ASSESSMENT OF 10-YEAR FRACTURE RISK – Women and Men

Assessment of Basal 10-year Fracture Risk: CAROC System

**NB:** Fragility fracture after age 40 or recent prolonged systemic glucocorticoid use increase CAROC basal risk by one category (i.e., from low-risk to moderate or moderate risk to high). Individuals with a fragility fracture of a vertebra or hip and those with more than one fragility fracture are at high risk of an additional fracture.

The T-score for the femoral neck is derived from the National Health and Nutrition Education Survey III (NHANES III) reference database for white women.
### 10-year Risk Assessment for Women (CAROC Basal Risk)

<table>
<thead>
<tr>
<th>Age</th>
<th>Low Risk</th>
<th>Moderate Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>above -2.5</td>
<td>-2.5 to -3.8</td>
<td>below -3.8</td>
</tr>
<tr>
<td>55</td>
<td>above -2.5</td>
<td>-2.5 to -3.8</td>
<td>below -3.8</td>
</tr>
<tr>
<td>60</td>
<td>above -2.3</td>
<td>-2.3 to -3.7</td>
<td>below -3.7</td>
</tr>
<tr>
<td>65</td>
<td>above -1.9</td>
<td>-1.9 to -3.5</td>
<td>below -3.5</td>
</tr>
<tr>
<td>70</td>
<td>above -1.7</td>
<td>-1.7 to -3.2</td>
<td>below -3.2</td>
</tr>
<tr>
<td>75</td>
<td>above -1.2</td>
<td>-1.2 to -2.9</td>
<td>below -2.9</td>
</tr>
<tr>
<td>80</td>
<td>above -0.5</td>
<td>-0.5 to -2.6</td>
<td>below -2.6</td>
</tr>
<tr>
<td>85</td>
<td>above +0.1</td>
<td>+0.1 to -2.2</td>
<td>below -2.2</td>
</tr>
</tbody>
</table>

The T-score for the femoral neck is derived from the National Health and Nutrition Education Survey III (NHANES III) reference database for white women.

### 10-year Risk Assessment for Men (CAROC Basal Risk)

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<th>Moderate Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
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<td>below -3.9</td>
</tr>
<tr>
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<td>above -2.5</td>
<td>-2.5 to -3.9</td>
<td>below -3.9</td>
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<td>above -2.3</td>
<td>-2.3 to -3.7</td>
<td>below -3.7</td>
</tr>
<tr>
<td>75</td>
<td>above -2.3</td>
<td>-2.3 to -3.8</td>
<td>below -3.8</td>
</tr>
<tr>
<td>80</td>
<td>above -2.1</td>
<td>-2.1 to -3.8</td>
<td>below -3.8</td>
</tr>
<tr>
<td>85</td>
<td>above -2.0</td>
<td>-2.0 to -3.8</td>
<td>below -3.8</td>
</tr>
</tbody>
</table>

The T-score for the femoral neck is derived from the National Health and Nutrition Education Survey III (NHANES III) reference database for white women.