)	5.8 (3.6-8.5)	4.8 (3.0-7.1)	4.0 (2.5-6.0)
3	14 (8.5-22)	13 (8.1-19)	12 (7.8-18)	10 (6.4-15)	8.3 (5.2-12)	6.9 (4.3-10)	5.7 (3.5-8.7)
4	21 (13-29)	19 (12-27)	18 (12-25)	15 (9.5-21)	12 (7.7-18)	9.9 (6.3-15)	8.2 (5.1-12)
5	29 (23-37)	27 (22-35)	25 (20-32)	21 (16-27)	17 (13-23)	14 (11-19)	12 (8.8-16)
6	38	37	35	29	24	20	17

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

Age = 75 years

Number of CRFs	BMI kg/m <sup>2</sup>						
	15	20	25	30	35	40	45
0	5.3	5.1	4.9	4.1	3.4	2.8	2.3
1	8.5 (5.6-13)	7.9 (5.4-11)	7.4 (5.2-9.6)	6.1 (4.2-7.7)	5.0 (3.5-6.2)	4.1 (2.8-5.1)	3.4 (2.3-4.3)
2	13 (7.6-22)	12 (7.4-19)	11 (6.9-17)	9.1 (5.6-14)	7.4 (4.5-11)	6.0 (3.7-8.9)	4.9 (3.0-7.2)
3	20 (11-32)	19 (10-29)	17 (9.9-25)	14 (7.9-20)	11 (6.4-17)	8.9 (5.1-14)	7.2 (4.1-11)
4	29 (17-41)	27 (16-38)	25 (15-35)	20 (12-29)	16 (9.7-24)	13 (7.8-19)	11 (6.2-16)
5	40 (27-49)	37 (25-47)	35 (25-44)	29 (20-37)	24 (17-31)	19 (13-26)	16 (11-21)
6	52	49	46	40	33	28	23

Age = 80 years

Number of CRFs	BMI kg/m <sup>2</sup>						
	15	20	25	30	35	40	45
0	6.5	6.2	6.0	4.9	4.0	3.2	2.6
1	10 (6.9-17)	9.7 (6.6-15)	9.1 (6.3-13)	7.3 (5.1-10)	5.9 (4.0-8.2)	4.8 (3.3-6.5)	3.8 (2.6-5.1)
2	16 (9.4-26)	15 (8.9-23)	14 (8.6-20)	11 (6.8-16)	8.8 (5.5-13)	7.1 (4.4-10)	5.7 (3.5-8.2)
3	23 (13-35)	22 (12-32)	20 (12-29)	16 (9.4-24)	13 (7.5-19)	10 (5.9-16)	8.4 (4.7-13)
4	32 (19-44)	30 (18-41)	28 (18-38)	23 (14-32)	19 (12-26)	15 (9.2-22)	12 (7.3-17)
5	43 (29-52)	40 (27-49)	38 (26-47)	32 (22-40)	27 (18-34)	22 (14-28)	18 (11-23)
6	54	52	49	43	36	30	25

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

Age = 85 years

Number of CRFs	BMI kg/m <sup>2</sup>						
	15	20	25	30	35	40	45
0	7.6	7.0	6.5	5.2	4.2	3.4	2.7
1	12 (8.4-20)	11 (7.6-18)	10 (7.0-15)	8.1 (5.5-12)	6.4 (4.4-9.5)	5.1 (3.5-7.4)	4.1 (2.7-5.8)
2	19 (12-31)	17 (11-27)	15 (9.6-23)	12 (7.6-19)	9.8 (6.0-15)	7.8 (4.7-12)	6.2 (3.7-9.3)
3	28 (16-41)	25 (15-37)	23 (13-33)	18 (11-27)	15 (8.4-22)	12 (6.6-18)	9.3 (5.2-14)
4	38 (23-50)	35 (22-47)	32 (20-43)	27 (16-36)	22 (13-30)	17 (10-25)	14 (8.2-20)
5	49 (34-57)	46 (32-55)	43 (29-52)	37 (24-45)	31 (20-39)	25 (16-32)	20 (13-27)
6	58	57	55	48	41	35	29

Age = 90 years

Number of CRFs	BMI kg/m <sup>2</sup>						
	15	20	25	30	35	40	45
0	7.0	6.3	5.9	4.7	3.7	3.0	2.4
1	11 (7.8-19)	10 (6.9-16)	9.2 (6.2-14)	7.3 (4.9-11)	5.8 (3.9-8.6)	4.6 (3.1-6.8)	3.6 (2.4-5.3)
2	18 (11-29)	16 (9.7-25)	14 (8.7-22)	11 (6.8-17)	8.9 (5.4-14)	7.0 (4.2-11)	5.5 (3.3-8.5)
3	26 (16-39)	24 (14-35)	21 (12-31)	17 (9.6-25)	13 (7.6-21)	11 (5.9-16)	8.4 (4.6-13)
4	37 (22-48)	33 (20-44)	30 (18-40)	25 (15-34)	20 (12-28)	16 (9.3-23)	13 (7.3-18)
5	47 (33-55)	44 (30-53)	41 (27-50)	35 (22-43)	29 (18-36)	23 (14-30)	19 (11-25)
6	56	55	53	46	39	33	27