
Relative Energy Deficiency in Sport

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Course Summary/Description: This lecture is a discussion on the impact of relative energy deficiency in sport (RED-S) on health and performance. It will review both RED-S and the female athlete triad. The lecture will cover the performance and health-related implications of the low energy availability, who is most at risk, how RED-S is different than the Female Athlete Triad model, and the roles of various healthcare providers in identifying, educating, and treating affected patients.

Objectives:

- Define the Female Athlete Triad and describe the involved components
- Define RED-S and describe the involved components
- Discuss the performance-related impact of low energy availability in the athletic population
- Discuss the health-implications of low energy availability across athletes, non-athletes, males, and females
- Review the types of athletes who are most susceptible to RED-S
- Review the roles of various healthcare providers in identifying, educating, and treating patients suffering from RED-S or the Triad

Short Biography: Dana is a sports medicine physical therapist, recreational distance runner, and running coach. She earned a bachelor's degree in biochemistry from Virginia Tech in 2010 and her doctorate in physical therapy from Old Dominion University in 2013. Dana has been part of the sports medicine team with the Children's Hospital of the King's Daughters in Hampton Roads since 2014 where she works primarily with pediatric, adolescent, and young adult athletes. With a special interest in running, Dana specializes in rehabilitation of runners, running biomechanics, and video analysis to improve efficiency and performance and reduce injury risk. She is also the principle investigator in a clinical trial studying the efficacy of iontophoresis with dexamethasone in the treatment for knee apophysitis. Her interest in RED-S comes from her own personal experiences as a distance runner. Dana enjoys running and racing both roads and trails, all distances from the 5k to the 50k. She and her husband, Larry, have 2 rescue dogs and just had their first baby, Joey, in September.