Lebanon - 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 Lebanon. 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	0.8	0.8	0.7	0.6	0.6	0.5	0.4
1	1.2 (0.8-1.9)	1.2 (0.8-1.7)	1.2 (0.8-1.6)	1.0 (0.7-1.4)	0.9 (0.6-1.2)	0.8 (0.5-1.0)	0.7 (0.4-0.9)
2	2.0 (1.1-3.4)	1.9 (1.0-3.2)	1.8 (0.9-3.1)	1.5 (0.8-2.7)	1.3 (0.7-2.4)	1.2 (0.6-2.1)	1.0 (0.5-1.8)
3	3.2 (1.6-5.5)	2.9 (1.4-5.2)	2.7 (1.3-5.0)	2.3 (1.1-4.4)	2.0 (1.0-3.8)	1.8 (0.8-3.3)	1.5 (0.7-2.9)
4	4.9 (2.6-7.9)	4.4 (2.3-7.2)	4.1 (2.1-6.8)	3.5 (1.8-5.9)	3.0 (1.5-5.1)	2.6 (1.3-4.5)	2.3 (1.1-3.9)
5	7.5 (4.4-10)	6.6 (4.1-9.0)	6.1 (4.0-8.4)	5.2 (3.4-7.2)	4.5 (3.0-6.2)	3.9 (2.6-5.4)	3.3 (2.2-4.7)
6	11	9.9	9.0	7.7	6.6	5.7	4.9

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

Age = 55 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	1.1	1.1	1.0	0.9	0.8	0.7	0.6
1	1.8 (1.2-2.7)	1.7 (1.1-2.4)	1.6 (1.1-2.2)	1.4 (0.9-1.9)	1.2 (0.8-1.7)	1.0 (0.7-1.4)	0.9 (0.6-1.2)
2	2.8 (1.6-4.6)	2.6 (1.4-4.4)	2.5 (1.3-4.3)	2.1 (1.1-3.7)	1.8 (1.0-3.2)	1.6 (0.8-2.8)	1.4 (0.7-2.4)
3	4.4 (2.4-7.2)	4.0 (2.1-6.9)	3.8 (1.9-6.7)	3.2 (1.6-5.8)	2.8 (1.4-5.0)	2.4 (1.2-4.4)	2.1 (1.0-3.8)
4	6.8 (3.8-11)	6.1 (3.3-9.7)	5.6 (3.0-9.2)	4.8 (2.6-8.0)	4.1 (2.2-6.9)	3.6 (1.8-5.9)	3.1 (1.6-5.1)
5	10 (6.2-14)	9.1 (5.8-12)	8.3 (5.5-11)	7.1 (4.7-9.8)	6.1 (4.1-8.4)	5.2 (3.5-7.2)	4.5 (3.0-6.2)
6	15	13	12	10	8.8	7.5	6.4

Age = 60 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	1.6	1.5	1.5	1.3	1.1	0.9	0.8
1	2.5 (1.7-3.7)	2.4 (1.6-3.3)	2.3 (1.6-3.1)	2.0 (1.3-2.7)	1.7 (1.1-2.3)	1.4 (1.0-2.0)	1.2 (0.8-1.7)
2	3.9 (2.3-6.2)	3.6 (2.1-5.9)	3.5 (1.9-5.8)	3.0 (1.6-5.0)	2.5 (1.4-4.4)	2.2 (1.2-3.8)	1.9 (1.0-3.3)
3	6.0 (3.5-9.3)	5.5 (3.1-9.0)	5.2 (2.8-9.0)	4.5 (2.3-7.7)	3.8 (2.0-6.6)	3.2 (1.7-5.7)	2.8 (1.4-4.9)
4	9.0 (5.5-14)	8.3 (4.9-13)	7.8 (4.4-12)	6.6 (3.7-11)	5.6 (3.1-9.1)	4.8 (2.6-7.8)	4.1 (2.2-6.7)
5	13 (8.5-18)	12 (8.0-16)	11 (7.8-15)	9.6 (6.6-13)	8.1 (5.6-11)	6.9 (4.7-9.6)	5.9 (4.0-8.2)
6	19	18	16	14	12	9.9	8.4

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

Age = 65 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	2.2	2.1	2.0	1.7	1.5	1.2	1.1
1	3.4 (2.4-4.7)	3.2 (2.2-4.3)	3.1 (2.1-4.1)	2.6 (1.8-3.4)	2.2 (1.5-2.9)	1.9 (1.3-2.5)	1.6 (1.1-2.1)
2	5.1 (3.2-7.7)	4.8 (2.9-7.5)	4.6 (2.7-7.4)	3.9 (2.2-6.4)	3.3 (1.9-5.5)	2.8 (1.6-4.7)	2.4 (1.3-4.0)
3	7.7 (4.7-11)	7.2 (4.4-11)	6.8 (3.9-11)	5.8 (3.3-9.5)	4.9 (2.7-8.1)	4.1 (2.3-6.9)	3.5 (1.9-5.9)
4	11 (7.2-16)	11 (6.8-16)	10 (6.2-15)	8.4 (5.1-13)	7.1 (4.2-11)	6.0 (3.4-9.5)	5.0 (2.8-8.1)
5	16 (11-21)	15 (11-20)	14 (10-19)	12 (8.6-16)	10 (7.2-14)	8.5 (6.0-12)	7.2 (5.0-10)
6	22	21	20	17	14	12	10

Age = 70 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	3.0	2.9	2.9	2.4	2.0	1.7	1.4
1	4.7 (3.2-6.0)	4.4 (3.1-5.7)	4.2 (3.0-5.5)	3.5 (2.5-4.6)	2.9 (2.0-3.9)	2.4 (1.7-3.3)	2.0 (1.4-2.7)
2	7.1 (4.4-11)	6.6 (4.2-10)	6.2 (3.9-9.2)	5.2 (3.2-7.6)	4.3 (2.6-6.4)	3.5 (2.2-5.3)	2.9 (1.8-4.4)
3	11 (6.1-17)	9.9 (6.0-15)	9.2 (5.8-14)	7.6 (4.7-11)	6.2 (3.8-9.3)	5.1 (3.1-7.7)	4.2 (2.5-6.4)
4	16 (9.8-22)	15 (9.3-21)	13 (8.7-20)	11 (7.1-16)	9.0 (5.7-14)	7.4 (4.6-11)	6.1 (3.7-9.2)
5	22 (18-29)	21 (17-28)	20 (15-26)	16 (12-21)	13 (10-18)	11 (8.1-15)	8.7 (6.5-12)
6	31	29	28	23	19	15	12

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

Age = 75 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	4.5	4.5	4.4	3.6	3.0	2.5	2.1
1	7.3 (4.7-11)	7.0 (4.7-10)	6.6 (4.6-8.6)	5.4 (3.7-6.9)	4.4 (3.0-5.5)	3.6 (2.5-4.5)	3.0 (2.0-3.8)
2	11 (6.3-19)	11 (6.3-17)	10 (6.1-15)	8.1 (4.9-12)	6.5 (4.0-9.8)	5.3 (3.2-7.9)	4.3 (2.6-6.4)
3	17 (8.8-28)	16 (8.6-26)	15 (8.6-23)	12 (6.9-18)	9.8 (5.5-15)	7.9 (4.4-12)	6.3 (3.5-9.8)
4	25 (14-36)	24 (13-34)	22 (13-31)	18 (10-26)	14 (8.4-21)	12 (6.7-17)	9.3 (5.3-14)
5	35 (22-44)	33 (22-42)	31 (22-40)	26 (18-34)	21 (14-28)	17 (12-23)	14 (9.4-19)
6	46	44	42	36	30	24	20

Age = 80 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	6.7	6.6	6.5	5.3	4.3	3.5	2.8
1	10 (6.9-17)	10 (6.8-16)	9.8 (6.7-14)	7.9 (5.4-11)	6.3 (4.3-8.8)	5.1 (3.5-7.0)	4.1 (2.8-5.5)
2	16 (9.2-26)	15 (9.0-24)	14 (9.1-21)	12 (7.2-17)	9.4 (5.7-14)	7.5 (4.6-11)	6.0 (3.6-8.8)
3	23 (13-35)	22 (12-33)	21 (12-31)	17 (9.8-25)	14 (7.7-21)	11 (6.1-17)	8.8 (4.9-13)
4	32 (19-43)	30 (18-42)	29 (19-39)	24 (15-33)	20 (12-27)	16 (9.4-22)	13 (7.5-18)
5	42 (28-51)	40 (27-49)	38 (27-47)	33 (22-41)	27 (18-35)	22 (15-29)	18 (12-24)
6	53	51	49	42	36	30	25

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

Age = 85 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	9.5	9.3	9.1	7.3	5.8	4.7	3.7
1	15 (10-24)	14 (9.6-22)	14 (9.5-21)	11 (7.5-17)	8.8 (5.9-13)	7.0 (4.7-10)	5.6 (3.7-8.1)
2	22 (13-35)	21 (13-33)	20 (12-31)	16 (9.8-25)	13 (7.7-20)	10 (6.1-16)	8.3 (4.8-13)
3	31 (19-44)	29 (17-42)	28 (17-41)	23 (13-34)	19 (11-29)	15 (8.3-24)	12 (6.6-19)
4	41 (26-53)	39 (25-51)	37 (24-50)	32 (20-43)	26 (16-37)	22 (13-31)	17 (10-25)
5	51 (37-60)	50 (35-58)	48 (34-57)	41 (29-50)	35 (24-44)	30 (19-37)	24 (15-31)
6	61	60	58	52	45	39	33

Age = 90 years

Number of CRFs	BMI (kg/m²)						
	15	20	25	30	35	40	45
0	14	13	12	9.7	7.7	6.0	4.7
1	21 (15-33)	20 (14-31)	19 (13-29)	15 (10-23)	12 (8.0-19)	9.4 (6.3-15)	7.4 (4.9-12)
2	30 (20-45)	28 (18-42)	27 (17-40)	22 (13-34)	18 (11-28)	14 (8.3-23)	11 (6.5-18)
3	40 (26-55)	38 (24-52)	36 (23-50)	31 (18-44)	25 (15-37)	21 (12-31)	17 (9.0-26)
4	50 (35-62)	49 (33-61)	47 (32-59)	40 (26-53)	34 (21-46)	29 (17-40)	24 (14-34)
5	58 (47-65)	58 (45-66)	57 (43-65)	51 (37-60)	45 (31-54)	38 (25-47)	32 (21-41)
6	62	66	66	61	55	49	43