



PÉCSI TUDOMÁNYEGYETEM
ÁLTALÁNOS ORVOSTUDOMÁNYI KAR

The Female Athlete Triad (RED-S)

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RED-S Female Athlete Triad (anorexia athletica)

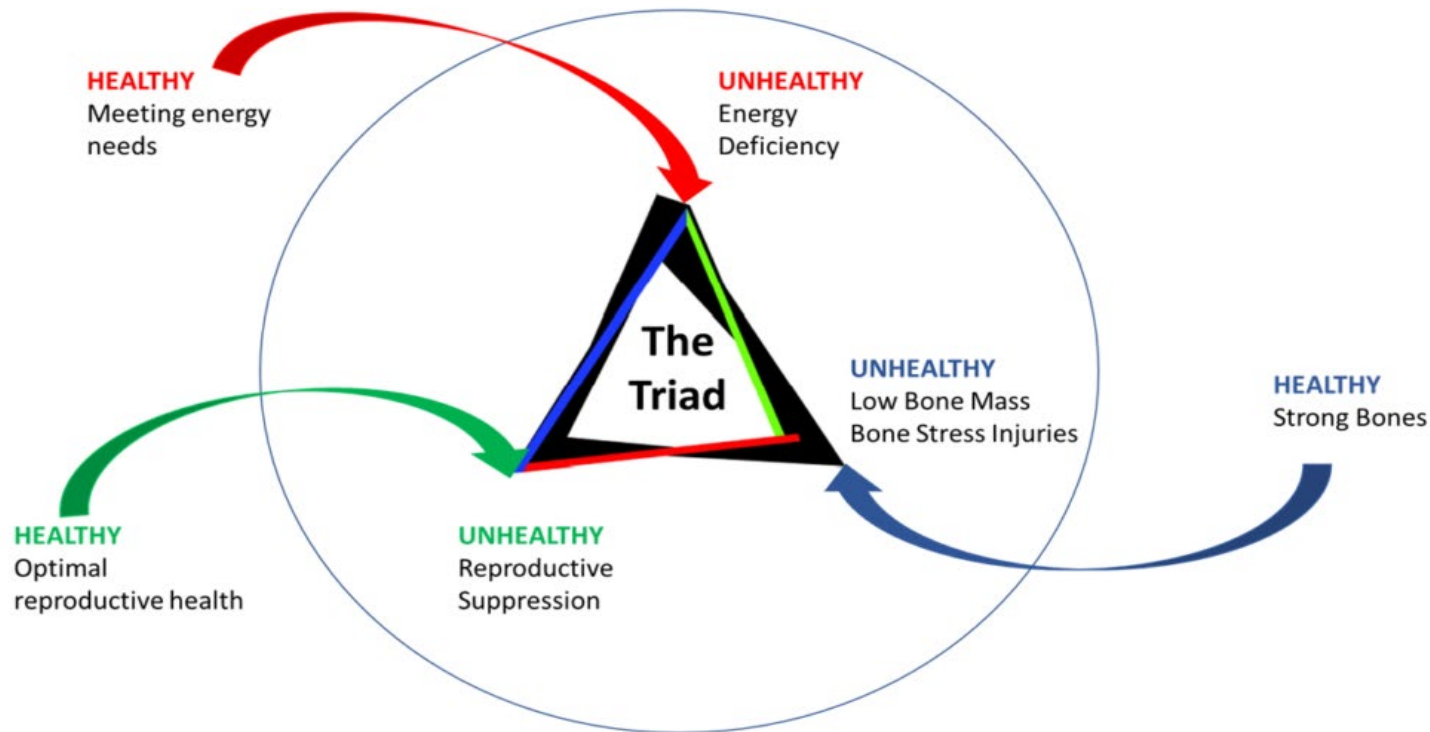
- Low Energy Availability (with or without disordered eating)
- Menstrual Dysfunction
- Low Bone Mineral Density

Key points:

- The three components do not need to occur simultaneously.
- The condition is primarily driven by low energy availability.
- Management focuses on restoring adequate energy availability by balancing dietary energy intake and energy expenditure.



Spectrum of the Female Athlete Triad Components



Female Athlete Triad Treatment

- Restoration of Energy Availability → Normalization of the Menstrual Cycle
- Consideration of Combined Oral Contraceptives

Primary and Secondary Prevention (Screening Programs)



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Thank you for your attention!