

RED-S

Relative Energy Deficiency in Sport

What is it?

A condition of energy deficiency causing adverse effects on all bodily systems. It affects both **male** and **female** athletes and dancers who do not fuel adequately, either intentionally or unintentionally

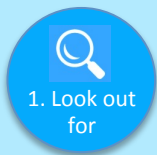
Why does it matter?

1. Impaired growth and development
2. Impact on health and wellbeing
3. Adverse effect on performance



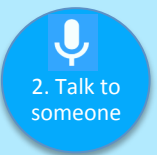
Suboptimal performance as a result of RED-S (Keay, Br J Sports Med 2017)

Recognition & next steps



1. Look out for

- Perfectionist tendencies
- Disordered/restricted eating
- Frequent injuries/niggles
- Illness
- Menstrual dysfunction
- Loss of sex drive



2. Talk to someone

- Are you...
- 💡 Overtraining?
 - 💡 Fuelling adequately?
 - 💡 Taking regular rest days?

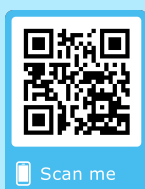


3. Seek medical help

- 🗣️ GP needs to rule out other conditions
- 🗣️ GP can refer on to specialist services such as

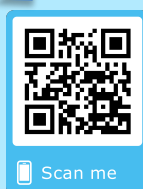


4. Read more at...



Scan me

TRAIN BRAVE



Scan me

Be aware that...



Prevalence of disordered eating is 20% higher amongst athletes compared to non athletes

(Joy et al, Br J Sports Med 2016)

For female athletes

- ♀ Regular menstrual cycle is a barometer of hormone health
- ♀ Not starting periods by age 16 or not having periods for >6 months requires medical investigation
- ♀ Oral contraceptive pill (OCP) can **mask** problems without providing bone protection or addressing underlying cause
- ♀ Using OCP for contraception needs to be an informed decision by the athlete (Gordon et al, J Clin Endocrinol Metab 2017)