Female Athletes Overcoming the physiology and rocentrism

Dr Kirsty Elliott-Sale



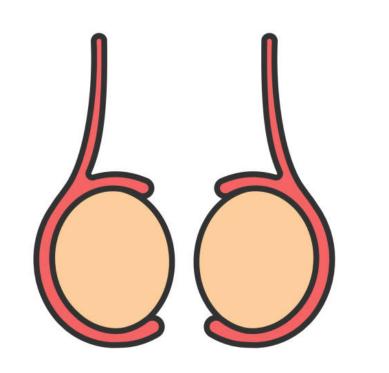
Sex differences
Menstrual versus
Contraceptive cycles
The Triad and
RED-S

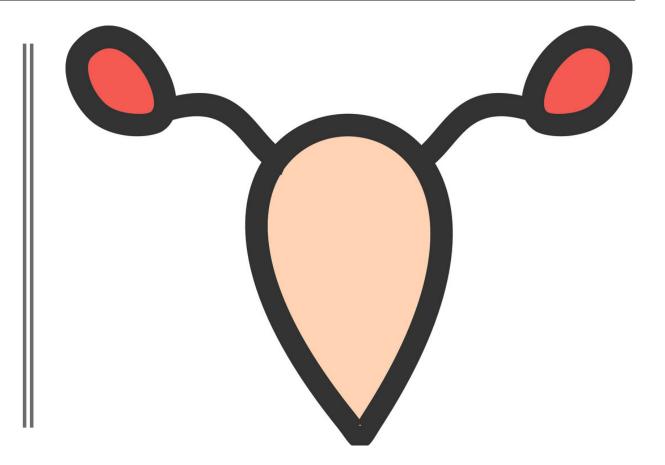


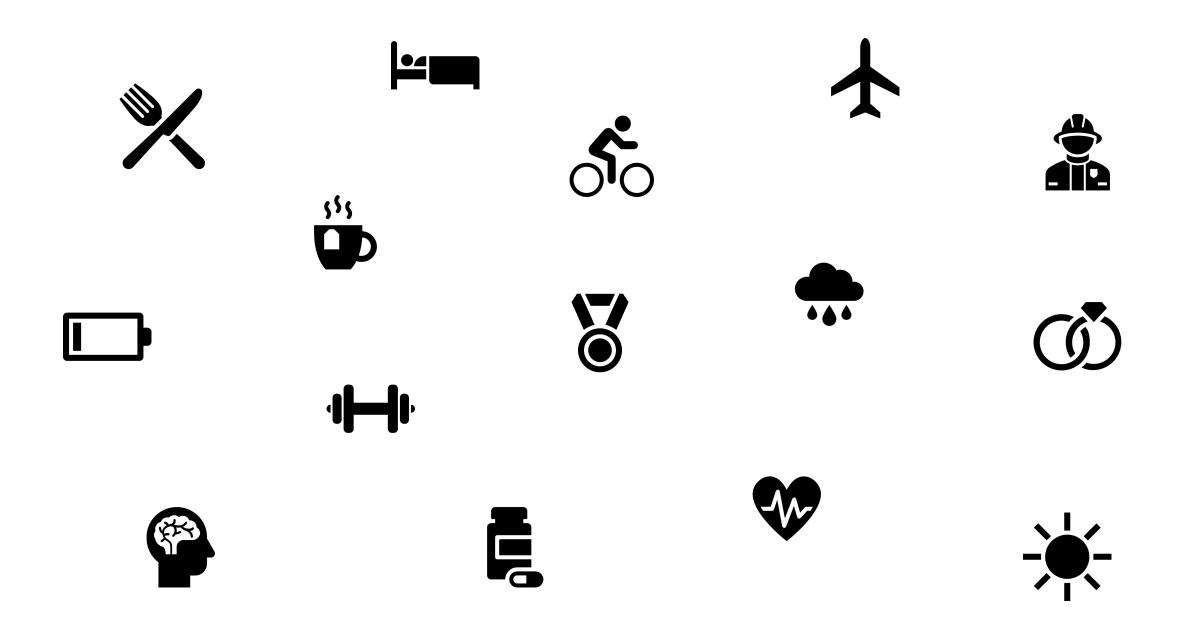
Data were extracted from 1,382 articles involving a total of 6,076,580 participants. A total of 2,366,968 (39%) participants were female and 3,709,612 (61%) were male [Costello et al., 2014].

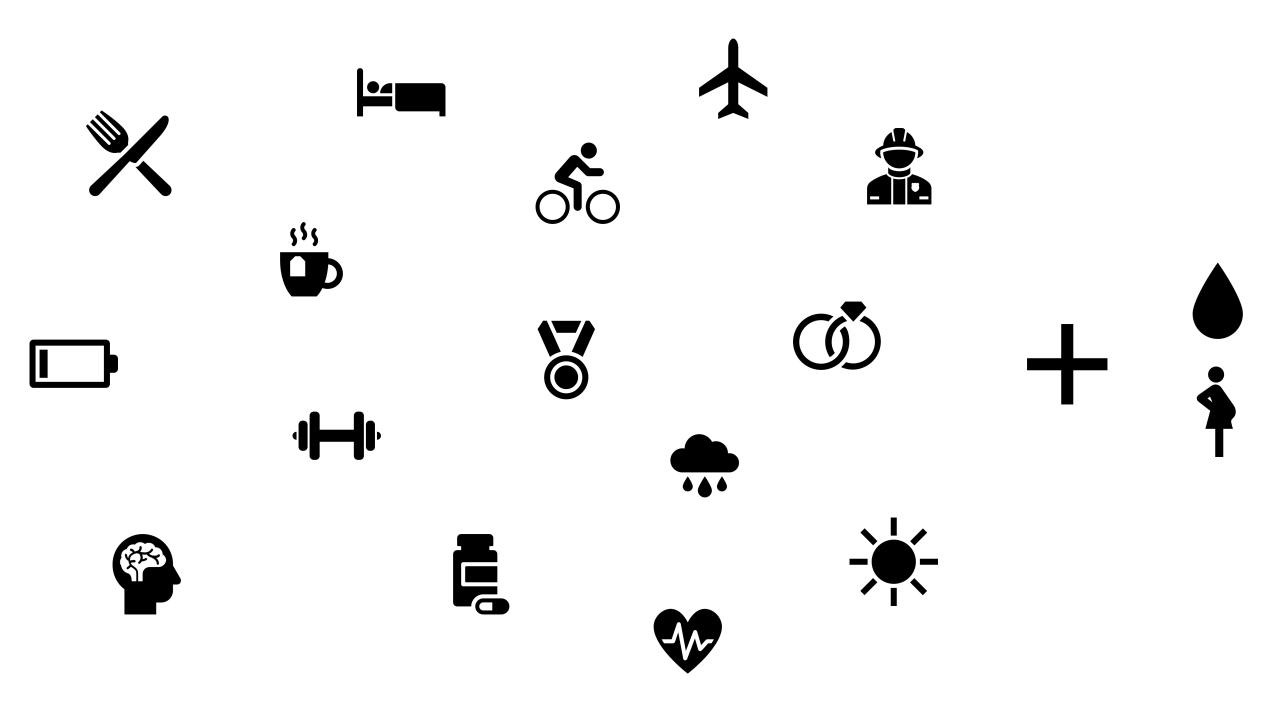
Shrink it and pink it

Sex hormones









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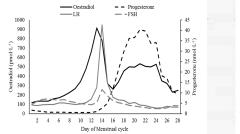
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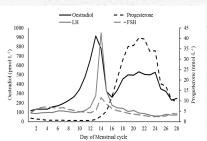
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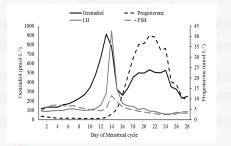
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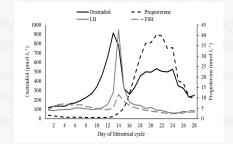


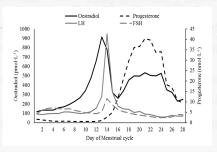




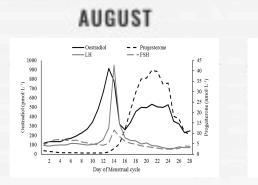


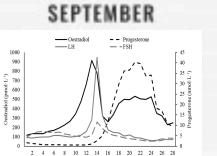






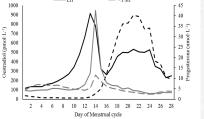




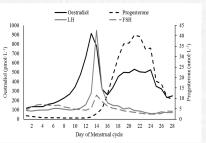


Day of Menstrual cycle

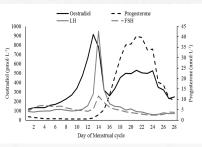








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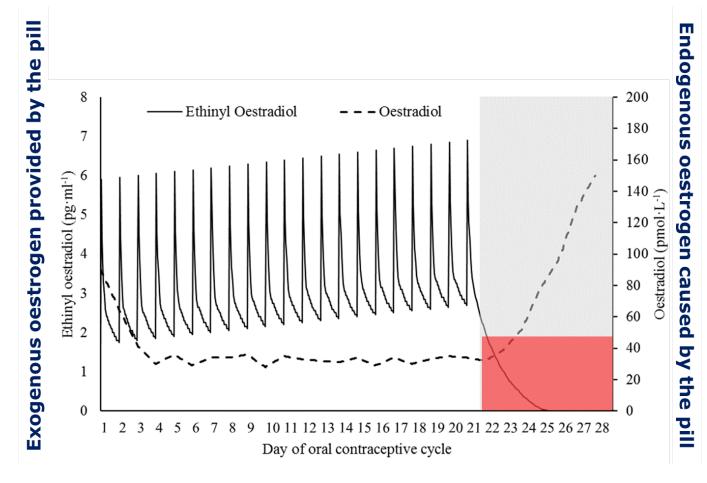
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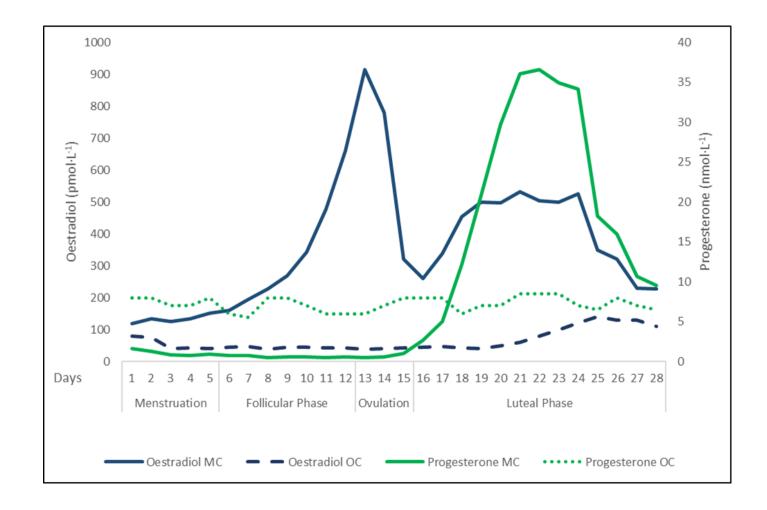
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Contraceptiv e cycle



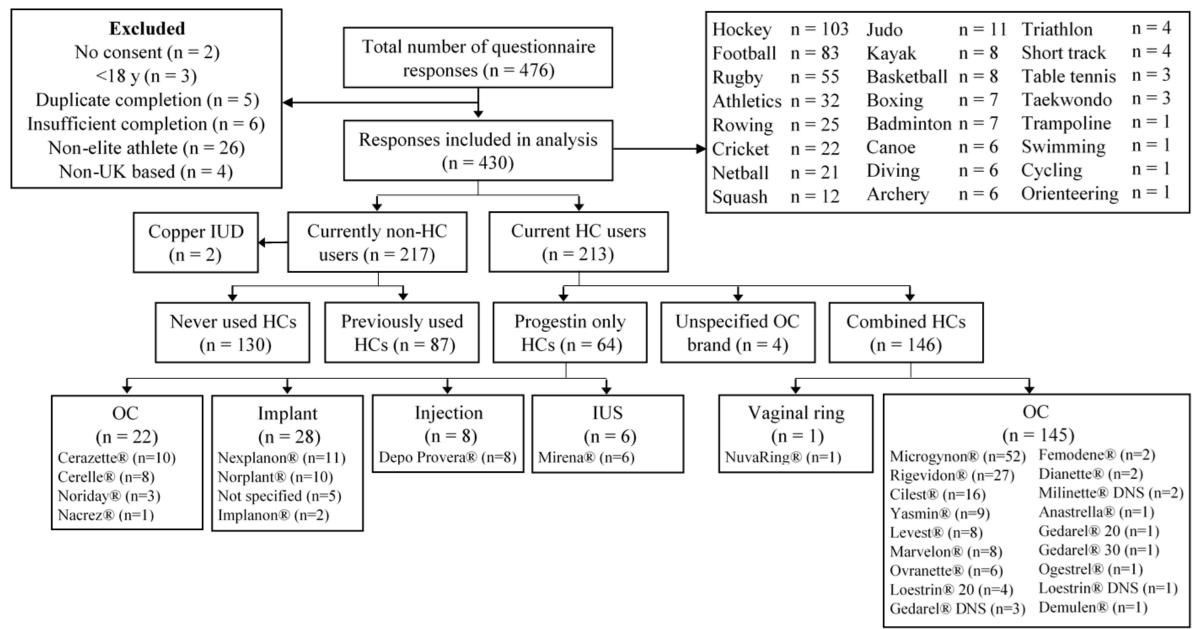
Menstrual v Contraceptiv e Cycle



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Martin et al., 2017

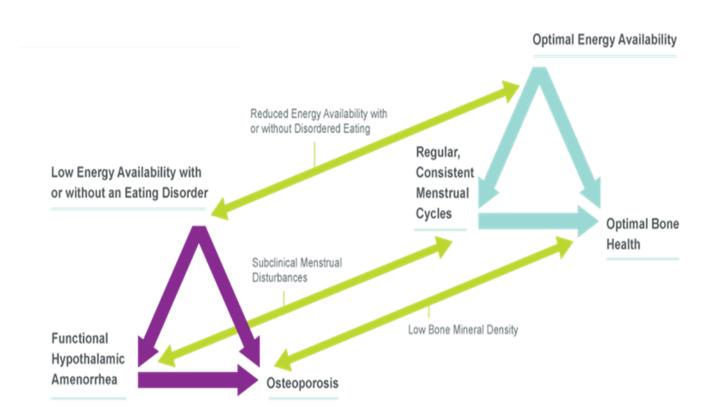


Do these changes [in reproductive hormones] affect physiological functioning, nutrition, athletic performance and health?

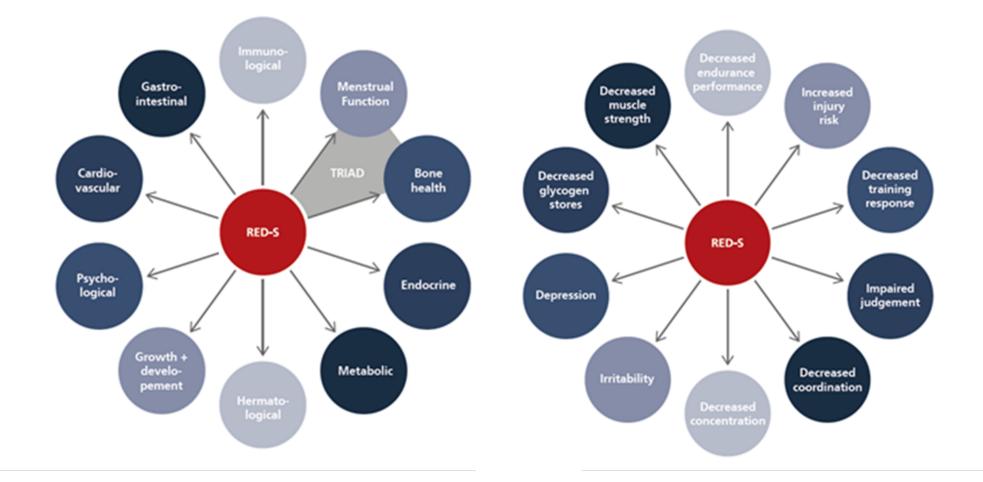


Does sport affect reproductive hormones... physiological functioning, nutrition, athletic performance and health?

The female athlete triad



Relative Energy Deficiency in Sport



Thank you! @ElliottSale

