

Estonia - 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 Estonia. 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 ²)						
	15	20	25	30	35	40	45
0	1.3	1.3	1.3	1.1	1.0	0.8	0.7
1	2.1 (1.4-3.3)	2.0 (1.3-3.0)	2.0 (1.3-2.8)	1.7 (1.1-2.4)	1.5 (1.0-2.1)	1.3 (0.9-1.8)	1.1 (0.7-1.6)
2	3.3 (1.8-5.7)	3.2 (1.7-5.5)	3.1 (1.6-5.4)	2.7 (1.4-4.7)	2.3 (1.2-4.1)	2.0 (1.0-3.6)	1.7 (0.9-3.1)
3	5.2 (2.6-8.8)	4.9 (2.4-8.5)	4.7 (2.2-8.5)	4.0 (1.9-7.3)	3.5 (1.6-6.4)	3.0 (1.4-5.5)	2.6 (1.2-4.8)
4	8.0 (4.2-13)	7.3 (3.8-12)	7.0 (3.6-12)	6.0 (3.0-10)	5.2 (2.6-8.6)	4.4 (2.2-7.5)	3.8 (1.9-6.5)
5	12 (6.9-16)	11 (6.7-15)	10 (6.6-14)	8.8 (5.7-12)	7.6 (4.9-10)	6.5 (4.2-9.1)	5.6 (3.7-7.8)
6	18	16	15	13	11	9.3	8.0

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

Age = 55 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	1.8	1.7	1.7	1.5	1.3	1.1	1.0
1	2.8 (1.8-4.2)	2.7 (1.8-3.9)	2.7 (1.8-3.7)	2.3 (1.5-3.2)	2.0 (1.3-2.8)	1.7 (1.1-2.4)	1.5 (1.0-2.0)
2	4.3 (2.4-7.2)	4.2 (2.3-7.1)	4.1 (2.2-7.1)	3.5 (1.9-6.2)	3.0 (1.6-5.3)	2.6 (1.4-4.6)	2.3 (1.2-4.0)
3	6.6 (3.6-11)	6.3 (3.3-11)	6.1 (3.1-11)	5.3 (2.6-9.4)	4.5 (2.2-8.1)	3.9 (1.9-7.0)	3.3 (1.6-6.1)
4	10 (5.6-15)	9.4 (5.1-15)	9.1 (4.8-15)	7.8 (4.1-13)	6.6 (3.5-11)	5.7 (2.9-9.5)	4.9 (2.5-8.2)
5	15 (8.9-20)	14 (8.8-19)	13 (8.8-18)	11 (7.5-15)	9.6 (6.4-13)	8.2 (5.5-11)	7.1 (4.7-9.9)
6	21	20	19	16	14	12	10

Age = 60 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.2	2.1	2.1	1.8	1.5	1.3	1.1
1	3.4 (2.3-4.9)	3.3 (2.2-4.5)	3.2 (2.2-4.4)	2.8 (1.8-3.7)	2.4 (1.6-3.2)	2.0 (1.4-2.7)	1.8 (1.1-2.4)
2	5.2 (3.0-8.2)	5.0 (2.8-8.1)	4.9 (2.7-8.2)	4.2 (2.3-7.1)	3.6 (1.9-6.1)	3.1 (1.6-5.3)	2.6 (1.4-4.6)
3	7.8 (4.5-12)	7.4 (4.2-12)	7.2 (3.8-12)	6.2 (3.2-11)	5.3 (2.7-9.1)	4.5 (2.3-7.9)	3.9 (2.0-6.8)
4	12 (7.0-17)	11 (6.4-17)	11 (6.0-17)	9.0 (5.0-14)	7.7 (4.2-12)	6.5 (3.5-11)	5.6 (3.0-9.2)
5	17 (11-22)	16 (11-21)	15 (10-20)	13 (8.9-18)	11 (7.6-15)	9.4 (6.4-13)	8.0 (5.5-11)
6	23	22	21	18	15	13	11

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

Age = 65 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	2.5	2.4	2.3	2.0	1.7	1.5	1.2
1	3.9 (2.7-5.4)	3.7 (2.6-5.0)	3.6 (2.5-4.8)	3.0 (2.1-4.0)	2.6 (1.7-3.4)	2.2 (1.5-2.9)	1.9 (1.3-2.5)
2	5.9 (3.7-8.9)	5.6 (3.4-8.7)	5.4 (3.1-8.7)	4.6 (2.6-7.5)	3.9 (2.2-6.4)	3.3 (1.8-5.5)	2.8 (1.5-4.7)
3	8.8 (5.4-13)	8.3 (5.1-13)	8.0 (4.6-13)	6.7 (3.8-11)	5.7 (3.2-9.4)	4.8 (2.6-8.1)	4.1 (2.2-6.9)
4	13 (8.2-18)	12 (7.8-18)	12 (7.1-18)	9.8 (5.8-15)	8.2 (4.8-13)	6.9 (4.0-11)	5.9 (3.3-9.4)
5	18 (12-24)	17 (12-23)	16 (12-22)	14 (9.9-19)	12 (8.3-16)	9.9 (7.0-14)	8.3 (5.9-12)
6	25	24	23	19	16	14	12

Age = 70 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.0	2.8	2.6	2.2	1.8	1.5	1.3
1	4.7 (3.3-6.0)	4.2 (3.0-5.4)	3.9 (2.8-5.0)	3.2 (2.3-4.2)	2.7 (1.9-3.5)	2.2 (1.6-3.0)	1.9 (1.3-2.5)
2	7.3 (4.6-11)	6.5 (4.1-9.6)	5.8 (3.7-8.4)	4.8 (3.0-7.0)	4.0 (2.5-5.8)	3.3 (2.0-4.9)	2.7 (1.7-4.1)
3	11 (6.6-17)	9.8 (6.1-15)	8.7 (5.5-13)	7.2 (4.5-11)	5.9 (3.7-8.9)	4.8 (3.0-7.3)	4.0 (2.5-6.1)
4	17 (11-24)	15 (9.6-21)	13 (8.6-19)	11 (6.9-16)	8.7 (5.6-13)	7.1 (4.5-11)	5.8 (3.7-8.9)
5	24 (19-31)	22 (17-28)	19 (15-25)	16 (12-21)	13 (9.9-17)	10 (8.0-14)	8.5 (6.4-12)
6	33	31	28	23	19	15	12

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

Age = 75 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	3.7	3.3	3.0	2.4	2.0	1.6	1.4
1	6.1 (4.0-9.8)	5.3 (3.6-8.0)	4.7 (3.3-6.3)	3.8 (2.6-5.0)	3.1 (2.1-4.0)	2.5 (1.7-3.2)	2.0 (1.4-2.5)
2	9.9 (5.6-17)	8.6 (5.1-14)	7.4 (4.4-11)	5.9 (3.5-9.0)	4.7 (2.8-7.2)	3.8 (2.3-5.8)	3.1 (1.9-4.6)
3	16 (8.1-26)	14 (7.3-22)	12 (6.7-18)	9.3 (5.3-14)	7.4 (4.2-11)	5.9 (3.4-9.1)	4.7 (2.7-7.2)
4	24 (13-34)	21 (12-30)	18 (10-26)	14 (8.3-21)	12 (6.6-17)	9.2 (5.2-14)	7.3 (4.2-11)
5	34 (21-43)	31 (20-39)	27 (18-35)	22 (14-29)	18 (12-23)	14 (9.3-19)	11 (7.4-15)
6	45	42	38	32	26	21	17

Age = 80 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	4.6	4.3	4.1	3.3	2.7	2.2	1.7
1	7.6 (5.0-13)	6.9 (4.6-11)	6.3 (4.3-9.2)	5.0 (3.4-7.3)	4.0 (2.7-5.7)	3.2 (2.2-4.5)	2.6 (1.7-3.5)
2	12 (6.9-20)	11 (6.4-18)	9.7 (6.0-15)	7.7 (4.7-12)	6.1 (3.7-9.2)	4.9 (3.0-7.2)	3.9 (2.3-5.7)
3	18 (9.9-28)	17 (9.1-25)	15 (8.5-22)	12 (6.7-18)	9.3 (5.2-14)	7.4 (4.1-11)	5.8 (3.2-9.0)
4	26 (15-37)	24 (14-34)	22 (13-30)	18 (10-25)	14 (8.3-20)	11 (6.5-16)	8.8 (5.1-13)
5	36 (23-45)	34 (21-42)	31 (20-39)	25 (16-33)	21 (13-27)	16 (10-22)	13 (8.0-18)
6	48	45	42	35	29	24	19

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

Age = 85 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	6.3	6.0	5.9	4.8	3.8	3.1	2.5
1	10 (6.8-17)	9.5 (6.4-15)	9.0 (6.2-13)	7.2 (4.9-10)	5.8 (3.9-8.2)	4.6 (3.1-6.4)	3.7 (2.5-5.1)
2	16 (9.2-26)	14 (8.6-23)	13 (8.4-20)	11 (6.6-16)	8.6 (5.2-13)	6.9 (4.1-10)	5.5 (3.2-8.1)
3	23 (13-35)	21 (12-32)	20 (11-29)	16 (9.1-24)	13 (7.1-19)	10 (5.6-16)	8.1 (4.4-13)
4	32 (19-44)	30 (18-41)	28 (17-38)	23 (14-32)	19 (11-26)	15 (8.8-21)	12 (6.9-17)
5	43 (28-52)	40 (27-49)	38 (25-47)	32 (21-40)	26 (17-34)	21 (14-28)	17 (11-23)
6	54	51	49	42	36	30	24

Age = 90 years

Number of CRFs	BMI (kg/m ²)						
	15	20	25	30	35	40	45
0	7.7	7.0	6.5	5.3	4.2	3.4	2.8
1	12 (8.5-20)	11 (7.6-17)	10 (7.0-15)	8.1 (5.5-12)	6.5 (4.4-9.4)	5.2 (3.5-7.4)	4.1 (2.8-5.8)
2	19 (12-31)	17 (11-27)	15 (9.6-23)	12 (7.6-19)	9.8 (6.0-15)	7.8 (4.8-12)	6.2 (3.8-9.3)
3	28 (17-41)	25 (15-37)	23 (13-33)	18 (11-27)	15 (8.5-22)	12 (6.7-18)	9.4 (5.3-14)
4	38 (24-50)	35 (22-46)	32 (20-42)	26 (16-36)	22 (13-30)	17 (10-24)	14 (8.3-20)
5	49 (35-58)	46 (32-55)	43 (30-52)	37 (24-45)	31 (20-39)	25 (16-32)	20 (13-27)
6	59	57	55	48	41	35	29