

What is Amenorrhea?

Amenorrhea is the **absence of menstruation** in a previously normal menstruating female.

up to

4 out of 5

of women who exercise vigorously have some form of menstrual dysfunction

Not having a monthly cycle may sound nice, but this can lead to many complications. Having a regular monthly cycle is a great indication that your body is getting the energy it needs to function properly.

Complications



- Osteoporosis and increased risk for injury



- Cardiovascular disease



- Pelvic pain
- Infertility and pregnancy problems



- Psychological stress

If you are experiencing any sort of menstrual dysfunction now, talk to a dietitian to further your education on energy availability and the importance of having a regular menstrual cycle.

Ensuring high energy availability will not only optimize your performance, but it will also decrease your risk for injury and other complications.