

ACOG: Assess all active women for female athlete triad

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(HealthDay)—All active females should be assessed for components of

the female athlete triad, with further evaluation if one or more components are identified, according to a Committee Opinion published in the June issue of *Obstetrics & Gynecology*.

Researchers from the American College of Obstetricians and Gynecologists' Committee on Adolescent Health Care discuss the female [athlete](#) triad, which includes three components: low energy availability, menstrual dysfunction, and [low bone density](#). To be affected by the condition, individuals do not need to show clinical manifestations of all components simultaneously.

The researchers note that regardless of body build or sport, all athletes are at risk for the female athlete triad. All active females should be assessed for triad components, and undergo further evaluation if one or more components are identified. Athletes should be screened for components of the female athlete triad at comprehensive visits for preventive care. Use of the [menstrual cycle](#) can identify athletes at risk of the female athlete triad and should form part of the preparticipatory sports physical. In those diagnosed with the female athlete triad, the goal of treatment is restoration of regular menses as a marker of reestablishment of energy balance and [bone mineral density](#) enhancement. As the female athlete triad results from energy imbalance, the main intervention is adjusting the energy expenditure and energy availability. When nonpharmacologic treatment has failed, pharmacologic treatment may be considered.

"A team approach involving the patient, obstetrician-gynecologist, sports nutritionist, coaches, parents, and [mental health care](#) provider, if indicated, is optimal," the authors write.

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