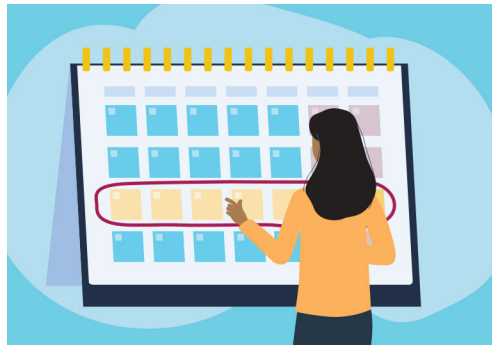


# MSA FACT SHEET



## AMENORRHOEA

Is the term used when periods are missed or cease. Many athletes will experience amenorrhoea. This is **never** normal. If a student-athlete reports missing their period they should see a GP for a review.



### WHEN A PERIOD STOPS:

There is a mismatch between the energy their body needs, and the energy it has been supplied.

### THE EFFECTS ON THE BODY INCLUDE:

- Poor bone health
- Increased risk of stress fractures
- Worsening immune function
- Poor psychological health
- Poor gut function
- Endocrine issues

### THE CAUSE MAY BE DUE TO:

- Low energy or 'underfuelling'
- Too much exercise triggering stress hormones
- A low amount of body fat

### GP APPOINTMENT:

Is recommended in the event of adverse menstrual cycle function.  
For further information - [www.ais.gov.au/fphi](http://www.ais.gov.au/fphi)

**Remember**, if not having a period indicates an athlete's body is under-fuelled, chances are they don't have enough energy to train or perform at their best!