

**Russia - 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 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	27	19	14	11	9.2	7.9	6.9	6.4	6.1	5.8	5.6
1	38 (35-47)	28 (24-34)	21 (17-26)	17 (12-20)	14 (9.6-18)	12 (8.0-16)	10 (6.8-14)	9.4 (6.2-13)	9.0 (5.9-12)	8.7 (5.6-12)	8.4 (5.4-12)
2	52 (44-66)	39 (31-51)	30 (21-41)	24 (15-35)	20 (12-31)	17 (9.6-27)	15 (8.1-24)	14 (7.3-23)	13 (6.9-22)	13 (6.6-21)	12 (6.3-21)
3	67 (55-78)	52 (40-67)	41 (28-58)	33 (20-51)	28 (15-45)	24 (12-40)	21 (10-37)	19 (9.4-34)	18 (8.9-33)	18 (8.4-32)	17 (8.1-31)
4	80 (66-87)	67 (51-77)	54 (40-68)	44 (32-60)	37 (25-54)	32 (20-49)	29 (17-44)	26 (15-42)	25 (14-41)	25 (13-40)	24 (13-39)
5	89 (83-92)	79 (70-84)	68 (57-76)	57 (47-68)	49 (40-61)	43 (35-55)	38 (29-50)	35 (26-47)	34 (25-46)	33 (24-45)	32 (23-44)
6	94	89	80	70	62	55	49	46	45	43	42

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women 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	26	19	15	12	9.9	8.4	7.3	6.8	6.5	6.1	5.8
1	36 (32-43)	28 (23-33)	21 (17-26)	17 (13-22)	14 (10-19)	12 (8.5-17)	11 (7.2-15)	10 (6.6-14)	9.5 (6.2-13)	9.0 (5.9-13)	8.6 (5.6-12)
2	49 (42-61)	38 (30-49)	30 (21-42)	25 (16-36)	21 (13-32)	18 (10-28)	15 (8.6-25)	14 (7.9-24)	14 (7.3-23)	13 (6.9-22)	12 (6.5-21)
3	63 (53-76)	51 (38-67)	41 (28-58)	34 (21-52)	29 (16-46)	25 (13-41)	21 (11-37)	20 (10-35)	19 (9.4-34)	18 (8.9-33)	17 (8.4-31)
4	76 (63-84)	64 (51-76)	54 (41-68)	45 (33-61)	38 (26-55)	33 (21-50)	29 (17-45)	28 (16-43)	26 (15-42)	25 (14-40)	24 (13-39)
5	86 (80-90)	77 (69-83)	66 (58-75)	57 (49-68)	50 (42-62)	44 (35-56)	39 (30-51)	37 (27-49)	35 (25-47)	33 (24-45)	32 (23-44)
6	92	86	78	70	62	55	50	47	45	43	42

**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	25	20	15	13	11	8.9	7.9	7.3	6.8	6.4	6.0
1	36 (31-41)	28 (23-32)	22 (17-27)	18 (13-23)	15 (11-20)	13 (8.9-17)	11 (7.7-16)	11 (7.1-15)	10 (6.5-14)	9.4 (6.1-13)	8.8 (5.7-12)
2	48 (39-58)	38 (29-49)	31 (22-43)	25 (17-37)	21 (13-33)	18 (11-29)	16 (9.2-26)	15 (8.4-25)	14 (7.7-23)	13 (7.2-22)	13 (6.7-21)
3	61 (49-74)	50 (37-66)	41 (28-59)	35 (21-52)	29 (17-47)	25 (14-42)	22 (12-38)	21 (11-36)	20 (9.9-35)	19 (9.2-33)	18 (8.6-31)
4	73 (61-82)	63 (50-75)	53 (41-68)	45 (33-62)	39 (26-56)	34 (21-50)	30 (18-46)	28 (17-44)	27 (15-42)	25 (14-40)	24 (14-38)
5	83 (78-87)	74 (67-82)	65 (58-75)	57 (50-68)	50 (41-62)	44 (35-56)	40 (30-52)	37 (28-50)	35 (26-47)	33 (24-45)	32 (23-43)
6	89	84	76	69	62	55	51	48	45	43	41

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women 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	26	20	16	13	11	8.9	8.0	7.3	6.7	6.2	5.8
1	36 (30-39)	28 (23-33)	23 (17-28)	18 (14-24)	15 (11-20)	13 (8.8-17)	12 (7.8-16)	11 (7.0-15)	9.7 (6.4-14)	9.0 (5.9-13)	8.4 (5.5-12)
2	47 (39-57)	38 (29-49)	31 (22-42)	26 (17-37)	21 (13-32)	18 (11-28)	16 (9.4-25)	15 (8.4-24)	14 (7.6-22)	13 (7.0-21)	12 (6.4-19)
3	59 (48-72)	49 (37-65)	41 (28-58)	34 (22-51)	29 (17-45)	25 (14-40)	22 (12-37)	21 (11-35)	19 (9.8-33)	18 (8.9-31)	17 (8.2-29)
4	71 (61-80)	61 (51-74)	52 (42-67)	44 (33-60)	38 (26-54)	33 (21-48)	30 (19-45)	28 (17-43)	26 (15-40)	24 (14-38)	22 (13-36)
5	80 (75-85)	72 (66-80)	64 (57-73)	56 (49-67)	48 (40-60)	42 (33-54)	39 (30-51)	36 (27-48)	34 (24-45)	32 (22-43)	30 (21-41)
6	86	81	74	67	60	53	49	46	43	41	38

**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	26	21	16	13	11	8.8	7.9	7.1	6.4	5.8	5.3
1	36 (31-42)	28 (23-33)	22 (18-26)	18 (14-21)	14 (11-17)	12 (8.9-14)	11 (7.7-13)	9.6 (6.8-11)	8.7 (6.1-10)	7.9 (5.5-9.4)	7.2 (5.0-8.6)
2	48 (39-58)	38 (30-47)	30 (23-38)	24 (17-31)	20 (13-26)	16 (11-22)	14 (9.4-19)	13 (8.2-17)	12 (7.3-16)	11 (6.5-15)	9.6 (5.9-13)
3	60 (49-72)	50 (38-63)	40 (29-53)	33 (22-45)	26 (17-38)	22 (14-32)	19 (12-29)	17 (11-26)	15 (9.4-24)	14 (8.4-22)	13 (7.6-20)
4	72 (63-79)	62 (52-72)	52 (42-63)	43 (33-54)	35 (26-46)	29 (22-40)	25 (19-36)	23 (16-33)	20 (14-30)	18 (13-27)	17 (12-25)
5	81 (76-85)	73 (67-79)	64 (57-71)	54 (47-62)	45 (39-53)	38 (32-46)	33 (28-42)	29 (25-38)	26 (22-34)	24 (20-32)	22 (18-29)
6	86	81	74	65	56	48	42	37	33	30	28

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women 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	27	22	17	14	11	9.3	8.2	7.2	6.4	5.8	5.2
1	38 (31-53)	30 (24-42)	24 (18-32)	19 (14-25)	15 (11-19)	13 (9.3-15)	11 (8.0-13)	9.5 (6.9-11)	8.4 (6.1-10)	7.5 (5.4-9.0)	6.7 (4.8-8.1)
2	51 (39-66)	41 (30-56)	33 (23-45)	26 (18-36)	21 (14-28)	17 (12-23)	15 (9.8-19)	13 (8.4-17)	11 (7.3-15)	9.7 (6.4-14)	8.6 (5.7-12)
3	63 (48-75)	54 (38-67)	44 (30-57)	36 (23-48)	28 (18-38)	23 (15-32)	20 (13-27)	17 (11-23)	14 (9.5-20)	13 (8.3-17)	11 (7.4-16)
4	73 (60-81)	66 (50-75)	57 (41-67)	47 (33-57)	38 (26-47)	31 (22-40)	26 (19-34)	22 (16-29)	19 (14-25)	16 (12-22)	14 (10-19)
5	81 (70-85)	76 (62-81)	68 (53-75)	59 (45-66)	50 (37-57)	41 (32-48)	35 (27-41)	29 (24-35)	25 (21-30)	21 (18-26)	18 (16-23)
6	86	83	78	71	62	53	45	38	32	27	23

**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	26	21	17	13	11	9.3	8.1	7.0	6.2	5.4	4.8
1	36 (28-50)	29 (22-41)	23 (17-32)	18 (14-25)	15 (11-20)	13 (9.1-16)	11 (7.8-13)	9.3 (6.7-11)	8.1 (5.8-9.3)	7.1 (5.0-8.2)	6.2 (4.4-7.3)
2	46 (35-60)	38 (28-52)	31 (22-43)	25 (17-35)	20 (14-28)	17 (12-23)	15 (9.7-19)	12 (8.2-16)	11 (7.1-14)	9.2 (6.1-12)	8.0 (5.3-11)
3	57 (43-69)	49 (35-61)	41 (28-53)	34 (23-44)	28 (18-37)	23 (15-31)	19 (13-26)	16 (11-22)	14 (9.2-19)	12 (7.9-16)	10 (6.9-14)
4	66 (52-75)	59 (44-69)	52 (37-61)	44 (30-53)	36 (25-45)	31 (21-39)	26 (18-33)	22 (15-28)	18 (13-24)	16 (11-21)	13 (10-18)
5	74 (61-79)	69 (54-75)	62 (47-69)	54 (39-61)	47 (33-54)	40 (29-47)	34 (25-41)	29 (22-35)	24 (19-30)	20 (17-26)	17 (15-22)
6	80	76	71	64	57	50	43	37	31	26	22

Ten year probability of osteoporotic fractures (%) according to BMD, the number of clinical risk factors (CRF) and age in women 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	21	17	13	11	9.0	7.7	6.6	5.7	4.9	4.3	3.7
1	29 (22-42)	23 (17-34)	19 (14-28)	15 (11-22)	13 (8.9-18)	11 (7.5-15)	9.0 (6.3-12)	7.7 (5.4-9.8)	6.6 (4.6-8.1)	5.7 (3.9-6.7)	4.9 (3.4-5.6)
2	38 (28-52)	32 (22-44)	26 (18-37)	21 (14-30)	17 (12-25)	15 (9.7-21)	12 (8.1-17)	10 (6.8-14)	8.9 (5.8-12)	7.6 (4.9-9.9)	6.5 (4.2-8.3)
3	48 (35-61)	41 (29-53)	35 (23-46)	28 (18-38)	24 (15-32)	20 (13-27)	17 (11-23)	14 (9.0-20)	12 (7.6-17)	10 (6.4-14)	8.6 (5.5-12)
4	58 (43-68)	52 (37-61)	45 (30-54)	38 (25-46)	32 (21-40)	27 (18-34)	23 (15-29)	19 (13-25)	16 (11-21)	14 (9.1-18)	11 (7.8-15)
5	67 (52-73)	62 (45-68)	55 (39-62)	48 (32-55)	42 (28-49)	36 (24-42)	31 (20-37)	26 (18-31)	22 (15-27)	18 (13-23)	15 (11-19)
6	75	70	65	58	52	46	40	34	29	24	20

**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	13	11	8.6	7.0	6.0	5.1	4.4	3.7	3.2	2.8	2.4
1	19 (14-29)	15 (11-24)	12 (8.7-19)	10 (7.0-15)	8.6 (5.9-13)	7.3 (5.0-11)	6.2 (4.2-8.9)	5.2 (3.6-7.4)	4.4 (3.0-6.1)	3.8 (2.6-5.1)	3.2 (2.2-4.2)
2	26 (18-37)	22 (14-31)	18 (12-26)	14 (9.4-21)	12 (7.9-18)	10 (6.6-15)	8.7 (5.5-13)	7.3 (4.7-11)	6.2 (3.9-8.8)	5.2 (3.3-7.3)	4.4 (2.8-6.1)
3	35 (23-46)	29 (19-40)	24 (15-34)	20 (12-28)	17 (10-24)	15 (8.8-20)	12 (7.4-17)	10 (6.2-14)	8.7 (5.2-12)	7.3 (4.4-10)	6.1 (3.7-8.6)
4	45 (30-55)	39 (25-48)	33 (20-41)	28 (17-35)	24 (14-31)	20 (12-26)	17 (10-22)	14 (8.7-19)	12 (7.3-16)	10 (6.2-13)	8.5 (5.3-11)
5	55 (38-61)	49 (32-56)	43 (27-49)	37 (22-43)	32 (19-38)	28 (17-33)	24 (14-29)	20 (12-25)	17 (10-21)	14 (8.8-18)	12 (7.5-15)
6	64	59	53	47	42	37	32	27	23	20	16