

17 22 23 24 25 26
18 29 30
22 27 28 29 30 31

SATURDAY Chapter - 2 (Remain)

02

Topic - 2. Special Consideration -

(Menarche and Menstrual Dysfunction)

A) Menarche : Menarche is the beginning of menstrual cycle or first menstrual bleeding in female.

Menarche shows the girl's transition to womanhood.

Girls experiences menarche between 8 to 15 years of age. It is often considered the central event of female puberty as it signal the possibility of fertility.

Causes of Early Menarche:

Increase incidence of childhood obesity, low birth weight, exposure to smoking (mother or girl), children not provided breast feeding, lack of exercise, inadequate diet, family conflicts causing stress over girls.

Activities During Menarche:

The research has proved that female can participate in moderate physical activity without any complications; Whereas heavy training schedule of physical activity should be participated with care of personal cleanliness and hygienic factors.

DAY 062-303
SUNDAY

03

If complications arise during menarche due to phy. activity, female should consult gynecologist or doctor.

B) Menstrual Dysfunction:

Menstrual Dysfunction is an abnormal or irregular conditions in women's menstrual cycle i.e., absence of menstrual bleeding.

The amount of bleeding varies, some have less bleeding whereas some women have heavy and prolonged bleeding.

¹⁰ **Pre-menstrual Syndrome:** During menstrual Dysfunction, most of the women complain about breast pain, back pain, headache, fatigue, tiredness, cramps, constipation, depression etc.

¹² Activities During Menstrual Dysfunction:

The treatment for severe uterine bleeding may include hormonal therapy, taking more iron food i.e., green leafy vegetables. During these days women should be more careful about their cleanliness, hygienic habits, personal cleanliness etc.

Topic-3: Female Athlete Triad-

(Osteoporosis, Amenorrhea, Eating Disorders)

Female Athlete Triad is the condition which is seen in females, participating in extreme hard work during sports activities or to reduce body weight under intense pressure of diet. The triad is a serious illness with lifelong health consequences and can be fatal. It is the syndrome of female in which Osteoporosis, Amenorrhea and eating disorder are present and also known as Triad.

I Osteoporosis: It is also known as Bone Weakening Triad Factor. Osteoporosis is the weakening of bones due to the loss of bone density and improper bone formation.

This condition declines the performance and leads to bone injuries.

II Amenorrhea:

It is also known as Decreased Hormonal Level Triad Factor. In this second Triad factor (Amenorrhea), female faces varied menstrual cycle due to varied hormonal level.

The cause of this disorder is due to less energy level, reduced vitamin and mineral diet and over physical training by female. In this the cessation of menstrual cycle is for more than three months.

III. Eating Disorder: It is also known as Inadequate Energy Intake Triad Factor. Most girls with Female Athlete Triad try to lose weight as a way to improve their athletic performance. In this Triad Factor (Disordered Eating), the female do not eat enough calories and thus their energy level reduces and it causes many health problems. It is of two types - a) Bulimia or Anorexia Nervosa.

a) Bulimia Nervosa:

In this disorder of eating, the person consumes large amount of food rapidly followed by binging and purging. This disorder leads to loss of important minerals from body thus leading to serious health problems like - Anemia. It also causes low self-esteem, depression and mental health problems.

(b) Anorexia Nervosa:

Anorexia Nervosa eating disorder is characterised by food restriction and irrational fear of gaining weight as well as a distorted body self-perception.

The persons suffering from this disorder keep thinking about reducing weight, thus their life become stressful.

Causes of Female Athlete Triad

Insufficient Calcium Diet, Amenorrhea, Eating disorders, Poor nutrition, Sedentary life style, Thyroid condition, Lack of vitamin D, Hormonal imbalance, Over training, Less liquid diet etc.

Symptoms Of Female Athlete Triad

Disordered eating, fatigue, hair loss, dry skin, weight loss, increased healing time for injuries, increased injuries, cessation or irregular

menstrual cycle, anaemia, sensitivity to cold, low heart rate and blood pressure.

Treatment Of Female Athlete Triad

- 10 The treatment of female Athlete Triad consist of immediate consultation with Doctor or Gynaecologist, taking nutritional and balanced diet, reducing exercise, counselling, taking food supplement for vitamins and minerals, behaviour therapy etc.
- 11
- 12