

Female Athlete Triad

1. Some girls who play sports or exercise intensely are at risk of Female Athlete Triad is a combination of three conditions: **Disordered Eating, Amenorrhea, and Osteoporosis**. A female athlete can have one, two or all three.

a. **Disordered Eating** – Explain intensely active girls are at risk of Disordered Eating.

b. **Amenorrhea** – Explain why this condition can be highly stressful for female athletes.

c. **Osteoporosis** – Describe this condition and explain why some female athletes are at risk of developing it.

2. **Who Gets Female Athlete Triad?**

a. Describe the activities of girls who are most “at risk” of developing Female Athlete Triad.

b. Why is weight loss for female athletes both unnecessary and unhealthy?

c.

3. What are the Signs and Symptoms?

List five symptoms and signs of Female Athlete Triad condition.

4. How Doctors Help

a. List the five areas of concern that a doctor will ask if he suspects this condition.

b. List three other tests a doctor may request in analyzing this condition.

c. Name five other individuals and professions that are necessary to help the athlete overcome this condition.

d. Why is important to get help right away for someone who suspects this condition.

5. Helpful Tips

Share four tips that can help someone with this condition.