

**Russia - 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 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 Russia. 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/m<sup>2</sup>.

**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	26	18	13	9.8	7.9	6.6	5.7	5.0	4.6	4.4	4.3
1	37 (33-45)	26 (22-32)	19 (15-24)	14 (11-18)	12 (8.2-15)	9.6 (6.5-13)	8.3 (5.4-11)	7.3 (4.7-10)	6.7 (4.3-9.4)	6.5 (4.1-9.1)	6.3 (3.9-8.9)
2	48 (40-60)	36 (29-46)	27 (20-35)	20 (14-30)	16 (10-26)	14 (8.1-22)	12 (6.6-20)	11 (5.6-18)	9.7 (5.1-17)	9.3 (4.8-16)	9.1 (4.6-16)
3	60 (49-70)	47 (37-58)	36 (26-49)	28 (19-42)	23 (14-36)	19 (11-32)	17 (8.6-29)	15 (7.3-26)	14 (6.5-25)	13 (6.2-24)	13 (5.9-24)
4	71 (60-78)	59 (46-67)	47 (35-58)	38 (27-50)	31 (21-44)	26 (16-40)	23 (13-36)	20 (11-33)	19 (9.9-31)	18 (9.4-30)	17 (9.0-29)
5	78 (71-82)	69 (60-75)	58 (48-66)	48 (38-57)	40 (32-51)	34 (27-45)	30 (23-41)	27 (20-37)	25 (18-35)	24 (17-34)	23 (16-33)
6	83	77	68	58	50	44	39	35	32	31	31

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

**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	23	16	12	9.4	7.6	6.4	5.5	4.8	4.4	4.2	4.0
1	32 (28-38)	23 (20-28)	17 (14-21)	14 (10-17)	11 (7.7-14)	9.2 (6.2-12)	7.9 (5.2-11)	6.9 (4.4-9.6)	6.4 (4.0-9.0)	6.1 (3.8-8.7)	5.9 (3.6-8.3)
2	42 (35-52)	32 (26-40)	24 (18-33)	19 (13-28)	16 (9.8-24)	13 (7.7-21)	11 (6.3-19)	9.8 (5.3-17)	9.1 (4.8-16)	8.7 (4.5-15)	8.4 (4.3-15)
3	53 (44-62)	42 (33-53)	33 (24-45)	26 (17-39)	21 (13-34)	18 (10-30)	16 (8.2-27)	14 (6.9-24)	13 (6.2-23)	12 (5.8-22)	12 (5.5-21)
4	63 (53-70)	52 (42-61)	42 (32-53)	34 (25-47)	28 (19-41)	24 (15-37)	21 (12-33)	18 (10-30)	17 (9.3-28)	17 (8.7-27)	16 (8.3-27)
5	72 (65-77)	62 (54-69)	52 (44-61)	44 (35-53)	37 (29-47)	31 (25-42)	27 (21-38)	24 (18-34)	23 (16-32)	22 (15-31)	21 (14-30)
6	78	70	62	53	46	40	35	31	29	28	27

**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	19	14	11	8.9	7.3	6.1	5.3	4.6	4.3	4.0	3.8
1	26 (22-31)	20 (16-24)	16 (12-19)	13 (9.1-16)	10 (7.2-14)	8.8 (5.8-12)	7.5 (4.9-10)	6.6 (4.2-9.2)	6.2 (3.9-8.7)	5.8 (3.6-8.3)	5.5 (3.4-7.9)
2	35 (29-42)	27 (21-35)	21 (15-30)	17 (12-26)	14 (9.0-22)	12 (7.2-20)	11 (5.9-17)	9.2 (5.0-16)	8.7 (4.6-15)	8.2 (4.3-14)	7.8 (4.0-13)
3	44 (36-53)	35 (27-46)	29 (20-40)	23 (15-35)	20 (12-31)	17 (9.4-28)	14 (7.7-25)	13 (6.5-22)	12 (5.9-21)	11 (5.5-20)	11 (5.2-20)
4	53 (44-61)	44 (36-54)	37 (29-48)	30 (22-42)	26 (17-38)	22 (14-34)	19 (11-30)	17 (9.5-27)	16 (8.7-26)	15 (8.1-25)	15 (7.6-24)
5	62 (55-68)	53 (46-61)	45 (38-55)	38 (32-49)	33 (27-43)	29 (23-39)	25 (19-35)	22 (16-32)	21 (15-30)	20 (14-29)	19 (13-28)
6	69	61	54	47	41	36	32	28	27	26	25

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

**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	16	13	10	8.2	6.7	5.7	4.8	4.2	3.9	3.6	3.4
1	22 (18-25)	18 (14-20)	14 (10-17)	11 (8.1-14)	9.5 (6.5-12)	8.0 (5.3-11)	6.8 (4.4-9.4)	6.0 (3.8-8.4)	5.6 (3.5-7.9)	5.2 (3.2-7.5)	4.9 (3.0-7.1)
2	29 (23-36)	23 (18-31)	19 (14-27)	16 (10-23)	13 (8.2-20)	11 (6.6-18)	9.5 (5.4-15)	8.4 (4.6-14)	7.8 (4.2-13)	7.3 (3.9-12)	6.8 (3.6-12)
3	37 (30-46)	30 (23-40)	25 (18-35)	21 (14-31)	18 (11-27)	15 (8.7-24)	13 (7.1-22)	11 (6.0-20)	11 (5.4-19)	9.9 (5.0-18)	9.4 (4.6-17)
4	45 (38-54)	38 (31-48)	32 (24-43)	27 (19-38)	23 (15-34)	20 (12-30)	17 (10-27)	15 (8.6-24)	14 (7.8-23)	13 (7.2-22)	13 (6.7-21)
5	53 (47-61)	46 (40-55)	39 (33-49)	34 (28-43)	29 (24-39)	25 (20-35)	22 (16-31)	20 (14-28)	18 (13-27)	17 (12-25)	16 (11-24)
6	60	53	47	41	36	31	28	25	23	22	21

**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	14	11	9.1	7.4	6.1	5.1	4.3	3.8	3.4	3.2	2.9
1	20 (16-24)	16 (12-19)	13 (9.4-15)	10 (7.4-12)	8.3 (5.9-10)	6.9 (4.8-8.3)	5.8 (3.9-6.9)	5.1 (3.4-6.1)	4.6 (3.0-5.6)	4.2 (2.8-5.2)	3.9 (2.5-4.8)
2	27 (20-34)	21 (16-28)	17 (12-23)	14 (9.6-19)	11 (7.6-16)	9.3 (6.1-13)	7.7 (4.9-11)	6.7 (4.2-9.7)	6.1 (3.7-8.8)	5.6 (3.4-8.1)	5.1 (3.1-7.5)
3	34 (27-43)	28 (21-36)	23 (16-31)	18 (13-26)	15 (10-21)	12 (8.0-18)	10 (6.5-15)	8.9 (5.5-14)	8.0 (4.9-12)	7.3 (4.4-11)	6.7 (4.0-11)
4	43 (34-51)	36 (27-44)	30 (22-38)	24 (17-32)	20 (14-27)	16 (11-23)	13 (9.0-20)	12 (7.7-17)	10 (6.8-16)	9.5 (6.1-15)	8.7 (5.6-13)
5	52 (44-59)	44 (37-52)	37 (31-45)	31 (25-38)	26 (21-33)	21 (17-28)	18 (14-24)	15 (12-21)	13 (11-19)	12 (9.8-17)	11 (8.9-16)
6	60	53	46	39	32	27	22	19	17	15	14

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

**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	13	11	8.8	7.2	5.9	4.9	4.1	3.6	3.3	3.0	2.7
1	19 (14-31)	16 (11-25)	13 (8.8-19)	10 (7.0-15)	8.3 (5.7-12)	6.8 (4.6-9.4)	5.6 (3.8-7.4)	4.9 (3.3-6.1)	4.3 (2.9-5.2)	3.9 (2.6-4.7)	3.5 (2.3-4.3)
2	27 (18-39)	22 (15-33)	18 (12-26)	14 (9.3-21)	12 (7.4-17)	9.5 (6.0-14)	7.7 (4.8-11)	6.6 (4.1-9.1)	5.8 (3.6-7.8)	5.1 (3.2-6.8)	4.6 (2.9-6.0)
3	36 (23-48)	30 (19-41)	25 (15-34)	20 (12-28)	16 (9.8-23)	13 (7.9-19)	11 (6.4-15)	9.0 (5.5-13)	7.7 (4.8-11)	6.7 (4.2-9.5)	5.9 (3.7-8.4)
4	46 (30-56)	39 (25-49)	33 (20-42)	27 (16-35)	22 (13-29)	18 (11-24)	15 (8.7-19)	12 (7.4-17)	10 (6.5-14)	8.9 (5.7-12)	7.7 (5.1-11)
5	56 (38-63)	49 (33-56)	42 (27-50)	36 (23-43)	30 (19-36)	24 (15-30)	20 (13-25)	16 (11-21)	14 (9.8-18)	12 (8.7-16)	10 (7.9-14)
6	65	59	52	45	38	32	26	22	18	16	13

**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	10	8.6	7.2	5.9	4.9	4.2	3.7	3.3	3.0	2.7
1	18 (13-29)	15 (11-24)	12 (8.6-20)	10 (7.0-16)	8.4 (5.7-13)	6.9 (4.7-10)	5.8 (3.9-8.3)	5.0 (3.4-7.0)	4.4 (3.0-5.9)	3.9 (2.6-5.0)	3.5 (2.3-4.3)
2	25 (17-37)	21 (14-31)	17 (11-26)	14 (9.3-21)	12 (7.6-17)	9.7 (6.2-14)	8.0 (5.1-11)	6.9 (4.4-9.7)	6.0 (3.8-8.3)	5.3 (3.3-7.1)	4.6 (2.9-6.2)
3	33 (22-45)	28 (18-39)	24 (15-33)	20 (12-27)	16 (10-23)	13 (8.2-19)	11 (6.8-15)	9.5 (5.8-13)	8.2 (5.0-11)	7.1 (4.4-9.9)	6.2 (3.8-8.6)
4	42 (28-52)	37 (23-46)	31 (19-40)	27 (16-34)	22 (13-29)	18 (11-24)	15 (9.0-20)	13 (7.8-17)	11 (6.7-15)	9.5 (5.9-13)	8.2 (5.2-11)
5	52 (35-59)	46 (30-53)	40 (25-47)	35 (21-41)	29 (18-36)	25 (15-30)	21 (12-26)	18 (11-22)	15 (9.6-19)	13 (8.4-17)	11 (7.5-14)
6	61	56	50	44	38	32	27	23	20	17	15

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

**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	11	9.4	7.9	6.6	5.5	4.6	3.9	3.4	3.0	2.7	2.4
1	16 (12-27)	14 (9.7-23)	12 (8.0-19)	9.6 (6.6-16)	8.0 (5.5-13)	6.6 (4.5-11)	5.6 (3.8-8.8)	4.9 (3.3-7.4)	4.3 (2.9-6.3)	3.8 (2.5-5.4)	3.3 (2.2-4.6)
2	23 (15-35)	20 (13-30)	17 (11-25)	14 (8.8-21)	12 (7.3-18)	9.6 (6.0-14)	8.1 (5.1-12)	7.0 (4.4-10)	6.1 (3.8-8.8)	5.3 (3.3-7.6)	4.6 (2.9-6.5)
3	31 (20-43)	27 (17-37)	23 (14-32)	19 (12-28)	16 (9.8-23)	14 (8.1-19)	12 (6.8-16)	9.9 (5.9-14)	8.6 (5.1-12)	7.4 (4.4-10)	6.4 (3.8-9.0)
4	40 (26-50)	36 (22-45)	31 (19-40)	27 (16-35)	23 (13-30)	19 (11-25)	16 (9.3-22)	14 (8.0-19)	12 (6.9-16)	10 (6.0-14)	8.9 (5.2-12)
5	50 (33-57)	45 (28-52)	40 (24-47)	35 (21-42)	30 (17-36)	26 (15-32)	22 (13-27)	19 (11-24)	17 (9.6-21)	14 (8.4-18)	12 (7.4-16)
6	60	55	50	45	40	35	30	26	23	20	17

**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	8.3	7.0	6.0	5.0	4.2	3.6	3.1	2.8	2.5	2.2	1.9
1	12 (8.7-21)	11 (7.3-18)	8.9 (6.2-15)	7.5 (5.2-13)	6.4 (4.3-11)	5.4 (3.6-9.0)	4.7 (3.2-7.8)	4.1 (2.8-6.7)	3.6 (2.4-5.8)	3.2 (2.1-5.0)	2.8 (1.9-4.4)
2	18 (12-28)	15 (9.8-24)	13 (8.3-21)	11 (7.0-18)	9.4 (5.9-15)	8.0 (4.9-13)	6.9 (4.3-11)	6.1 (3.7-9.4)	5.3 (3.3-8.2)	4.7 (2.9-7.1)	4.1 (2.5-6.2)
3	25 (15-35)	22 (13-31)	19 (11-27)	16 (9.5-23)	14 (8.0-20)	12 (6.8-17)	10 (5.9-15)	8.9 (5.1-13)	7.8 (4.5-11)	6.8 (3.9-9.9)	5.9 (3.4-8.6)
4	34 (20-43)	30 (17-38)	26 (15-34)	23 (13-30)	20 (11-26)	17 (9.2-22)	15 (8.0-20)	13 (7.0-17)	11 (6.2-15)	9.8 (5.4-13)	8.6 (4.7-12)
5	43 (26-50)	39 (23-45)	35 (20-41)	31 (17-37)	27 (15-32)	23 (12-28)	21 (11-25)	18 (9.6-22)	16 (8.4-20)	14 (7.4-17)	12 (6.6-15)
6	53	49	45	40	36	32	28	25	22	20	17