

Female Athlete Triad

The Female Athlete Triad is a serious health concern that has been identified among athletes, particularly girls and women in competitive sport. The three components are low energy availability, menstrual problems, and weak bones. You do not need to have all three components of the Triad at the same time. Signs

that you should be evaluated by a doctor include irregular or absent periods, stress fractures, noticeable weight loss, excessive or compulsive exercise habits; or a preoccupation with weight or body size and shape that interferes with normal eating habits. Early intervention is important because over time the Triad increases your risk of having a stress fracture. Not getting enough calories or nutrients can lead to electrolyte imbalances and dehydration which can make you feel tired, irritable, and anxious. Low energy can also cause irregular menstrual cycles. When periods are less frequent or missed it is a sign that the body is making less estrogen which is important for building healthy bones. This is especially critical during the peak bone building years from puberty to age twenty. We want to help our young athletes develop healthy exercise and eating habits that will last a lifetime.

Source: 2014 Female Athlete Coalition Consensus Statement on Treatment and Return to Play of the Female Athlete Triad and from femaleathletetriad.org. Please speak to your doctor about more information.



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