

Poland - 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 Poland. 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	11	5.8	3.0	1.5	0.8	0.4	0.2	0.1	0.1	0.0	0.0
1	17 (12-22)	9.2 (6.1-12)	4.8 (3.1-6.3)	2.5 (1.6-3.2)	1.3 (0.8-1.7)	0.6 (0.4-0.9)	0.3 (0.2-0.4)	0.2 (0.1-0.2)	0.1 (0.1-0.1)	0.0 (0.0-0.1)	0.0 (0.0-0.0)
2	26 (16-37)	14 (8.5-21)	7.6 (4.4-11)	3.9 (2.3-6.0)	2.0 (1.2-3.1)	1.0 (0.6-1.6)	0.5 (0.3-0.8)	0.3 (0.2-0.4)	0.1 (0.1-0.2)	0.1 (0.0-0.1)	0.0 (0.0-0.1)
3	38 (23-55)	22 (13-34)	12 (6.7-19)	6.2 (3.5-10)	3.2 (1.8-5.3)	1.7 (0.9-2.8)	0.8 (0.5-1.4)	0.4 (0.2-0.7)	0.2 (0.1-0.4)	0.1 (0.1-0.2)	0.1 (0.0-0.1)
4	52 (37-70)	32 (21-47)	18 (11-28)	9.6 (5.9-15)	5.0 (3.1-8.0)	2.6 (1.6-4.2)	1.3 (0.8-2.1)	0.7 (0.4-1.1)	0.4 (0.2-0.6)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
5	68 (58-82)	45 (36-59)	27 (20-37)	15 (11-21)	7.8 (5.7-11)	4.0 (2.9-5.9)	2.1 (1.5-3.0)	1.1 (0.8-1.6)	0.6 (0.4-0.8)	0.3 (0.2-0.5)	0.2 (0.1-0.2)
6	83	61	38	22	12	6.2	3.2	1.7	0.9	0.5	0.3

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

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	11	5.9	3.2	1.7	0.9	0.5	0.3	0.2	0.1	0.1	0.0
1	16 (11-20)	9.2 (6.2-11)	5.0 (3.3-6.2)	2.7 (1.8-3.4)	1.5 (1.0-1.8)	0.8 (0.5-1.0)	0.4 (0.3-0.5)	0.2 (0.2-0.3)	0.1 (0.1-0.2)	0.1 (0.1-0.1)	0.0 (0.0-0.1)
2	25 (16-34)	14 (8.6-20)	7.8 (4.7-11)	4.3 (2.6-6.2)	2.3 (1.4-3.4)	1.3 (0.7-1.8)	0.7 (0.4-1.0)	0.4 (0.2-0.6)	0.2 (0.1-0.3)	0.1 (0.1-0.2)	0.1 (0.0-0.1)
3	35 (23-51)	21 (13-32)	12 (7.1-19)	6.7 (3.9-11)	3.6 (2.1-5.8)	2.0 (1.1-3.1)	1.1 (0.6-1.7)	0.6 (0.3-0.9)	0.3 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
4	49 (36-66)	31 (21-44)	18 (12-27)	10 (6.6-16)	5.6 (3.6-8.7)	3.0 (2.0-4.8)	1.6 (1.1-2.6)	0.9 (0.6-1.4)	0.5 (0.3-0.8)	0.3 (0.2-0.5)	0.2 (0.1-0.3)
5	64 (56-77)	43 (36-56)	26 (21-36)	15 (12-21)	8.5 (6.7-12)	4.7 (3.6-6.7)	2.5 (2.0-3.7)	1.4 (1.1-2.0)	0.8 (0.6-1.1)	0.4 (0.3-0.6)	0.2 (0.2-0.4)
6	79	58	37	22	13	7.0	3.8	2.2	1.2	0.7	0.4

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	10	5.9	3.3	1.9	1.0	0.6	0.3	0.2	0.1	0.1	0.0
1	16 (11-18)	9.1 (6.2-11)	5.2 (3.5-6.1)	2.9 (2.0-3.4)	1.6 (1.1-1.9)	0.9 (0.6-1.1)	0.5 (0.3-0.6)	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	23 (15-31)	14 (8.7-19)	7.9 (4.9-11)	4.5 (2.8-6.2)	2.5 (1.6-3.5)	1.4 (0.9-2.0)	0.8 (0.5-1.1)	0.5 (0.3-0.6)	0.3 (0.2-0.4)	0.2 (0.1-0.2)	0.1 (0.1-0.1)
3	33 (22-46)	20 (13-29)	12 (7.4-18)	6.8 (4.2-10)	3.9 (2.4-5.9)	2.2 (1.3-3.3)	1.2 (0.8-1.9)	0.7 (0.4-1.1)	0.4 (0.3-0.6)	0.2 (0.1-0.4)	0.1 (0.1-0.2)
4	45 (35-60)	29 (21-41)	18 (12-26)	10 (7.1-15)	5.9 (4.0-8.9)	3.3 (2.3-5.1)	1.9 (1.3-2.9)	1.1 (0.7-1.7)	0.6 (0.4-1.0)	0.4 (0.3-0.6)	0.2 (0.1-0.3)
5	60 (53-72)	40 (35-52)	25 (21-34)	15 (13-21)	8.8 (7.2-12)	5.0 (4.1-7.1)	2.9 (2.3-4.1)	1.7 (1.4-2.4)	1.0 (0.8-1.4)	0.6 (0.5-0.8)	0.3 (0.3-0.5)
6	74	54	36	22	13	7.5	4.3	2.5	1.5	0.8	0.5

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

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	10	6.0	3.5	2.1	1.2	0.7	0.4	0.3	0.2	0.1	0.1
1	15 (11-18)	9.1 (6.3-11)	5.4 (3.7-6.4)	3.1 (2.2-3.8)	1.8 (1.3-2.2)	1.1 (0.7-1.3)	0.6 (0.4-0.8)	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	22 (15-28)	13 (8.9-17)	8.1 (5.2-11)	4.8 (3.1-6.3)	2.8 (1.8-3.7)	1.6 (1.0-2.2)	1.0 (0.6-1.3)	0.6 (0.4-0.8)	0.4 (0.2-0.5)	0.2 (0.1-0.3)	0.1 (0.1-0.2)
3	31 (22-42)	20 (13-27)	12 (7.9-17)	7.1 (4.6-10)	4.2 (2.7-6.1)	2.5 (1.6-3.6)	1.5 (1.0-2.2)	0.9 (0.6-1.3)	0.5 (0.3-0.8)	0.3 (0.2-0.5)	0.2 (0.1-0.3)
4	42 (33-55)	28 (21-38)	17 (13-25)	11 (7.7-15)	6.3 (4.5-9.2)	3.7 (2.6-5.4)	2.2 (1.6-3.3)	1.3 (1.0-2.0)	0.8 (0.6-1.2)	0.5 (0.4-0.7)	0.3 (0.2-0.4)
5	55 (49-67)	38 (33-49)	25 (21-33)	15 (13-21)	9.2 (7.6-13)	5.5 (4.5-7.7)	3.3 (2.7-4.7)	2.0 (1.6-2.8)	1.2 (1.0-1.7)	0.7 (0.6-1.0)	0.4 (0.4-0.6)
6	68	51	34	22	13	8.0	4.9	3.0	1.8	1.1	0.7

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	11	6.5	4.0	2.5	1.5	0.9	0.6	0.4	0.2	0.1	0.1
1	17 (15-21)	11 (9.2-13)	6.6 (5.7-8.4)	4.1 (3.5-5.2)	2.5 (2.1-3.2)	1.5 (1.3-2.0)	1.0 (0.8-1.2)	0.6 (0.5-0.8)	0.4 (0.3-0.5)	0.2 (0.2-0.3)	0.2 (0.1-0.2)
2	26 (21-34)	17 (14-23)	11 (8.5-15)	6.7 (5.2-9.1)	4.1 (3.2-5.7)	2.6 (2.0-3.5)	1.6 (1.2-2.2)	1.0 (0.8-1.4)	0.6 (0.5-0.9)	0.4 (0.3-0.6)	0.3 (0.2-0.4)
3	39 (31-47)	27 (20-33)	17 (13-22)	11 (8.0-14)	6.8 (4.9-9.1)	4.3 (3.0-5.7)	2.7 (1.9-3.7)	1.7 (1.2-2.3)	1.1 (0.8-1.5)	0.7 (0.5-0.9)	0.4 (0.3-0.6)
4	54 (44-61)	39 (31-46)	27 (20-32)	17 (13-21)	11 (8.0-14)	7.0 (5.0-8.7)	4.5 (3.2-5.6)	2.8 (2.0-3.6)	1.8 (1.3-2.3)	1.1 (0.8-1.4)	0.7 (0.5-0.9)
5	69 (61-73)	54 (46-59)	39 (32-44)	27 (21-30)	17 (14-20)	11 (8.8-13)	7.3 (5.7-8.4)	4.7 (3.6-5.4)	3.0 (2.3-3.4)	1.9 (1.5-2.2)	1.2 (0.9-1.4)
6	81	69	55	40	27	18	12	7.6	4.8	3.1	2.0

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

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	12	7.8	5.0	3.2	2.0	1.3	0.9	0.6	0.4	0.3	0.2
1	21 (16-41)	15 (11-29)	9.6 (7.0-20)	6.3 (4.5-13)	4.1 (2.9-8.6)	2.7 (1.9-5.8)	1.8 (1.3-3.8)	1.2 (0.8-2.5)	0.8 (0.6-1.7)	0.5 (0.4-1.1)	0.3 (0.2-0.7)
2	35 (22-56)	25 (15-43)	17 (9.9-31)	11 (6.4-22)	7.5 (4.1-15)	5.0 (2.7-9.9)	3.4 (1.8-6.7)	2.2 (1.2-4.5)	1.5 (0.8-3.0)	1.0 (0.5-2.0)	0.6 (0.3-1.3)
3	50 (32-68)	38 (22-56)	28 (15-43)	20 (9.6-31)	13 (6.2-22)	9.0 (4.1-15)	6.1 (2.7-10)	4.1 (1.8-7.0)	2.7 (1.2-4.7)	1.8 (0.8-3.1)	1.2 (0.5-2.1)
4	65 (43-76)	54 (32-66)	42 (22-54)	31 (15-42)	22 (9.8-30)	15 (6.6-22)	11 (4.4-15)	7.2 (2.9-10)	4.8 (1.9-7.1)	3.2 (1.3-4.8)	2.1 (0.8-3.2)
5	77 (57-82)	69 (45-75)	58 (33-64)	46 (23-52)	34 (16-39)	25 (11-29)	18 (7.5-21)	12 (5.0-15)	8.2 (3.4-9.9)	5.6 (2.2-6.7)	3.7 (1.5-4.5)
6	84	80	72	62	49	38	28	20	14	9.4	6.3

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	13	9.3	6.3	4.3	2.9	2.0	1.4	1.0	0.7	0.5	0.3
1	23 (17-44)	17 (12-33)	12 (8.3-24)	8.1 (5.6-17)	5.6 (3.8-12)	4.0 (2.7-8.6)	2.8 (1.9-6.0)	1.9 (1.3-4.2)	1.3 (0.9-2.9)	0.9 (0.6-2.0)	0.6 (0.4-1.4)
2	36 (23-57)	27 (17-46)	20 (11-36)	14 (7.9-26)	10 (5.4-19)	7.2 (3.8-14)	5.1 (2.6-10)	3.6 (1.8-7.1)	2.5 (1.3-5.0)	1.7 (0.9-3.5)	1.2 (0.6-2.4)
3	49 (32-67)	40 (23-58)	31 (17-47)	23 (12-36)	17 (8.1-27)	12 (5.7-20)	8.8 (4.0-15)	6.3 (2.8-11)	4.4 (1.9-7.6)	3.1 (1.3-5.4)	2.2 (0.9-3.8)
4	62 (42-74)	54 (33-66)	44 (24-57)	35 (17-46)	26 (12-36)	20 (8.7-28)	15 (6.2-21)	11 (4.3-16)	7.5 (3.0-11)	5.3 (2.1-8.0)	3.7 (1.5-5.7)
5	73 (53-78)	66 (44-72)	58 (34-64)	48 (26-55)	39 (19-45)	30 (14-36)	23 (10-28)	17 (7.1-21)	12 (5.0-15)	8.9 (3.6-11)	6.3 (2.5-8.0)
6	81	76	70	62	53	43	34	26	20	14	10

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

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	9.9	7.1	5.1	3.7	2.7	2.0	1.5	1.1	0.8	0.6
1	23 (17-43)	17 (13-34)	13 (9.2-26)	9.4 (6.6-20)	7.0 (4.9-15)	5.2 (3.6-11)	3.9 (2.6-8.4)	2.9 (1.9-6.2)	2.1 (1.4-4.6)	1.5 (1.0-3.4)	1.1 (0.8-2.5)
2	34 (23-54)	27 (17-45)	21 (13-37)	16 (9.2-29)	12 (6.8-23)	9.3 (5.1-18)	7.0 (3.7-13)	5.2 (2.7-10)	3.8 (2.0-7.6)	2.8 (1.5-5.6)	2.1 (1.1-4.1)
3	47 (31-64)	39 (24-56)	32 (18-48)	25 (13-39)	20 (9.9-32)	15 (7.5-25)	12 (5.6-19)	8.9 (4.1-15)	6.7 (3.0-11)	4.9 (2.2-8.4)	3.7 (1.6-6.2)
4	59 (40-71)	52 (32-64)	44 (25-57)	37 (19-48)	30 (15-40)	24 (11-33)	19 (8.3-26)	15 (6.2-20)	11 (4.6-16)	8.3 (3.4-12)	6.2 (2.5-9.1)
5	70 (50-75)	64 (42-70)	57 (34-63)	49 (27-55)	42 (21-48)	35 (17-41)	28 (13-34)	23 (9.7-27)	18 (7.3-21)	13 (5.5-17)	10 (4.1-13)
6	78	74	68	62	55	48	40	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	11	8.2	6.2	4.7	3.6	2.8	2.2	1.7	1.3	1.0	0.8
1	19 (14-36)	15 (11-29)	11 (8.0-23)	8.7 (6.1-18)	6.8 (4.8-15)	5.4 (3.7-12)	4.2 (2.9-9.1)	3.3 (2.2-7.1)	2.5 (1.7-5.5)	1.9 (1.3-4.3)	1.5 (1.0-3.3)
2	29 (19-48)	23 (15-40)	19 (11-33)	15 (8.6-27)	12 (6.7-22)	9.4 (5.2-18)	7.4 (4.1-14)	5.8 (3.1-11)	4.6 (2.4-8.9)	3.5 (1.9-7.0)	2.7 (1.4-5.4)
3	41 (25-58)	35 (20-51)	29 (15-44)	23 (12-36)	19 (9.5-31)	16 (7.5-25)	12 (5.9-20)	9.9 (4.6-16)	7.8 (3.6-13)	6.1 (2.8-10)	4.8 (2.2-8.1)
4	54 (34-66)	48 (28-60)	41 (22-53)	34 (17-46)	29 (14-39)	24 (11-33)	20 (8.8-27)	16 (6.9-22)	13 (5.4-18)	10 (4.2-15)	8.0 (3.3-12)
5	66 (44-72)	60 (37-66)	54 (31-60)	47 (25-53)	41 (20-47)	35 (17-41)	30 (13-35)	25 (11-29)	20 (8.4-24)	16 (6.7-20)	13 (5.2-16)
6	75	71	66	60	54	48	42	36	30	25	20