

ATHLETE HEALTH

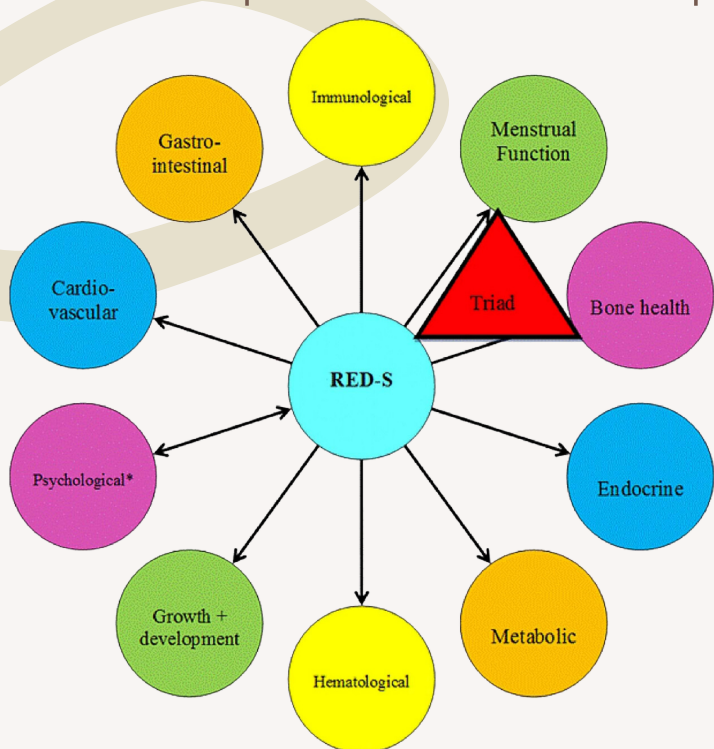
FEMALE ATHLETE TRIAD

The Female Athlete Triad recognises the impact of insufficient caloric intake on the female menstrual cycle and bone density. It has been noted to be relatively common amongst young female athletes. In recent years, it has developed into the concept of RED-S.



RED-S SYNDROME

Relative Energy Deficiency in Sport (RED-S) developed from the Female Athlete Triad. The International Olympic Committee (IOC) endorsed it in 2014 which demonstrates the multi-system impact of poor nutritional intake.



SCREENING IN THE ED

- What does a normal week look like for you?
- Tell me about your job. Are you sedentary or active? Any recent changes in activity level?
- Are you training for any event in particular?
- What sort of food do you like eating?



RED-S RED FLAGS

Athletes who present to the ED with stress fractures, recurrent injuries, difficulty sleeping or low mood may be entering a low energy state such as RED-S. Severe bradycardia with a HR of 30s/40s or irregular menstruation is **not** normal and should also raise warning signs.



EXERCISING IN PREGNANCY

Bottom line... patients can continue their current level of activity or slightly less and then alter the form of exercise and reduce intensity more in the third trimester.



References

ATHLETE HEALTH

FEMALE ATHLETE TRIAD

Conceptualised in the 1990s and revised in 2007, the triad recognises the impact of insufficient calorific intake on the female menstrual cycle and bone density. Dr Statuta's publication explores it in depth.



RED-S SYNDROME

The International Olympic Committee (IOC) has published several research articles on RED-S. The first of which was released in 2014. This was revised in 2018 and it is a comprehensive piece.

SPORT IRELAND

Sport Ireland have also released a series of infographics which act as great resources for patients who may present to the Emergency Department.



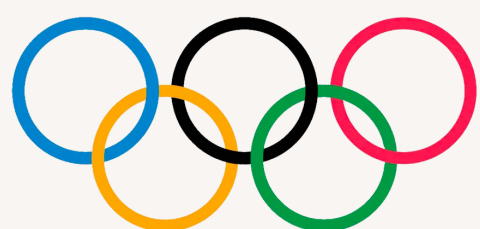
Assessment



Recognition

MENTAL HEALTH SCREENING

The IOC have two mental health screening tools which are helpful for physicians who are working frequently with athletes either as a primary care physician or as a sports medic. They comprehensively screen for several mental health conditions which can be common amongst athletes.



DR SIOBHÁN STATUTA

Dr Siobhán Statuta is well published in the area of athlete's health. She also gave a presentation on the IOC Mental Health Assessment Tools which is available on YouTube.

