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 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 Kyrgyzstan. 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	4.1	4.0	4.0	3.5	3.1	2.7	2.3
1	6.4 (4.3-9.6)	6.3 (4.2-8.9)	6.2 (4.1-8.6)	5.4 (3.6-7.4)	4.7 (3.1-6.5)	4.1 (2.7-5.6)	3.6 (2.4-4.9)
2	10.0 (5.4-17)	9.5 (5.1-16)	9.4 (5.0-16)	8.2 (4.3-14)	7.1 (3.8-12)	6.2 (3.3-11)	5.4 (2.8-9.6)
3	15 (7.8-25)	14 (7.2-24)	14 (6.8-24)	12 (5.9-21)	11 (5.1-19)	9.2 (4.4-17)	8.0 (3.8-15)
4	22 (12-33)	21 (11-32)	20 (11-32)	18 (9.3-28)	15 (8.0-25)	13 (6.9-22)	12 (6.0-19)
5	31 (20-41)	29 (20-38)	28 (20-37)	25 (17-33)	22 (15-29)	19 (13-26)	17 (11-23)
6	43	40	39	34	30	26	23

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

Age = 55 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	4.2	4.1	4.0	3.5	3.0	2.6	2.3
1	6.6 (4.5-9.8)	6.3 (4.3-8.9)	6.2 (4.2-8.5)	5.3 (3.6-7.3)	4.6 (3.1-6.3)	4.0 (2.7-5.5)	3.5 (2.3-4.7)
2	10 (5.8-17)	9.6 (5.4-16)	9.3 (5.1-16)	8.1 (4.4-14)	7.0 (3.8-12)	6.0 (3.2-10)	5.2 (2.8-9.2)
3	15 (8.7-24)	14 (7.7-24)	14 (7.1-24)	12 (6.1-21)	10 (5.2-18)	8.9 (4.5-16)	7.7 (3.8-14)
4	23 (13-33)	21 (12-32)	20 (11-31)	17 (9.5-27)	15 (8.1-24)	13 (6.9-21)	11 (5.9-18)
5	32 (21-41)	30 (20-38)	28 (20-37)	24 (17-32)	21 (15-28)	18 (13-25)	16 (11-22)
6	43	40	38	34	29	26	22

Age = 60 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	4.5	4.3	4.2	3.6	3.1	2.7	2.3
1	7.0 (4.8-10)	6.6 (4.5-9.2)	6.4 (4.3-8.6)	5.5 (3.7-7.4)	4.7 (3.2-6.3)	4.0 (2.7-5.4)	3.5 (2.3-4.7)
2	11 (6.4-16)	10.0 (5.8-16)	9.6 (5.4-16)	8.2 (4.6-14)	7.0 (3.9-12)	6.0 (3.3-10)	5.2 (2.8-8.9)
3	16 (9.6-23)	15 (8.6-23)	14 (7.7-23)	12 (6.5-20)	10 (5.5-17)	8.9 (4.7-15)	7.6 (4.0-13)
4	23 (15-32)	21 (13-31)	20 (12-31)	17 (10-27)	15 (8.5-23)	13 (7.1-20)	11 (6.0-18)
5	31 (21-40)	30 (21-38)	28 (20-37)	24 (17-32)	21 (15-28)	18 (13-24)	15 (11-21)
6	41	40	38	33	29	25	21

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

Age = 65 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	4.9	4.7	4.5	3.8	3.3	2.8	2.4
1	7.5 (5.3-10)	7.1 (5.0-9.6)	6.8 (4.7-9.1)	5.8 (4.0-7.7)	4.9 (3.3-6.5)	4.2 (2.8-5.5)	3.6 (2.4-4.7)
2	11 (7.2-16)	11 (6.5-16)	10 (6.0-16)	8.6 (5.0-14)	7.3 (4.2-12)	6.2 (3.5-10)	5.3 (3.0-8.8)
3	16 (10-23)	15 (9.7-23)	15 (8.8-23)	13 (7.3-20)	11 (6.1-17)	9.0 (5.1-15)	7.6 (4.3-13)
4	23 (15-31)	22 (15-31)	21 (13-31)	18 (11-27)	15 (9.2-23)	13 (7.6-20)	11 (6.3-17)
5	31 (22-39)	30 (22-38)	29 (21-37)	25 (18-32)	21 (15-28)	18 (13-24)	15 (11-21)
6	40	39	38	33	28	24	21

Age = 70 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	5.4	5.1	5.0	4.2	3.5	3.0	2.5
1	8.2 (5.7-10)	7.7 (5.4-9.9)	7.3 (5.2-9.5)	6.1 (4.3-8.0)	5.1 (3.6-6.7)	4.3 (3.0-5.7)	3.6 (2.5-4.8)
2	12 (8.0-18)	11 (7.3-17)	11 (6.8-16)	8.9 (5.6-13)	7.4 (4.6-11)	6.1 (3.8-9.2)	5.1 (3.1-7.7)
3	18 (11-27)	17 (10-25)	16 (10.0-22)	13 (8.1-19)	11 (6.6-16)	8.8 (5.4-13)	7.3 (4.4-11)
4	26 (17-35)	24 (16-33)	22 (15-32)	18 (12-27)	15 (9.9-22)	13 (8.0-19)	10 (6.5-16)
5	36 (30-44)	33 (27-42)	31 (25-39)	26 (21-34)	22 (17-28)	18 (14-24)	15 (11-20)
6	46	44	42	36	30	25	21

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

Age = 75 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	6.1	5.9	5.8	4.8	4.0	3.3	2.7
1	9.7 (6.4-15)	9.1 (6.2-13)	8.6 (6.0-11)	7.0 (4.9-8.9)	5.8 (4.0-7.2)	4.7 (3.3-5.9)	3.9 (2.7-5.0)
2	15 (8.8-24)	14 (8.4-22)	13 (7.9-19)	10 (6.4-15)	8.5 (5.2-13)	6.9 (4.3-10)	5.7 (3.5-8.3)
3	23 (12-35)	21 (12-32)	19 (11-28)	15 (9.0-23)	13 (7.3-19)	10 (5.9-15)	8.3 (4.7-13)
4	32 (19-45)	30 (18-41)	27 (17-38)	23 (14-32)	18 (11-27)	15 (8.8-22)	12 (7.1-18)
5	44 (30-53)	41 (28-50)	38 (27-47)	32 (23-41)	27 (19-34)	22 (15-29)	18 (12-24)
6	56	53	50	43	37	31	25

Age = 80 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	6.8	6.6	6.5	5.3	4.4	3.6	2.9
1	11 (7.3-17)	10 (6.9-15)	9.7 (6.8-13)	7.9 (5.4-11)	6.4 (4.4-8.6)	5.2 (3.5-6.8)	4.2 (2.9-5.4)
2	16 (9.9-26)	15 (9.4-24)	14 (9.1-21)	12 (7.3-17)	9.4 (5.8-13)	7.6 (4.7-11)	6.1 (3.8-8.7)
3	24 (14-36)	22 (13-33)	21 (12-30)	17 (10.0-25)	14 (8.0-20)	11 (6.4-16)	8.9 (5.1-13)
4	34 (20-45)	31 (19-42)	29 (19-39)	24 (15-33)	20 (12-27)	16 (9.7-22)	13 (7.7-18)
5	44 (30-53)	42 (28-51)	39 (27-48)	33 (23-41)	28 (19-35)	23 (15-29)	18 (12-24)
6	55	53	50	44	37	31	26

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

Age = 85 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	7.6	7.3	7.2	5.8	4.7	3.8	3.0
1	12 (8.2-20)	11 (7.7-18)	11 (7.4-16)	8.7 (5.9-13)	7.0 (4.7-10)	5.6 (3.7-7.9)	4.5 (3.0-6.2)
2	19 (11-30)	17 (10-27)	16 (10-24)	13 (8.0-20)	10 (6.3-16)	8.3 (5.0-12)	6.6 (4.0-9.8)
3	27 (16-39)	25 (14-37)	23 (14-34)	19 (11-28)	15 (8.6-23)	12 (6.8-19)	9.7 (5.4-15)
4	37 (23-49)	34 (21-46)	32 (20-43)	27 (17-36)	22 (13-30)	18 (11-25)	14 (8.4-20)
5	48 (33-56)	45 (31-54)	43 (30-51)	36 (24-45)	30 (20-38)	25 (16-32)	20 (13-27)
6	57	56	54	47	40	34	28

Age = 90 years

Number of CRFs	BMI kg/m²						
	15	20	25	30	35	40	45
0	8.8	8.2	7.8	6.2	4.9	3.9	3.1
1	14 (9.6-23)	13 (8.7-21)	12 (8.2-18)	9.6 (6.5-15)	7.6 (5.1-12)	6.0 (4.0-9.1)	4.8 (3.2-7.1)
2	21 (13-34)	19 (12-31)	18 (11-28)	14 (8.8-23)	12 (6.9-18)	9.1 (5.4-14)	7.2 (4.2-11)
3	30 (18-44)	28 (17-41)	26 (15-38)	21 (12-32)	17 (9.6-26)	14 (7.5-21)	11 (5.9-17)
4	41 (26-53)	38 (24-50)	36 (22-47)	30 (18-40)	25 (15-34)	20 (12-28)	16 (9.2-23)
5	51 (37-58)	49 (34-57)	46 (32-55)	40 (27-49)	34 (22-42)	28 (18-36)	23 (14-30)
6	58	59	57	51	44	38	32