

Kyrgyzstan - 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 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 Kyrgyzstan. 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	34	22	15	10	7.7	6.1	5.0	4.3	3.9	3.7	3.5
1	47 (40-56)	32 (29-40)	22 (19-27)	15 (13-19)	12 (8.9-15)	9.1 (6.6-11)	7.5 (5.2-9.8)	6.4 (4.3-8.6)	5.8 (3.8-7.9)	5.5 (3.5-7.6)	5.3 (3.3-7.4)
2	60 (50-73)	44 (36-57)	31 (25-42)	22 (17-30)	17 (12-24)	13 (8.4-20)	11 (6.4-18)	9.3 (5.2-16)	8.4 (4.5-14)	8.0 (4.2-14)	7.7 (4.0-13)
3	73 (61-82)	57 (45-68)	43 (32-53)	31 (23-43)	24 (16-36)	19 (11-30)	16 (8.5-27)	13 (6.8-24)	12 (5.8-22)	11 (5.4-21)	11 (5.1-20)
4	82 (73-88)	70 (56-78)	55 (41-63)	42 (30-52)	33 (23-44)	26 (18-38)	22 (13-33)	19 (11-29)	17 (9.2-27)	16 (8.5-26)	15 (8.0-25)
5	87 (83-89)	80 (72-84)	68 (58-72)	54 (44-61)	43 (34-51)	35 (27-44)	29 (23-38)	25 (19-34)	23 (17-31)	22 (15-30)	21 (14-29)
6	90	86	78	66	55	45	38	33	30	29	28

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

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	31	21	14	10	7.6	5.9	4.8	4.1	3.7	3.4	3.2
1	43 (38-50)	30 (28-36)	21 (19-25)	15 (12-18)	11 (8.8-14)	8.8 (6.4-11)	7.1 (5.0-9.2)	6.0 (4.0-8.0)	5.4 (3.5-7.4)	5.0 (3.3-7.0)	4.8 (3.0-6.7)
2	56 (47-67)	41 (34-52)	30 (24-38)	21 (17-28)	16 (12-23)	13 (8.3-19)	10 (6.3-16)	8.6 (5.0-14)	7.8 (4.3-13)	7.3 (3.9-12)	6.9 (3.6-12)
3	67 (57-77)	53 (43-63)	40 (31-49)	30 (22-40)	23 (15-33)	18 (11-28)	15 (8.3-24)	12 (6.5-21)	11 (5.6-20)	10 (5.0-19)	9.8 (4.7-18)
4	77 (68-83)	65 (53-72)	52 (40-59)	40 (29-49)	31 (22-41)	25 (17-35)	20 (13-30)	17 (10-27)	15 (8.7-25)	14 (7.8-24)	14 (7.2-23)
5	83 (79-86)	75 (68-79)	63 (55-68)	51 (42-58)	41 (33-48)	33 (26-41)	27 (21-35)	23 (18-31)	21 (15-29)	19 (14-27)	18 (13-26)
6	87	82	73	62	51	42	35	30	27	26	24

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	27	19	13	9.8	7.4	5.8	4.7	3.9	3.5	3.3	3.0
1	37 (33-42)	26 (24-31)	19 (17-23)	14 (12-17)	11 (8.4-13)	8.5 (6.3-10)	6.8 (4.8-8.8)	5.7 (3.9-7.6)	5.2 (3.4-7.1)	4.7 (3.1-6.6)	4.4 (2.8-6.3)
2	47 (40-56)	36 (30-44)	27 (22-33)	20 (16-25)	15 (11-21)	12 (8.2-18)	9.8 (6.2-15)	8.1 (4.8-13)	7.4 (4.2-12)	6.8 (3.7-11)	6.3 (3.4-11)
3	58 (49-67)	46 (38-54)	36 (28-44)	27 (21-36)	21 (15-30)	17 (11-26)	14 (8.2-22)	11 (6.4-19)	10 (5.5-18)	9.5 (4.8-17)	8.9 (4.4-16)
4	68 (60-74)	57 (47-64)	46 (36-53)	36 (27-45)	28 (21-38)	23 (17-32)	19 (13-28)	16 (9.8-24)	14 (8.3-23)	13 (7.4-21)	12 (6.7-20)
5	75 (70-79)	66 (60-71)	56 (49-62)	45 (39-52)	37 (30-44)	30 (24-38)	25 (20-33)	21 (17-28)	19 (14-26)	17 (13-25)	16 (11-23)
6	80	74	65	55	46	38	32	27	25	23	21

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

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	23	17	13	9.4	7.3	5.7	4.6	3.9	3.5	3.2	2.9
1	31 (29-35)	23 (21-26)	18 (15-20)	13 (11-15)	10 (8.1-12)	8.2 (6.1-10)	6.6 (4.7-8.5)	5.6 (3.8-7.4)	5.0 (3.3-6.8)	4.5 (3.0-6.3)	4.2 (2.7-5.9)
2	40 (34-47)	31 (26-37)	24 (20-29)	18 (15-23)	14 (11-20)	11 (8.0-16)	9.3 (6.1-14)	7.9 (4.9-12)	7.0 (4.1-11)	6.4 (3.6-11)	5.9 (3.2-9.9)
3	50 (42-57)	40 (33-46)	31 (26-39)	25 (19-33)	20 (14-28)	16 (11-23)	13 (8.1-20)	11 (6.4-18)	9.7 (5.4-16)	8.9 (4.7-15)	8.2 (4.2-14)
4	58 (52-65)	49 (41-55)	40 (33-47)	32 (26-40)	26 (20-34)	21 (16-29)	17 (12-25)	15 (9.6-22)	13 (8.1-21)	12 (7.0-19)	11 (6.2-18)
5	66 (61-71)	58 (52-63)	49 (43-55)	40 (35-47)	33 (28-41)	27 (23-35)	23 (19-30)	19 (16-26)	17 (13-24)	16 (12-23)	15 (10-21)
6	72	65	57	49	41	34	29	25	22	21	19

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	20	15	11	8.9	7.0	5.6	4.5	3.9	3.4	3.1	2.8
1	27 (23-33)	21 (17-26)	16 (13-20)	13 (9.8-16)	9.8 (7.5-12)	7.8 (5.8-9.5)	6.3 (4.5-7.6)	5.3 (3.7-6.4)	4.7 (3.2-5.6)	4.2 (2.8-5.0)	3.8 (2.5-4.6)
2	36 (30-45)	29 (23-36)	22 (17-29)	18 (13-23)	14 (10.0-18)	11 (7.6-15)	8.7 (5.9-12)	7.3 (4.8-10)	6.3 (4.1-8.9)	5.6 (3.5-8.0)	5.1 (3.1-7.2)
3	46 (38-55)	38 (30-46)	30 (23-39)	24 (18-32)	19 (13-26)	15 (10-21)	12 (7.9-17)	9.9 (6.4-15)	8.5 (5.4-13)	7.5 (4.6-12)	6.7 (4.1-10)
4	56 (47-63)	48 (39-55)	39 (31-47)	32 (24-39)	25 (19-32)	20 (14-27)	16 (11-22)	13 (9.2-19)	11 (7.7-16)	10.0 (6.6-15)	8.8 (5.8-13)
5	65 (58-70)	57 (50-63)	49 (42-55)	41 (34-47)	33 (27-40)	27 (22-33)	21 (17-27)	18 (14-23)	15 (12-20)	13 (10-18)	12 (9.3-16)
6	72	66	58	50	42	35	28	23	20	17	15

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

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	17	13	11	8.5	6.8	5.5	4.5	3.9	3.5	3.1	2.8
1	25 (19-40)	20 (15-33)	16 (11-26)	13 (8.9-20)	10 (7.0-16)	8.0 (5.6-12)	6.4 (4.4-9.3)	5.5 (3.7-7.5)	4.8 (3.2-6.2)	4.2 (2.8-5.2)	3.7 (2.5-4.4)
2	34 (24-50)	28 (19-42)	23 (15-34)	18 (12-27)	15 (9.4-22)	12 (7.4-17)	9.2 (5.8-13)	7.7 (4.9-11)	6.6 (4.1-9.2)	5.7 (3.6-7.7)	4.9 (3.1-6.6)
3	45 (31-59)	38 (25-51)	32 (20-43)	26 (16-36)	21 (13-29)	17 (9.9-23)	13 (7.8-19)	11 (6.5-16)	9.1 (5.5-13)	7.7 (4.7-11)	6.6 (4.1-9.5)
4	56 (39-66)	49 (33-59)	42 (27-52)	35 (21-45)	29 (17-37)	23 (14-30)	19 (11-25)	15 (9.0-20)	13 (7.6-17)	11 (6.5-14)	9.0 (5.7-12)
5	66 (48-72)	60 (41-66)	53 (35-60)	46 (29-53)	38 (23-45)	32 (19-38)	26 (15-31)	21 (13-26)	18 (11-22)	15 (9.8-19)	12 (8.6-16)
6	74	69	63	56	49	42	34	29	24	20	16

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	14	12	9.6	7.8	6.4	5.3	4.4	3.8	3.4	3.0	2.7
1	21 (15-34)	17 (12-28)	14 (10.0-23)	11 (8.0-19)	9.4 (6.5-15)	7.6 (5.2-12)	6.3 (4.3-9.6)	5.4 (3.7-8.0)	4.7 (3.2-6.6)	4.1 (2.8-5.6)	3.6 (2.4-4.7)
2	29 (20-43)	24 (16-37)	20 (13-31)	17 (11-25)	13 (8.6-20)	11 (7.0-16)	9.0 (5.7-13)	7.6 (4.8-11)	6.5 (4.1-9.3)	5.6 (3.5-7.8)	4.9 (3.1-6.7)
3	38 (26-51)	33 (21-45)	28 (17-38)	23 (14-32)	19 (12-27)	16 (9.4-22)	13 (7.6-18)	11 (6.4-15)	9.1 (5.5-13)	7.8 (4.7-11)	6.7 (4.1-9.3)
4	48 (32-59)	42 (27-53)	37 (23-46)	31 (19-40)	26 (15-34)	22 (13-28)	18 (10-23)	15 (8.8-20)	13 (7.5-17)	11 (6.4-14)	9.1 (5.6-12)
5	58 (40-65)	53 (34-59)	47 (29-53)	41 (24-47)	35 (20-41)	29 (17-35)	24 (14-30)	21 (12-25)	17 (10-22)	15 (9.1-19)	12 (8.0-16)
6	67	62	57	51	44	38	32	28	24	20	17

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

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	12	10.0	8.3	6.9	5.8	4.8	4.1	3.6	3.2	2.8	2.5
1	17 (12-29)	15 (10-25)	12 (8.5-21)	10 (7.0-17)	8.5 (5.8-14)	7.1 (4.8-12)	6.0 (4.0-9.7)	5.2 (3.5-8.2)	4.5 (3.0-7.0)	4.0 (2.6-6.0)	3.5 (2.3-5.1)
2	24 (16-37)	21 (14-32)	18 (11-27)	15 (9.4-23)	12 (7.8-19)	10 (6.4-16)	8.7 (5.4-13)	7.5 (4.7-11)	6.5 (4.0-9.6)	5.6 (3.5-8.2)	4.9 (3.0-7.1)
3	33 (21-45)	29 (18-40)	24 (15-34)	21 (13-30)	18 (10-25)	15 (8.6-21)	12 (7.3-18)	11 (6.3-15)	9.2 (5.4-13)	8.0 (4.7-11)	6.9 (4.1-9.6)
4	42 (27-53)	38 (23-47)	33 (20-42)	28 (17-37)	24 (14-32)	20 (12-27)	17 (9.8-23)	15 (8.5-20)	13 (7.3-17)	11 (6.3-15)	9.6 (5.5-13)
5	52 (34-59)	47 (30-54)	42 (26-49)	37 (22-44)	32 (18-39)	28 (15-34)	24 (13-29)	21 (12-26)	18 (10-22)	16 (8.8-20)	13 (7.7-17)
6	62	57	53	47	42	37	32	28	25	21	18

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	9.9	8.4	7.2	6.1	5.1	4.3	3.8	3.4	3.0	2.6	2.3
1	15 (10-25)	13 (8.8-22)	11 (7.4-19)	9.2 (6.3-16)	7.8 (5.3-14)	6.6 (4.4-11)	5.7 (3.9-9.9)	5.0 (3.4-8.6)	4.4 (3.0-7.5)	3.9 (2.6-6.5)	3.4 (2.3-5.7)
2	21 (14-33)	18 (12-29)	16 (9.9-25)	13 (8.4-22)	11 (7.1-19)	9.8 (6.0-16)	8.5 (5.2-14)	7.5 (4.6-12)	6.6 (4.0-10)	5.8 (3.5-9.1)	5.1 (3.1-7.9)
3	29 (18-40)	25 (15-36)	22 (13-32)	19 (11-28)	17 (9.6-24)	14 (8.1-21)	12 (7.0-18)	11 (6.2-16)	9.6 (5.4-14)	8.4 (4.8-12)	7.4 (4.2-11)
4	38 (23-48)	34 (20-43)	30 (17-39)	26 (15-35)	23 (13-31)	20 (11-27)	18 (9.5-24)	16 (8.4-21)	14 (7.4-19)	12 (6.5-16)	11 (5.7-14)
5	47 (30-54)	43 (26-50)	39 (23-46)	35 (20-41)	31 (17-37)	28 (15-33)	24 (13-30)	22 (11-27)	19 (10-24)	17 (8.9-21)	15 (7.8-19)
6	57	53	49	45	41	36	33	30	27	24	21