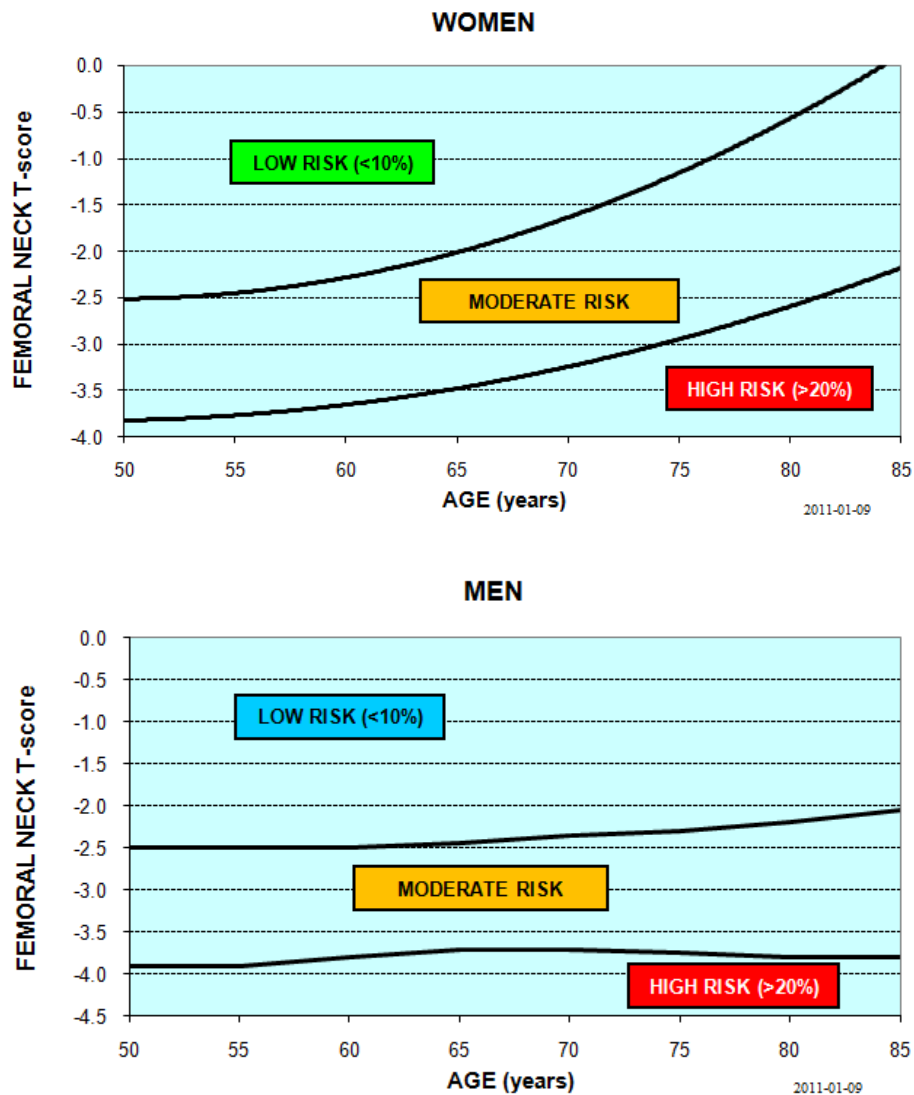


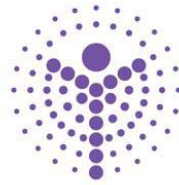
## ASSESSMENT OF 10-YEAR FRACTURE RISK – Women and Men

### 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)

Age	Low Risk	Moderate Risk	High Risk
50	above -2.5	-2.5 to -3.8	below -3.8
55	above -2.5	-2.5 to -3.8	below -3.8
60	above -2.3	-2.3 to -3.7	below -3.7
65	above -1.9	-1.9 to -3.5	below -3.5
70	above -1.7	-1.7 to -3.2	below -3.2
75	above -1.2	-1.2 to -2.9	below -2.9
80	above -0.5	-0.5 to -2.6	below -2.6
85	above +0.1	+0.1 to -2.2	below -2.2

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)

Age	Low Risk	Moderate Risk	High Risk
50	above -2.5	-2.5 to -3.9	below -3.9
55	above -2.5	-2.5 to -3.9	below -3.9
60	above -2.5	-2.5 to -3.7	below -3.7
65	above -2.4	-2.4 to -3.7	below -3.7
70	above -2.3	-2.3 to -3.7	below -3.7
75	above -2.3	-2.3 to -3.8	below -3.8
80	above -2.1	-2.1 to -3.8	below -3.8
85	above -2.0	-2.0 to -3.8	below -3.8

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.