



10 year fracture risk %

Major osteoporotic fracture (clinical spine, forearm, hip or shoulder fracture)/Hip

| RISK FACTORS | Zero | | | | One | | | | Two | | | |
|---------------|--------|------|------|-------|------|-------|-------|-------|-------|-------|-------|-------|
| | BMI 35 | 30 | 25 | 20 | 35 | 30 | 25 | 20 | 35 | 30 | 25 | 20 |
| Female | | | | | | | | | | | | |
| 50 | 2 | 3 | 3 | 3 | 4 | 4 | 5 | 5 | 6 | 6 | 7 | 8/1 |
| 60 | 5 | 6 | 6 | 7/2 | 7 | 9 | 10/1 | 10/4 | 11/1 | 13/2 | 14/2 | 16/6 |
| 70 | 8/1 | 9/2 | 10/2 | 11/4 | 11/2 | 13/3 | 15/4 | 17/7 | 16/4 | 18/6 | 21/7 | 25/12 |
| 80 | 14/4 | 16/5 | 19/7 | 21/11 | 20/8 | 23/10 | 27/13 | 31/20 | 28/14 | 33/18 | 38/22 | 43/32 |
| Male | | | | | | | | | | | | |
| 50 | 2 | 2 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 5 | 6 | 6 |
| 60 | 3 | 4 | 4 | 4 | 5 | 6 | 6 | 7/1 | 7 | 8 | 10/1 | 10/2 |
| 70 | 4 | 5/1 | 6/1 | 6/2 | 6 | 7 | 8/2 | 9/4 | 8 | 10 | 12/4 | 13/6 |
| 80 | 6/2 | 7/3 | 9/4 | 9/5 | 9/4 | 11/5 | 13/7 | 14/10 | 13/7 | 16/9 | 19/12 | 21/16 |

Risk factors - Previous fracture "atraumatic", Parent hip fracture, Smoker, Rheumatoid arthritis, Glucocorticoids - now or more than 3 months, >3 drinks a day