

REDS



what is REDS?

Relative Energy Deficiency in Sports (formerly known as Female Athlete Triad) is a condition which happens when the body begins to break down from not getting enough energy (food) to meet the body's demands. Young athletes are still growing and have different energy needs than adults. Teen athletes need enough energy for daily life, growth, sports and building bones. It is not the same thing as an eating disorder, it but can overlap with one. The condition occurs in approximately half of teenage female athletes. While it can also occur in male athletes, it's much more common in females. Untreated REDS as a teen can cause chronic issues as an adult.

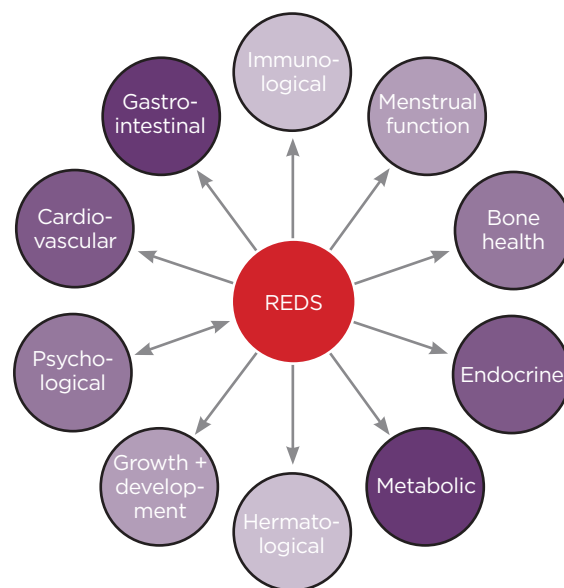
what are the symptoms of REDS?

REDS can impact just one or many systems of the body leading to a variety of symptoms, including:

- Weak immune system: easier to get sick, takes longer to recover
- Irregular menstruation: irregular, light or no cycle
- Bone health: failure to build strong bones, stress fractures
- Endocrine: abnormal hormone levels
- Metabolic: fatigue, slower metabolism, slower exercise recovery, poor stamina
- Hematologic: low iron, anemia
- Growth and development: late growth spurt, failure to meet height potential
- Cardiovascular: decreased blood pressure, dizziness
- Gastrointestinal: slowed digestion, constipation, abdominal pain
- Psychological: mental health issues can cause REDS or can be a result of REDS (i.e. depression can lower the appetite, but REDS can also cause depression)

what is the treatment for REDS?

Treatment involves using a team of specialists to bring an athlete's energy intake and energy needs into balance again, as well as treat the effects of the condition.



These are examples of different body systems which can be affected by REDS. Many of these overlap with other medical conditions, making REDS difficult to diagnose without a complete evaluation. Your health care team can determine if specific symptoms are due to REDS or other causes.