



Osteoporosis

Appendix C – Using the FRAX Calculator to Assess Absolute Fracture Risk

Access online at: <http://www.shef.ac.uk/FRAX/>

The screenshot shows the FRAX WHO Fracture Risk Assessment Tool interface. At the top, it says 'FRAX® WHO Fracture Risk Assessment Tool'. Below that is a navigation bar with 'Home', 'Calculation Tool', 'Paper Charts', 'FAQ', and 'References'. A language dropdown is set to 'English'. The main heading is 'Calculation Tool'. Below this, it says 'Please answer the questions below to calculate the ten year probability of fracture with BMD.' The 'Country' is set to 'Canada'. There is a 'Name/ID' field and a link 'About the risk factors'. The questionnaire consists of 12 questions:

- Age (between 40-90 years) or Date of birth: Age (Y, M, D) and Date of birth (Y, M, D) fields.
- Sex: Male (selected) or Female.
- Weight (kg): Input field.
- Height (cm): Input field.
- Previous fracture: No (selected) or Yes.
- Parent fractured hip: No (selected) or Yes.
- Current smoking: No (selected) or Yes.
- Glucocorticoids: No (selected) or Yes.
- Rheumatoid arthritis: No (selected) or Yes.
- Secondary osteoporosis: No (selected) or Yes.
- Alcohol 3 or more units per day: No (selected) or Yes.
- Femoral neck BMD (g/cm²): Select DXA (dropdown) and input field. Includes 'Clear' and 'Calculate' buttons.

On the right side, there are two conversion tools: 'Weight Conversion' (Pounds to Kgs) and 'Height Conversion' (Inches to Cms), both with 'Convert' buttons.

- From "Calculation Tool" menu, choose "Canada " model
- Enter patient's age or date of birth
- Enter patient's sex
- Enter patient's weight
- Enter patient's height
- Choose "no" or "yes" for risk factors 5-11
- If BMD score available (#12), select type of DXA scanner and enter femoral neck or total hip BMD as g/cm²
(Note: A BMD test is not required to estimate fracture risk)
- Click on "Calculate"
- The 10-year hip fracture probability estimate to can be used to determine type of treatment based on level of risk