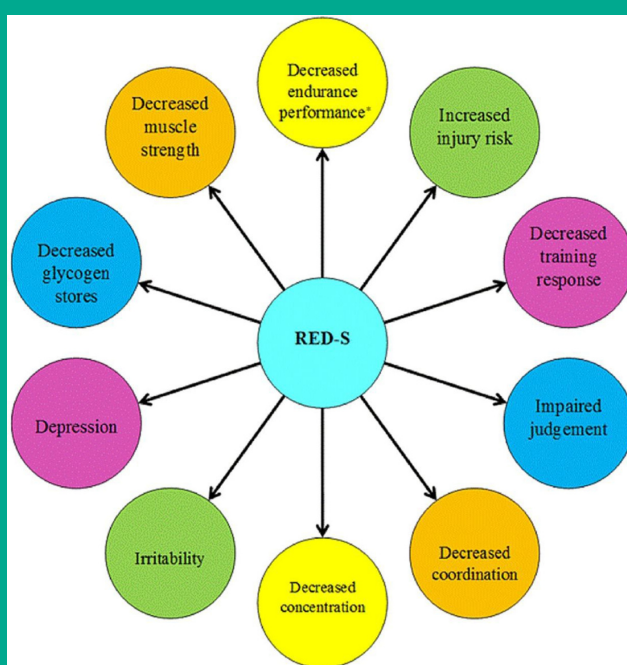
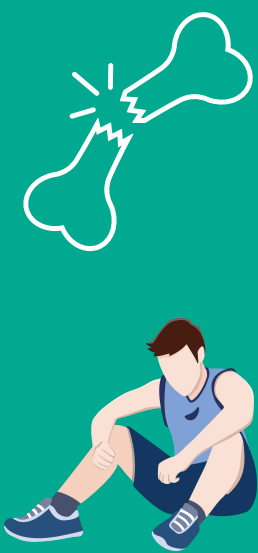


RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S)

RED-S syndrome is a result of a deficit in energy intake (not eating enough), causing a wide range of body malfunctions including **impairments of metabolic rate, menstrual function, bone health, immunity, protein synthesis, and cardiovascular health.** These non-essential functions are compromised in order to ensure the body's essential functions are maintained.



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Symptoms include:

- Slowed metabolism
- Osteoporosis
- Decreased immunity
- Testosterone reduction
- Menstrual dysfunction
- Amenorrhea (absence of menstruation)

Performance can be impacted including:

- Decreased reaction time
- Delayed muscle soreness
- Decreased endurance performance
- Inability to withstand a normal training load



Signs of RED-S in injuries:

- Stress fracture
- Increased length of time for injury recovery
- Higher frequency of injuries than normal
- Abnormal bruising



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