

**Lithuania - 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/m<sup>2</sup>), the number of clinical risk factors (CRF) and age. Each table provides a mean estimate and a range, based on the epidemiology of Lithuania. 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/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	1.8	1.8	1.8	1.5	1.3	1.2	1.0
1	2.9 (1.9-4.5)	2.8 (1.9-4.1)	2.8 (1.8-3.9)	2.4 (1.6-3.4)	2.1 (1.4-2.9)	1.8 (1.2-2.5)	1.6 (1.0-2.2)
2	4.6 (2.5-7.9)	4.4 (2.3-7.6)	4.3 (2.2-7.5)	3.7 (1.9-6.5)	3.2 (1.7-5.7)	2.8 (1.4-4.9)	2.4 (1.2-4.3)
3	7.2 (3.7-12)	6.7 (3.3-12)	6.4 (3.1-12)	5.6 (2.7-10)	4.8 (2.3-8.7)	4.1 (2.0-7.6)	3.6 (1.7-6.6)
4	11 (5.8-17)	10 (5.3-16)	9.6 (5.0-16)	8.2 (4.2-14)	7.1 (3.6-12)	6.1 (3.1-10)	5.3 (2.6-8.9)
5	16 (9.5-22)	15 (9.2-20)	14 (9.1-19)	12 (7.9-16)	10 (6.8-14)	8.9 (5.9-12)	7.7 (5.1-11)
6	24	22	20	17	15	13	11

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

**Age = 55 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	2.4	2.4	2.3	2.0	1.7	1.5	1.3
1	3.9 (2.6-5.9)	3.7 (2.5-5.3)	3.6 (2.4-5.0)	3.1 (2.1-4.3)	2.7 (1.8-3.7)	2.3 (1.5-3.2)	2.0 (1.3-2.7)
2	6.1 (3.4-9.9)	5.7 (3.1-9.5)	5.5 (3.0-9.4)	4.7 (2.5-8.1)	4.1 (2.2-7.1)	3.5 (1.9-6.1)	3.0 (1.6-5.3)
3	9.3 (5.2-15)	8.6 (4.6-14)	8.2 (4.2-14)	7.1 (3.6-12)	6.1 (3.0-11)	5.2 (2.6-9.3)	4.5 (2.2-8.0)
4	14 (8.1-21)	13 (7.2-20)	12 (6.6-19)	10 (5.6-17)	8.9 (4.7-15)	7.7 (4.0-13)	6.6 (3.4-11)
5	20 (13-27)	19 (12-25)	18 (12-24)	15 (10-20)	13 (8.6-18)	11 (7.4-15)	9.5 (6.3-13)
6	29	27	25	21	18	16	13

**Age = 60 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	2.9	2.8	2.8	2.4	2.0	1.8	1.5
1	4.6 (3.1-6.7)	4.3 (3.0-6.1)	4.2 (2.9-5.8)	3.6 (2.4-4.9)	3.1 (2.1-4.2)	2.7 (1.8-3.6)	2.3 (1.5-3.1)
2	7.1 (4.2-11)	6.6 (3.8-11)	6.4 (3.6-11)	5.5 (3.0-9.2)	4.7 (2.6-8.0)	4.0 (2.2-6.9)	3.4 (1.9-6.0)
3	11 (6.4-16)	9.9 (5.6-16)	9.5 (5.1-16)	8.1 (4.3-14)	6.9 (3.6-12)	5.9 (3.1-10)	5.1 (2.6-8.9)
4	16 (9.8-23)	15 (8.8-22)	14 (8.0-22)	12 (6.7-19)	10 (5.6-16)	8.6 (4.7-14)	7.4 (4.0-12)
5	22 (15-29)	21 (14-27)	20 (14-26)	17 (12-23)	14 (10-20)	12 (8.5-17)	10 (7.2-15)
6	31	29	28	24	20	17	15

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

**Age = 65 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	3.2	3.0	3.0	2.5	2.2	1.9	1.6
1	4.8 (3.4-6.7)	4.6 (3.2-6.2)	4.5 (3.1-6.0)	3.8 (2.6-5.1)	3.3 (2.2-4.3)	2.8 (1.9-3.7)	2.4 (1.6-3.2)
2	7.3 (4.6-11)	6.9 (4.2-11)	6.7 (3.9-11)	5.7 (3.3-9.4)	4.9 (2.8-8.1)	4.1 (2.3-7.0)	3.5 (2.0-6.0)
3	11 (6.8-16)	10 (6.3-16)	9.9 (5.7-16)	8.4 (4.7-14)	7.1 (4.0-12)	6.1 (3.3-10)	5.2 (2.8-8.7)
4	16 (10-22)	15 (9.6-22)	14 (8.8-22)	12 (7.3-19)	10 (6.0-16)	8.7 (5.0-14)	7.4 (4.2-12)
5	22 (15-28)	21 (15-27)	20 (15-27)	17 (12-23)	14 (10-20)	12 (8.8-17)	10 (7.4-14)
6	30	28	28	24	20	17	14

**Age = 70 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	3.4	3.2	3.1	2.6	2.2	1.9	1.6
1	5.3 (3.7-6.8)	4.9 (3.5-6.3)	4.6 (3.3-6.0)	3.8 (2.7-5.0)	3.2 (2.3-4.2)	2.7 (1.9-3.6)	2.3 (1.6-3.0)
2	8.1 (5.1-12)	7.4 (4.7-11)	6.8 (4.3-9.9)	5.6 (3.5-8.2)	4.7 (2.9-6.9)	3.9 (2.4-5.8)	3.3 (2.0-4.9)
3	12 (7.2-19)	11 (6.8-16)	10 (6.4-15)	8.3 (5.2-12)	6.9 (4.3-10)	5.7 (3.5-8.6)	4.7 (2.9-7.2)
4	18 (11-25)	16 (11-24)	15 (9.7-22)	12 (7.9-18)	10 (6.4-15)	8.2 (5.2-12)	6.8 (4.3-10)
5	25 (21-33)	24 (19-31)	21 (17-28)	18 (14-23)	15 (11-19)	12 (9.1-16)	9.8 (7.4-13)
6	35	33	30	25	21	17	14

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

**Age = 75 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	4.1	3.8	3.5	2.9	2.4	2.0	1.6
1	6.8 (4.5-11)	6.1 (4.1-9.1)	5.4 (3.8-7.3)	4.4 (3.1-5.8)	3.6 (2.5-4.7)	2.9 (2.0-3.7)	2.4 (1.7-3.0)
2	11 (6.2-18)	9.7 (5.7-16)	8.5 (5.1-13)	6.8 (4.1-10)	5.5 (3.3-8.3)	4.4 (2.7-6.7)	3.6 (2.2-5.4)
3	17 (8.8-28)	15 (8.2-24)	13 (7.6-20)	11 (6.1-16)	8.5 (4.8-13)	6.8 (3.9-10)	5.4 (3.1-8.3)
4	25 (14-36)	23 (13-32)	20 (12-29)	16 (9.4-24)	13 (7.5-19)	10 (6.0-16)	8.3 (4.8-12)
5	35 (23-44)	33 (21-41)	29 (20-38)	24 (16-31)	20 (13-26)	16 (10-21)	13 (8.4-17)
6	47	44	41	34	29	23	19

**Age = 80 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	5.3	5.0	4.8	3.9	3.1	2.5	2.1
1	8.7 (5.7-14)	8.0 (5.4-13)	7.4 (5.1-11)	5.9 (4.1-8.6)	4.7 (3.2-6.8)	3.8 (2.6-5.3)	3.0 (2.0-4.2)
2	14 (7.8-23)	12 (7.3-20)	11 (7.0-17)	9.0 (5.5-14)	7.2 (4.4-11)	5.7 (3.5-8.5)	4.5 (2.7-6.7)
3	20 (11-31)	19 (10-28)	17 (9.8-25)	14 (7.7-20)	11 (6.0-16)	8.6 (4.7-13)	6.8 (3.7-10)
4	29 (16-40)	27 (15-37)	25 (15-34)	20 (12-28)	16 (9.5-23)	13 (7.5-18)	10 (5.9-15)
5	39 (25-48)	36 (23-45)	34 (22-42)	28 (18-36)	23 (15-30)	19 (12-25)	15 (9.2-20)
6	50	47	45	38	32	26	21

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

**Age = 85 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	7.3	7.1	7.0	5.6	4.5	3.6	2.9
1	12 (7.8-19)	11 (7.4-17)	11 (7.2-16)	8.5 (5.7-12)	6.8 (4.5-9.8)	5.4 (3.6-7.7)	4.3 (2.9-6.1)
2	18 (11-29)	17 (9.9-26)	16 (9.6-24)	13 (7.6-19)	10 (6.0-15)	8.0 (4.7-12)	6.4 (3.7-9.6)
3	26 (15-38)	24 (14-36)	23 (13-33)	18 (10-28)	15 (8.2-23)	12 (6.5-18)	9.4 (5.1-15)
4	36 (21-48)	33 (20-45)	31 (20-42)	26 (16-36)	21 (13-30)	17 (10-25)	14 (8.0-20)
5	46 (32-55)	44 (30-53)	41 (28-50)	35 (23-44)	29 (19-37)	24 (15-31)	20 (12-26)
6	57	55	52	46	39	33	27

**Age = 90 years**

Number of CRFs	BMI (kg/m <sup>2</sup> )						
	15	20	25	30	35	40	45
0	9.6	8.7	8.1	6.5	5.3	4.2	3.4
1	15 (11-25)	14 (9.5-22)	13 (8.7-19)	10 (6.9-15)	8.0 (5.5-12)	6.4 (4.4-9.3)	5.2 (3.5-7.3)
2	23 (14-36)	21 (13-32)	19 (12-28)	15 (9.5-23)	12 (7.6-18)	9.8 (6.0-15)	7.8 (4.7-12)
3	33 (20-46)	30 (18-43)	27 (17-39)	22 (13-33)	18 (11-27)	15 (8.3-22)	12 (6.6-18)
4	43 (28-55)	40 (26-52)	38 (24-49)	32 (20-42)	26 (16-35)	21 (13-29)	17 (10-24)
5	53 (39-61)	51 (37-60)	49 (35-58)	42 (29-51)	36 (24-45)	30 (19-38)	25 (16-32)
6	60	61	60	54	47	40	34