

The Female Triad Athlete

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Overview

- Anorexia Nervosa
- Bulimia
- Amenorrhea
- Osteoporosis

Anorexia Nervosa

- This is a eating disorder exhibited in sports that regards leanness, and weight loss as performance indicators.

Anorexia Nervosa

Causes	Pressure to lose weight Not being cognizant about diet Family predicaments Desire to perform well
Effects	Decreased performance Amenorrhea Short and long term morbidity Mortality
Treatment	Education about proper nutrition safe training Identification of warning signs

Bulimia Nervosa

- This type of eating disorder involves overeating, which in turn is proceeded by purging.
- Again, athletes who participate in sports that puts focus on leanness, and weight loss among others, are regarded to be at risk.

Bulimia Nervosa

Causes

- Desire to be thin
- Body dissatisfaction
- Perfectionism
- Interpersonal distrust
- Maturity fears

Effects

- Risk for morbidity and mortality
- Loss of fluids and electrolytes, hence, dehydration
- Acid-base and electrolytes imbalances
- Gastrointestinal disorders
- Low self esteem

Treatment

- Education about the dangers of the behavior
- safe training and proper nutrition
- Identification of warning signs

Amenorrhea

- **Primary Amenorrhea**
This is an absence of menstruation by the age of 16
- **Secondary Amenorrhea**
This is an absence of menstruation of three to more consecutive menses
- It's common in elite, active girls and women involved in various physical activities

Amenorrhea

Causes	<ul style="list-style-type: none">A reduction in frequency of luteinizing hormoneSubsequent ovarian suppression in physically active femalesHigh volume of training/exercise stressDecreased bone mineral density
Effects	<ul style="list-style-type: none">Decreases ovarian hormone productionMenstrual dysfunction
Treatment	<ul style="list-style-type: none">Prompt medical assessmentHave a Calcium balance (1500 mg/day)Practice eating patterns to promote energy intake and expenditure balance

Osteoporosis

- This is categorized by increased rates of bone loss.
- It can take place in active women under the age of 50, especially if they have experienced eating, and amenorrhea predicaments

Osteoporosis

- **Causes**
 - Lack of estrogen, especially in postmenopausal women, a factor attributed to decreased ovarian hormone production and hypo estrogenemia.
 - Occurrence of disordered eating
 - Practices of low Calcium intake
 - Menstrual dysfunction
- **Effects**
 - Risk of fractures during competition (Hip and Spine)
 - Risk of premature osteoporosis fractures
- **Treatment**
 - More Calcium for women that are estrogen deficient (1500 mg/day).
 - Exercise (weight bearing activities)
 - Identifying and correcting the causes of Osteoporosis
 - Hormone therapy replacement