**RED-S**
Relative Energy Deficiency in Sport

**What is it?**
A condition of energy deficiency causing adverse effects on all bodily systems. It affects both male and female athletes and dancers who do not fuel adequately, either intentionally or unintentionally.

**Why does it matter?**
1. Impaired growth and development
2. Impact on health and wellbeing
3. Adverse effect on performance

Suboptimal performance as a result of RED-S (Keay, Br J Sports Med 2017)

**Recognition & next steps**

1. Look out for
   - Perfectionist tendencies
   - Disordered/restricted eating
   - Frequent injuries/niggles
   - Illness
   - Menstrual dysfunction
   - Loss of sex drive

2. Talk to someone
   - Are you...
     - Overtraining?
     - Fuelling adequately?
     - Taking regular rest days?

3. Seek medical help
   - GP needs to rule out other conditions
   - GP can refer on to specialist services such as

4. Read more at...

**Be aware that...**
Prevalence of disordered eating is 20% higher amongst athletes compared to non athletes (Joy et al, Br J Sports Med 2016)

**For female athletes**
- Regular menstrual cycle is a barometer of hormone health
- Not starting periods by age 16 or not having periods for >6 months requires medical investigation
- Oral contraceptive pill (OCP) can mask problems without providing bone protection or addressing underlying cause
- Using OCP for contraception needs to be an informed decision by the athlete (Gordon et al, J Clin Endocrinol Metab 2017)