

Kyrgyzstan - The probabilities of a major osteoporotic fracture in women

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	30	20	14	10	8.0	6.6	5.6	5.1	4.8	4.6	4.4
1	43 (39-52)	29 (26-36)	21 (18-26)	15 (12-19)	12 (8.9-15)	9.8 (6.9-13)	8.3 (5.6-11)	7.5 (5.0-10)	7.1 (4.7-9.9)	6.8 (4.4-9.5)	6.6 (4.2-9.2)
2	58 (48-73)	42 (35-55)	30 (23-40)	22 (16-31)	17 (11-26)	14 (8.6-23)	12 (6.9-20)	11 (6.0-18)	10 (5.5-18)	10.0 (5.2-17)	9.6 (5.0-16)
3	73 (60-85)	56 (44-68)	42 (31-55)	32 (21-46)	25 (15-39)	20 (11-34)	17 (8.9-30)	16 (7.8-28)	15 (7.1-27)	14 (6.7-26)	14 (6.4-25)
4	85 (73-92)	71 (55-80)	55 (40-66)	43 (30-56)	34 (24-48)	28 (18-42)	24 (14-38)	22 (12-35)	21 (11-34)	20 (11-33)	19 (10-32)
5	93 (89-95)	83 (75-88)	69 (59-75)	56 (46-64)	46 (37-55)	38 (30-48)	33 (26-43)	30 (22-40)	28 (21-38)	27 (19-37)	26 (18-36)
6	96	92	82	70	59	50	43	40	38	36	35

Ten years probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women 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	30	20	14	11	8.4	6.8	5.7	5.2	4.9	4.6	4.4
1	42 (38-49)	30 (27-35)	21 (18-25)	16 (13-19)	12 (9.4-15)	10 (7.3-13)	8.5 (5.9-11)	7.8 (5.2-11)	7.2 (4.8-10.0)	6.8 (4.5-9.5)	6.5 (4.2-9.0)
2	56 (48-69)	41 (35-53)	30 (24-40)	23 (17-31)	18 (12-26)	15 (9.1-23)	12 (7.2-20)	11 (6.3-18)	11 (5.7-17)	9.9 (5.3-17)	9.4 (5.0-16)
3	71 (59-81)	55 (44-66)	42 (32-55)	32 (22-46)	25 (16-39)	21 (12-34)	17 (9.4-30)	16 (8.2-28)	15 (7.4-27)	14 (6.8-26)	13 (6.4-24)
4	83 (71-89)	69 (55-77)	55 (41-65)	43 (32-56)	35 (25-48)	29 (19-42)	24 (15-37)	22 (13-35)	21 (12-33)	20 (11-32)	19 (10-30)
5	91 (87-93)	81 (74-86)	69 (60-74)	56 (48-64)	46 (38-55)	38 (31-48)	33 (26-43)	30 (23-40)	28 (21-38)	26 (19-36)	25 (18-35)
6	94	90	81	69	59	50	43	40	37	35	34

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	30	21	15	12	9.0	7.2	6.2	5.6	5.1	4.7	4.4
1	42 (39-47)	30 (28-35)	22 (19-26)	17 (14-20)	13 (10-16)	11 (7.7-14)	9.0 (6.3-12)	8.2 (5.6-11)	7.5 (5.0-10)	7.0 (4.6-9.7)	6.5 (4.2-9.1)
2	55 (48-66)	42 (36-52)	31 (25-40)	24 (18-32)	19 (13-27)	15 (9.7-23)	13 (7.8-20)	12 (6.7-19)	11 (6.0-18)	10 (5.5-17)	9.4 (5.0-16)
3	69 (59-77)	55 (45-66)	42 (33-55)	33 (23-47)	26 (17-40)	21 (13-34)	18 (10-31)	17 (8.7-29)	15 (7.8-27)	14 (7.0-25)	13 (6.5-24)
4	80 (70-86)	68 (56-75)	55 (43-65)	44 (33-56)	36 (26-49)	29 (20-42)	25 (16-38)	23 (14-35)	21 (12-33)	19 (11-31)	18 (10-30)
5	88 (85-91)	79 (74-83)	68 (61-74)	56 (49-64)	47 (40-56)	39 (33-48)	34 (27-43)	30 (23-40)	28 (21-38)	26 (19-36)	25 (17-34)
6	92	88	79	69	59	50	44	40	37	35	33

Ten years probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women 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	31	22	17	13	9.8	7.8	6.7	6.0	5.4	5.0	4.6
1	42 (39-46)	31 (28-35)	24 (20-26)	18 (15-21)	14 (11-17)	11 (8.3-14)	9.8 (7.0-13)	8.7 (6.0-12)	7.9 (5.3-11)	7.2 (4.8-10)	6.6 (4.4-9.4)
2	55 (48-64)	42 (37-51)	33 (26-40)	25 (19-33)	20 (14-28)	16 (11-23)	14 (8.6-21)	12 (7.3-19)	11 (6.4-18)	10 (5.7-17)	9.5 (5.2-15)
3	67 (59-75)	55 (46-65)	43 (35-56)	34 (25-47)	27 (18-40)	22 (14-35)	19 (11-32)	17 (9.5-29)	16 (8.3-27)	14 (7.4-25)	13 (6.7-24)
4	78 (69-83)	67 (56-74)	55 (45-65)	45 (35-57)	37 (28-49)	30 (22-43)	26 (18-39)	24 (15-36)	21 (13-34)	20 (12-31)	18 (11-29)
5	85 (82-88)	77 (73-82)	67 (61-73)	56 (51-65)	47 (41-56)	39 (34-49)	35 (28-45)	31 (24-41)	29 (21-38)	26 (19-36)	24 (17-34)
6	90	85	77	68	58	50	44	40	37	34	32

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	31	24	18	14	11	8.7	7.5	6.6	5.9	5.3	4.8
1	43 (39-50)	33 (29-39)	25 (21-30)	19 (16-23)	15 (12-18)	12 (9.2-14)	10 (7.7-12)	9.1 (6.6-11)	8.0 (5.7-9.5)	7.2 (5.1-8.6)	6.5 (4.5-7.8)
2	56 (48-66)	45 (37-54)	35 (27-43)	27 (20-34)	21 (15-27)	17 (12-22)	14 (9.6-19)	12 (8.1-17)	11 (7.0-15)	9.8 (6.1-13)	8.8 (5.4-12)
3	69 (60-78)	58 (47-69)	46 (35-58)	36 (26-48)	28 (20-39)	23 (15-33)	19 (13-28)	17 (11-25)	15 (9.0-22)	13 (7.9-20)	12 (7.0-18)
4	80 (73-85)	70 (61-77)	59 (49-68)	48 (38-58)	38 (30-48)	31 (23-40)	26 (19-35)	22 (16-31)	20 (14-28)	17 (12-25)	16 (11-23)
5	86 (82-88)	80 (74-84)	71 (64-76)	60 (53-67)	50 (43-57)	41 (35-48)	34 (29-42)	29 (25-37)	26 (22-33)	23 (19-30)	20 (17-27)
6	89	86	81	72	62	52	44	38	33	29	26

Ten years probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women 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	31	24	19	14	11	9.5	8.2	7.2	6.3	5.6	5.0
1	43 (36-61)	34 (27-50)	27 (21-38)	21 (16-29)	16 (12-22)	13 (9.9-17)	11 (8.3-14)	9.6 (7.0-11)	8.4 (6.1-9.8)	7.4 (5.3-8.8)	6.5 (4.7-7.9)
2	57 (45-73)	47 (35-64)	38 (27-53)	29 (21-42)	23 (16-32)	19 (13-26)	15 (10-21)	13 (8.7-17)	11 (7.4-15)	9.7 (6.4-13)	8.5 (5.6-12)
3	69 (55-80)	60 (44-73)	50 (35-64)	41 (27-54)	32 (20-43)	26 (16-36)	21 (14-29)	18 (11-25)	15 (9.7-21)	13 (8.3-18)	11 (7.3-15)
4	78 (66-85)	72 (56-80)	63 (46-73)	53 (37-64)	43 (29-53)	35 (24-44)	29 (20-37)	24 (17-31)	20 (14-26)	17 (13-23)	14 (11-20)
5	84 (75-88)	80 (67-85)	74 (58-80)	66 (49-72)	56 (40-63)	47 (34-54)	39 (29-46)	32 (25-38)	27 (21-32)	22 (19-28)	19 (17-24)
6	88	86	82	77	69	60	51	43	35	29	25

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	27	22	17	14	11	9.3	8.0	6.9	6.0	5.3	4.7
1	38 (30-54)	30 (24-44)	24 (18-35)	19 (14-28)	15 (11-22)	13 (9.4-17)	11 (7.9-14)	9.3 (6.7-11)	8.0 (5.7-9.4)	7.0 (4.9-8.0)	6.1 (4.3-7.1)
2	49 (38-64)	41 (30-56)	33 (24-47)	27 (19-38)	21 (15-31)	18 (12-25)	15 (10.0-20)	13 (8.4-17)	11 (7.1-14)	9.2 (6.1-12)	7.9 (5.2-10)
3	60 (46-72)	52 (38-65)	44 (30-56)	36 (24-47)	29 (19-39)	24 (16-33)	20 (13-28)	17 (11-23)	14 (9.2-20)	12 (7.9-17)	10 (6.8-14)
4	69 (55-78)	62 (47-72)	55 (39-65)	47 (32-56)	39 (26-48)	33 (22-41)	27 (18-35)	23 (16-29)	19 (13-25)	16 (11-21)	14 (9.9-18)
5	77 (64-81)	72 (56-77)	65 (49-72)	58 (41-64)	50 (34-57)	43 (29-50)	36 (25-43)	30 (22-36)	25 (19-31)	21 (16-26)	18 (14-22)
6	82	79	74	68	61	54	46	39	33	28	23

Ten years probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women 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	22	18	14	11	9.4	8.0	6.9	5.9	5.1	4.4	3.9
1	30 (23-44)	24 (18-37)	20 (14-30)	16 (11-24)	13 (9.4-19)	11 (7.8-16)	9.5 (6.6-13)	8.1 (5.6-11)	6.9 (4.7-8.9)	5.9 (4.1-7.4)	5.1 (3.5-6.1)
2	39 (29-54)	33 (23-46)	27 (19-38)	22 (15-32)	18 (12-26)	16 (10-22)	13 (8.5-18)	11 (7.1-15)	9.4 (6.0-13)	7.9 (5.1-11)	6.8 (4.4-8.9)
3	49 (36-62)	43 (30-55)	36 (24-47)	30 (19-40)	25 (16-34)	21 (13-29)	18 (11-24)	15 (9.4-21)	13 (7.9-17)	11 (6.7-15)	9.1 (5.7-13)
4	59 (44-69)	53 (38-63)	46 (31-56)	39 (26-48)	33 (22-42)	29 (18-36)	24 (15-31)	20 (13-26)	17 (11-22)	14 (9.4-19)	12 (8.0-16)
5	68 (53-74)	63 (46-69)	56 (39-63)	49 (33-56)	43 (28-50)	37 (24-44)	32 (21-38)	27 (18-33)	23 (15-28)	19 (13-24)	16 (12-21)
6	75	71	66	60	53	47	41	36	30	26	22

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	16	13	10	8.5	7.2	6.2	5.3	4.5	3.9	3.3	2.9
1	22 (16-34)	18 (13-29)	15 (10-24)	12 (8.5-19)	10 (7.2-16)	8.8 (6.1-14)	7.5 (5.1-11)	6.4 (4.3-9.5)	5.4 (3.7-7.9)	4.6 (3.1-6.6)	3.9 (2.6-5.5)
2	30 (21-43)	25 (17-37)	21 (14-31)	17 (11-26)	15 (9.6-22)	13 (8.1-19)	11 (6.8-16)	9.0 (5.7-13)	7.6 (4.8-11)	6.5 (4.1-9.3)	5.5 (3.4-7.8)
3	39 (27-51)	34 (22-45)	28 (18-39)	24 (15-33)	21 (13-29)	18 (11-25)	15 (9.1-21)	13 (7.6-18)	11 (6.4-15)	9.1 (5.4-13)	7.6 (4.6-11)
4	49 (34-59)	43 (29-53)	37 (24-47)	32 (20-41)	28 (17-36)	24 (14-31)	21 (12-27)	18 (10-23)	15 (8.8-20)	13 (7.5-17)	11 (6.3-14)
5	58 (42-65)	53 (36-60)	47 (30-54)	42 (26-48)	37 (22-43)	32 (19-39)	28 (17-34)	24 (14-29)	21 (12-25)	17 (10-22)	15 (8.9-19)
6	66	62	57	52	47	42	37	32	28	24	20