Active Females – The Impact on Bone

Are you an active female... a gymnast or figure skater? Are you a dancer or involved in endurance sports like distance running? Do you coach or parent these individuals?
If your answer is "Yes", this event is for you!

This forum will focus on how intense training and low energy/calorie intake can lead to *amenorrhea* (a condition where menstrual periods stop) and bone loss. Amenorrhea is not an adaptation to strenuous training – it's a sign that something is wrong. Bone loss may increase the risk of stress fractures now; and increase the risk of osteoporosis and fractures later in life. Performance can also suffer.

Awareness and prevention of this disorder are essential. Come hear pediatric sport and exercise medicine physician *Dr. Erika Persson* and registered dietitian *Pat McCarthy-Briggs* talk about this condition, its implications and how to help those affected.

DATE: Thursday, May 13, 2010
LOCATION: Masonic Memorial Temple
420 Corydon Avenue
TIME: 7:00 - 9:00 p.m.
Admission: *$5 (students with ID free)*

For more information: ***call 772-3498***
Email: Manitoba@osteoporosis.ca

Presented by: Osteoporosis Canada, Manitoba Chapter

The Bare Bones of the Female Athlete Triad