



PÉCSI TUDOMÁNYEGYETEM
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Knowledge and risk of the female athlete triad in amateur female runners

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Recreational running

- ◆ Worldwide epidemic: 12.5-25%
- ◆ Health benefits
- ◆ Age, lifecycle and lifestyle
- ◆ Nutritional considerations

Female athlete triad

- ◆ Energy expenditure
- ◆ Bone health
- ◆ Hormonal dysfunction

- ◆ Triad Risk Assessment

Stress fracture in females

- ◆ Incidence: 13%
- ◆ 15-20% (single aspect)
- ◆ 30-50% (multiple)

ATHLETIC PERFORMANCE

LIFE QUALITY

HEALTH CARE COSTS

Objectives and methods

- ◆ Recreational female runners
- ◆ Questionnaires
- ◆ BMI, body composition
- ◆ Bone density

Data collection

- ◆ Health status
- ◆ Physical activity
- ◆ Nutritional status and habits
- ◆ Triad knowledge and risk

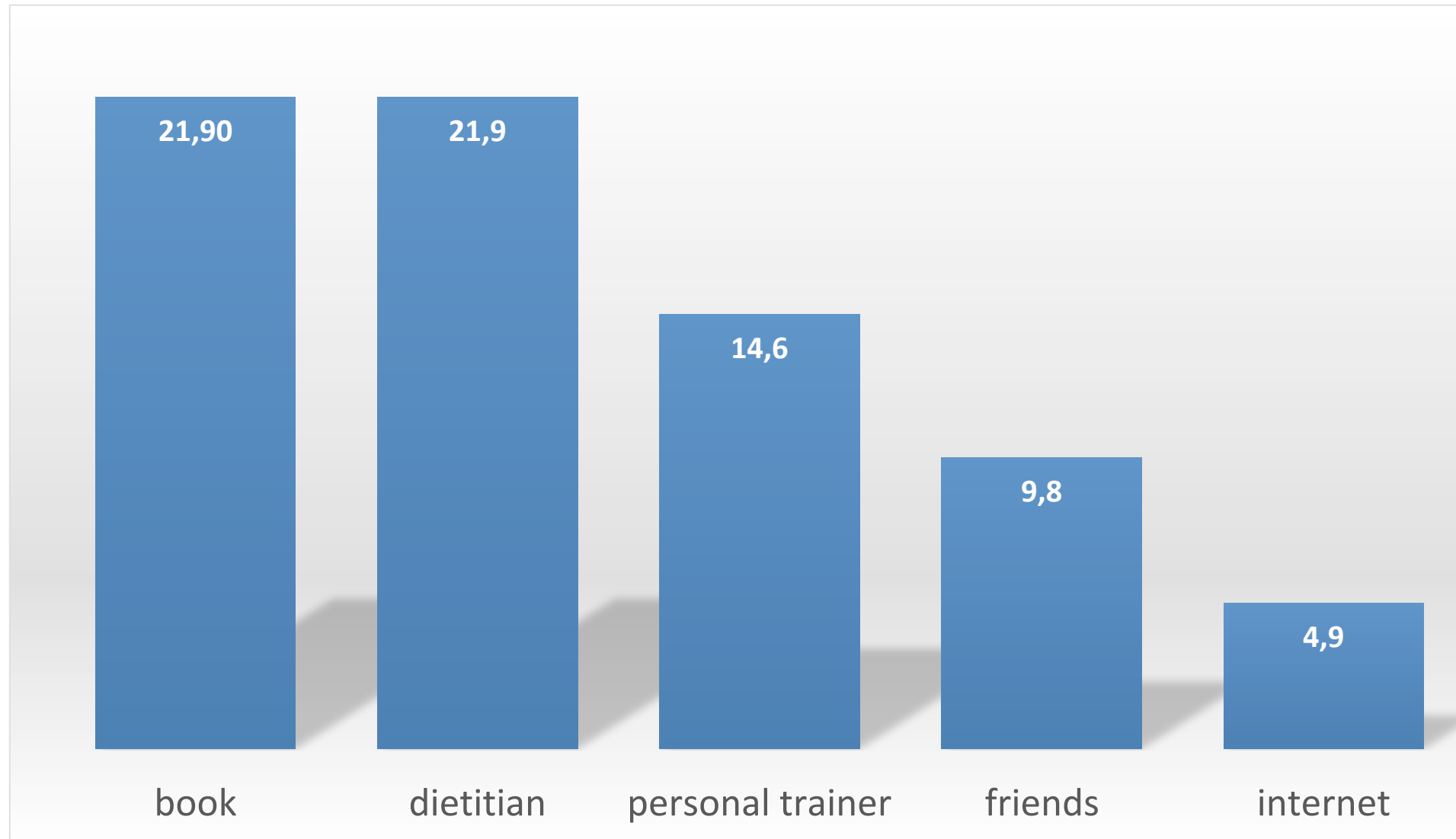
Results

- ◆ Compliance
- ◆ Age: 42.03 ± 9.03 years
- ◆ Beginners: 22.8%
- ◆ Sports physician visit: 24.1% (
- ◆ Regular visits: 10.3%
- ◆ Hours run/day: 2.3
- ◆ Only runs: 20.7%

Nutritional assessment

- ◆ Diet: 17.1%
- ◆ Carbohydrates: quantity, quality
- ◆ Milk, dairy products: 24.4%, 43.9%
- ◆ Calcium, vitamin D: 21.9%
- ◆ Protein supplements: 36.6%

Source of information



Triad risk

- ◆ Previous knowledge: 8.6%
- ◆ Body weight:
 - 60.34% worry
 - 43.1% think she has a weight problem
 - 77.6% influences mood.
- ◆ Eating disorder: 17.2%
- ◆ Irregular menstrual cycle: 24.1%

Bone health

- ◆ Z score: -0.92 ± 0.09
- ◆ T score: -0.55 ± 0.84
- ◆ Stress fracture: 5.2%

Conclusion

Preventive measures:

1. Athlete
2. Sociocultural level
3. Environmental level

Conclusion

- ◆ Targeted nutritional education
- ◆ Preparticipation screening
- ◆ Risk management