



## The Female Athlete Triad: A Clinical Guide

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# The Female Athlete Triad: A Clinical Guide

## The Female Athlete Triad: A Clinical Guide

This is the first book of its kind to focus solely on the female athlete triad - its origins, its recognition, and most importantly, its management. Since the symptoms themselves cover a range of medical specialties, chapters are written by experts in a number of relevant fields - sports medicine, orthopedics, endocrinology, and pediatrics - with an eye toward overall care of the young female athlete. Additionally, each chapter includes suggestions on how to educate and communicate with young athletes and their parents, as well as trainers and coaches, on how to manage the illness outside of the direct clinical setting.

The female athlete triad is often seen in sports where low body weight is emphasized, such as gymnastics, figure skating, and running, though it can appear in any sport or activity. The interrelated symptoms - eating disorders, amenorrhea, and low bone mass - exist on a spectrum of severity and are serious and potentially life-threatening if not properly treated. Psychological problems, in addition to medical ones, are not uncommon. *The Female Athlete Triad: A Clinical Guide* discusses all of these areas for a well-rounded and in-depth approach to the phenomenon and will be a useful reference for any clinician working with female athletes across the lifespan.



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