

Female Athletes

Overcoming the physiology androcentrism

Dr Kirsty Elliott-Sale



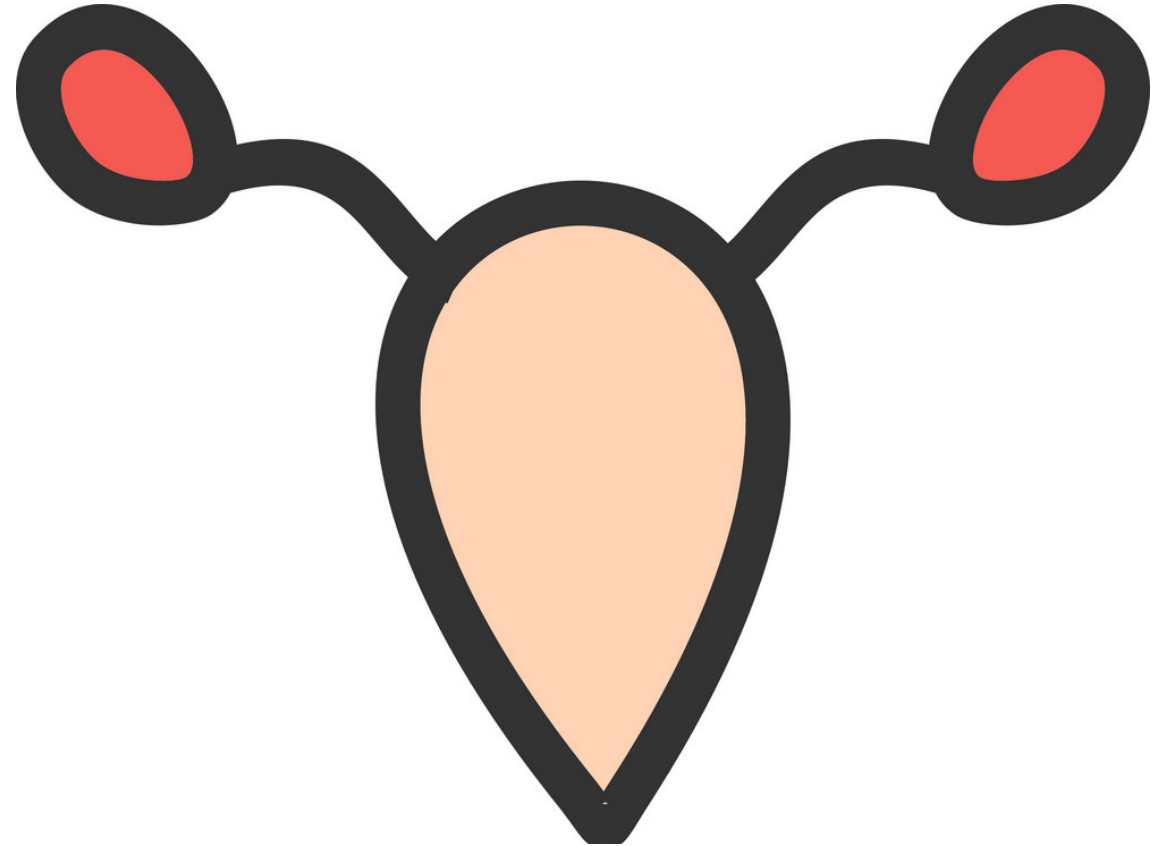
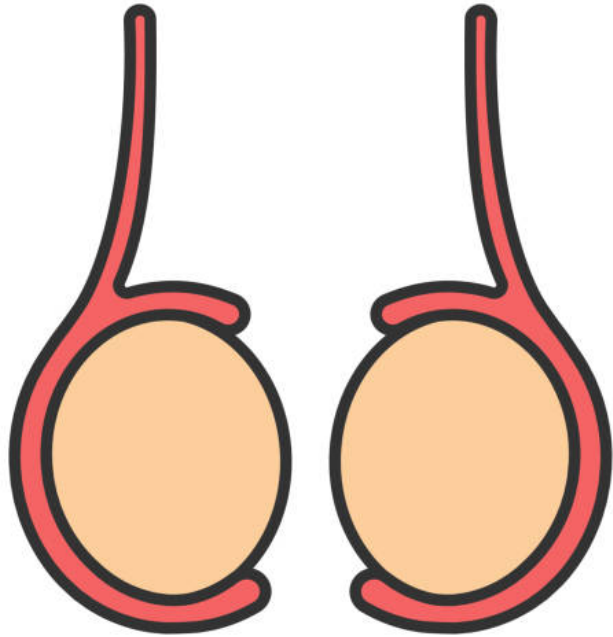
1. Sex differences
2. Menstrual versus contraceptive cycles
3. The Triad and RED-S

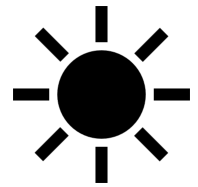
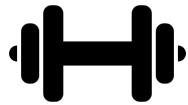
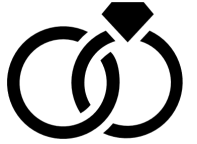


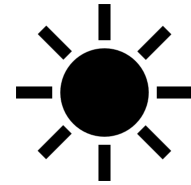
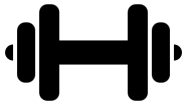
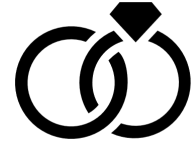
Data were extracted from 1,382 articles involving a total of 6,076,580 participants. A total of 2,366,968 (39%) participants were female and 3,709,612 (61%) were male [Costello et al., 2014].

Shrink it and pink it

Sex hormones







JANUARY

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FEBRUARY

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2019

CALENDAR

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SEPTEMBER

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DECEMBER

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FEBRUARY

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CALENDAR 2020

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OCTOBER

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NOVEMBER

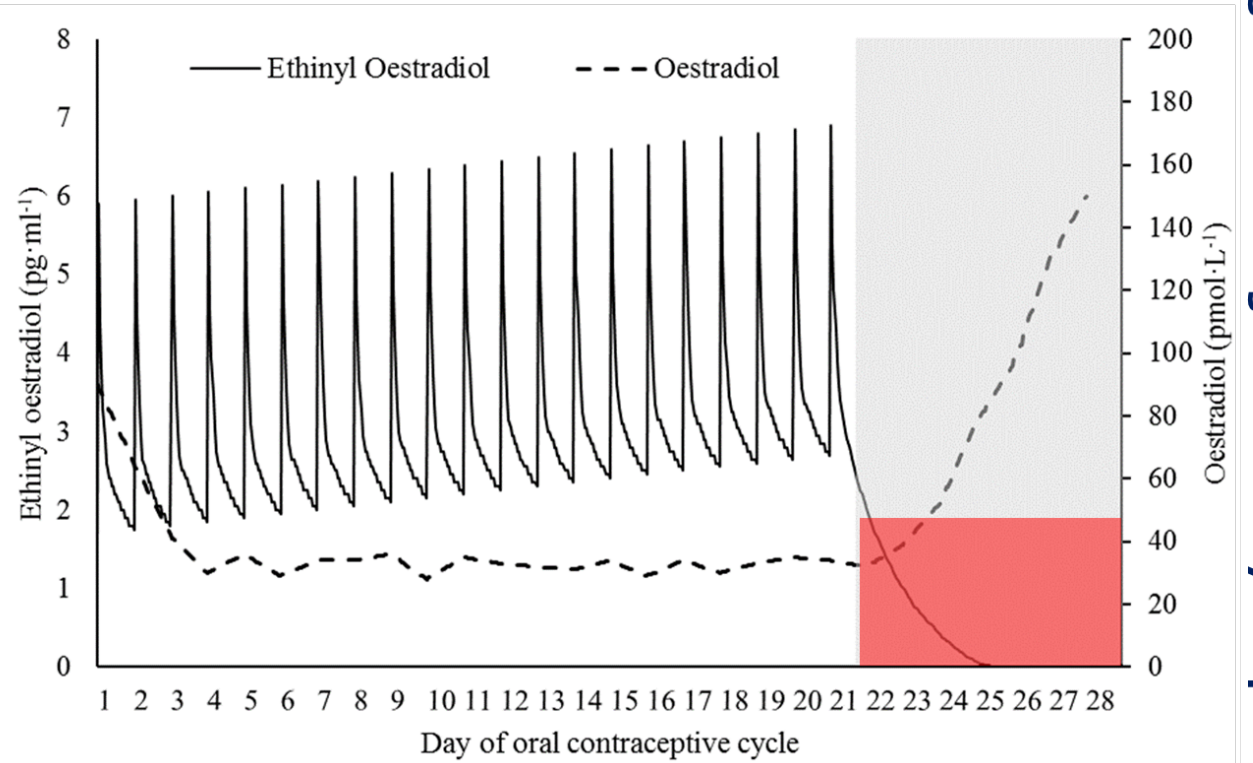
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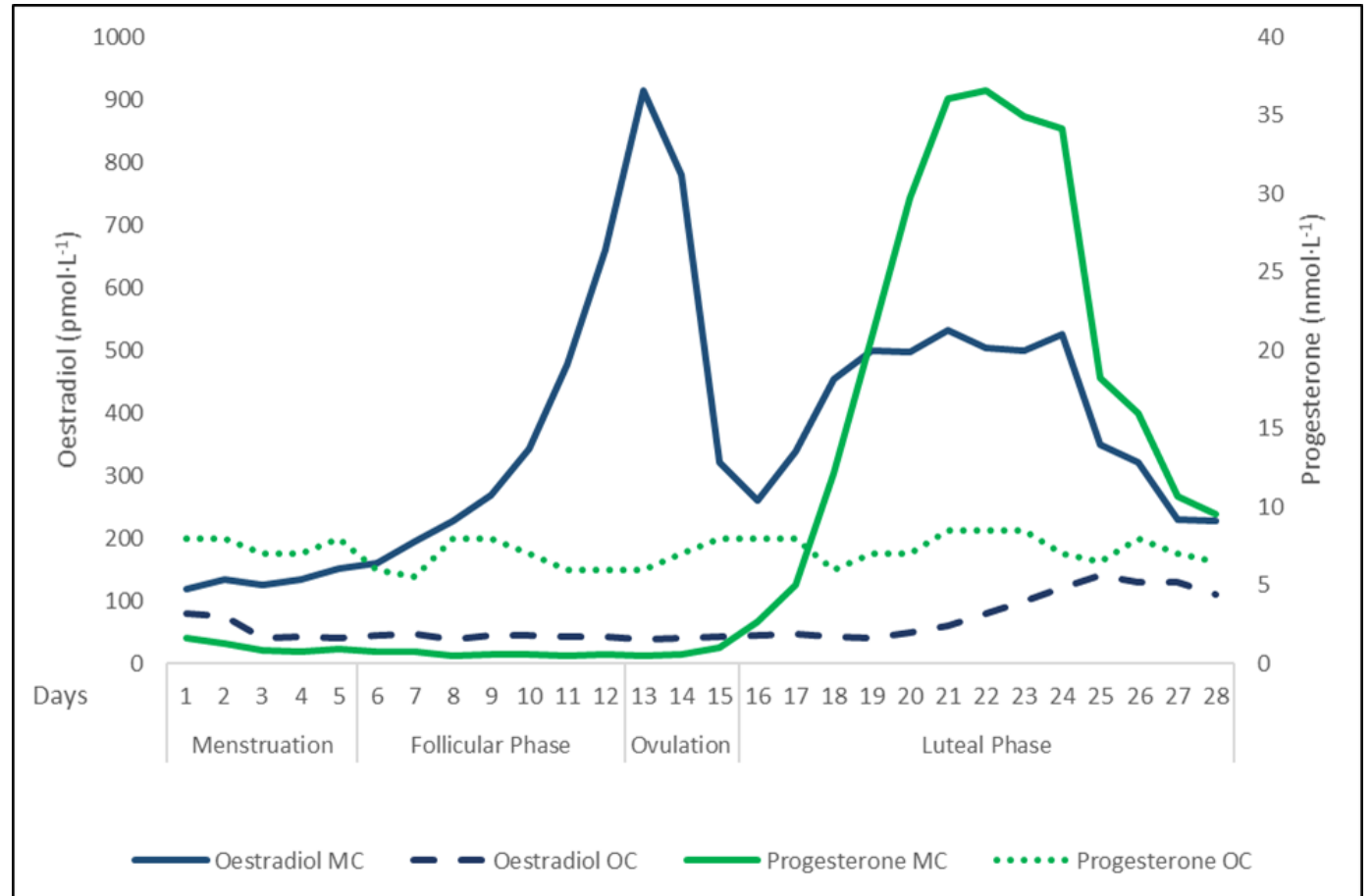
Contraceptive cycle

Exogenous oestrogen provided by the pill



Endogenous oestrogen caused by the pill

Menstrual v Contraceptiv e Cycle



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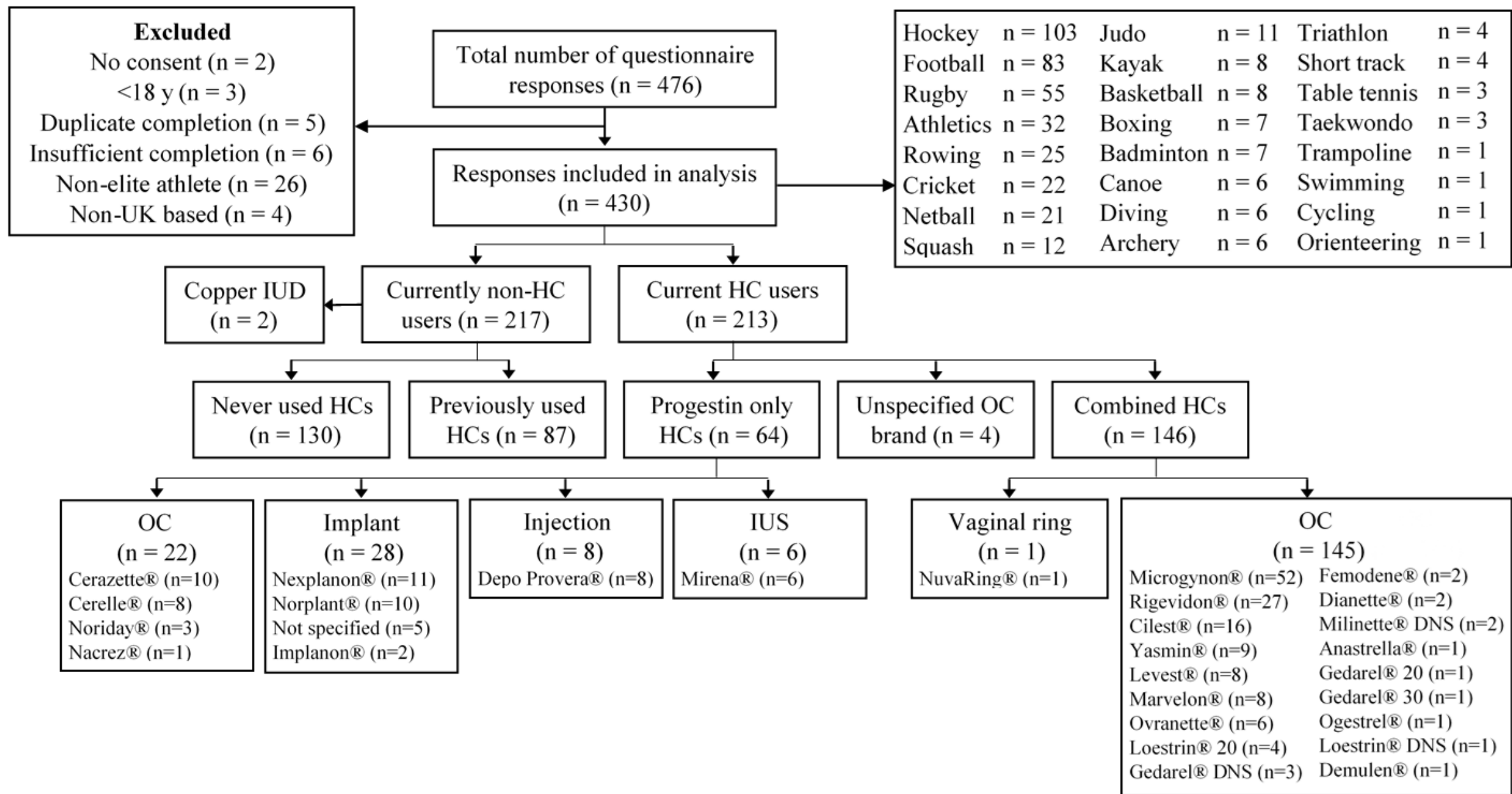
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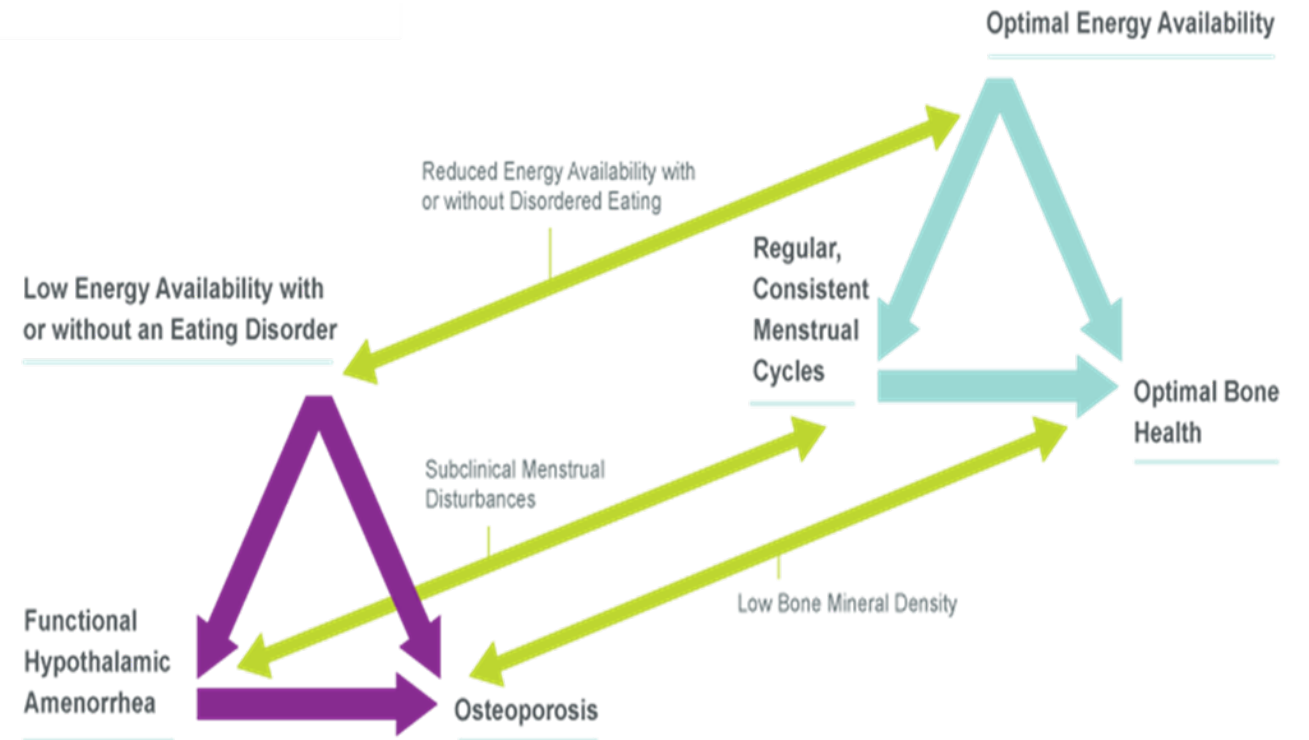


Do these changes [in reproductive hormones] affect physiological functioning, nutrition, athletic performance and health?

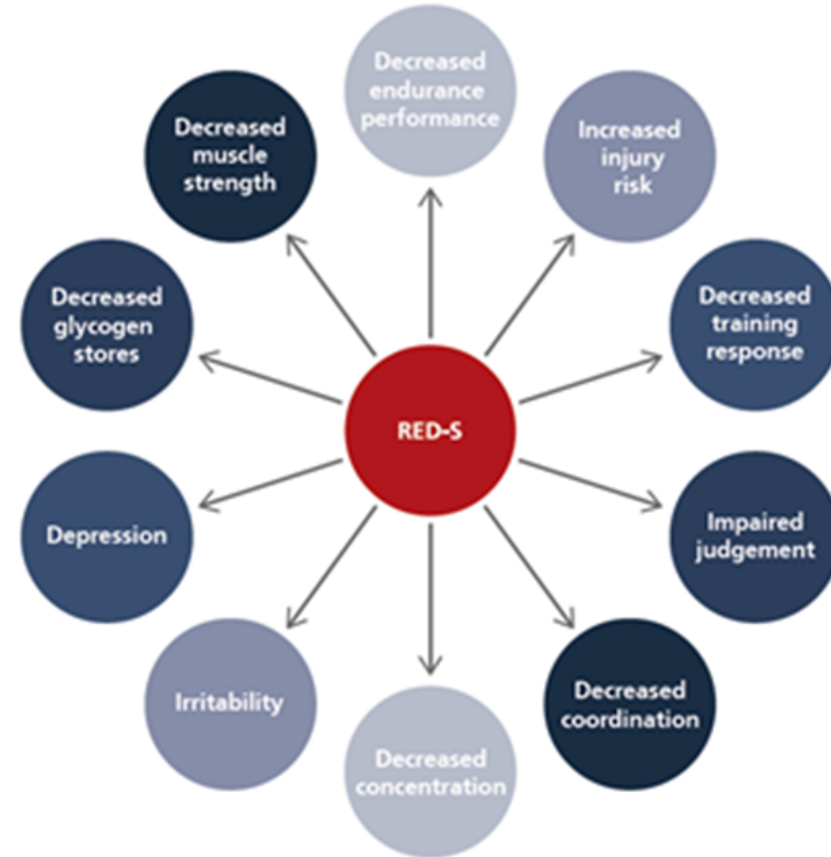


Does sport affect
reproductive
hormones...
physiological
functioning, nutrition,
athletic performance
and health?

The female athlete triad



Relative Energy Deficiency in Sport



Thank you!
@ElliottSale

