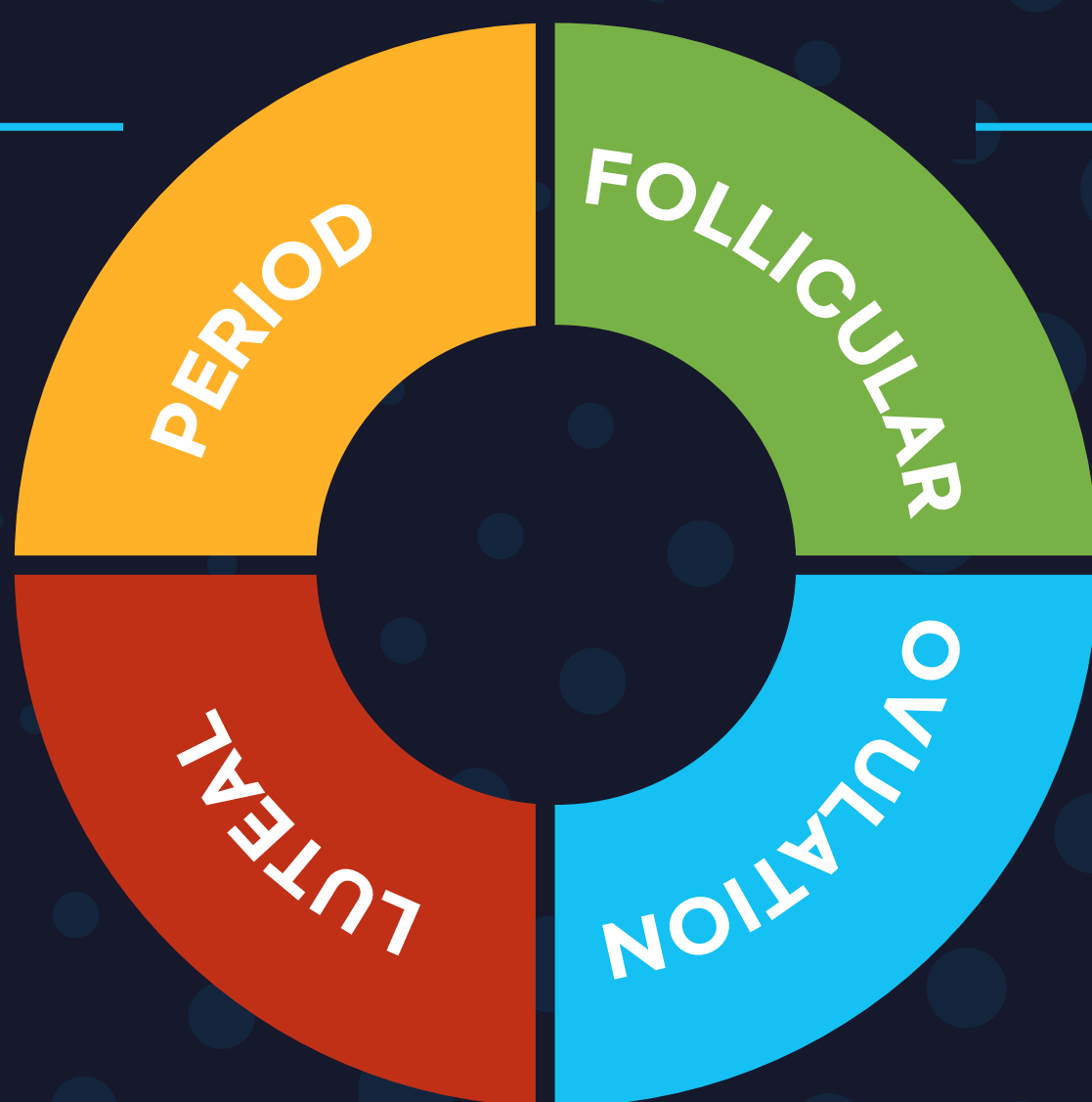




Regulation of menstrual cycle to improve performance of female athletes



Dr. MD. Emma Paternotte

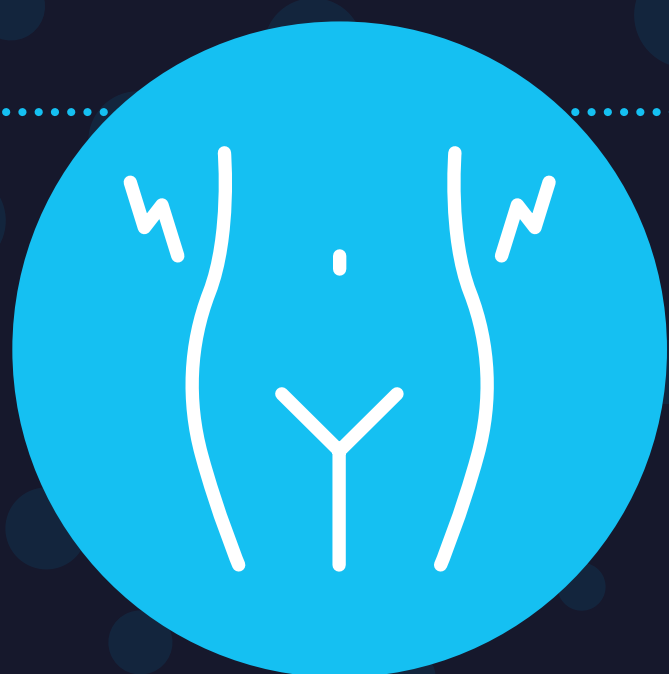
Co-authors / Contributors:
Floor Sijbrandij

Network Sport & Gyn (The Netherlands),
St. Antonius hospital Utrecht,
The Netherlands, Amsterdam UMC,
researcher at department
Sports&Health

The menstrual cycle could be explained by 4 phases (i.e. period, follicular phase, ovulation, luteal phase).



Female athletes use hormonal contraceptives mainly for non-contraceptive reasons **but for regulation of the menstrual cycle.**



What is not normal: heavy menstrual bleeding, heavy cramps with loss of training of competition, irregular or absent periods.



Talking about the menstrual cycle **will help female athletes** to search for the best option to regulate the menstrual cycle.

- Explanation between **non-hormonal** and **hormonal contraceptives**.
- **The influence** of contraceptive medication on the menstrual cycle.
- Explaining the different **hormonal options** with their perceived effects on **performance** and **side effects** of these methods.
- Contraceptives **do not prevent** anterior cruciate ligament injury.
- It is not '**one size fits all**', in individual approach is the key for success.



Take home messages

1



It is not normal to experience **heavy cramps** during your period with **loss of training or competition**, to have an **irregular/absent period** or have **heavy menstrual bleeding**.

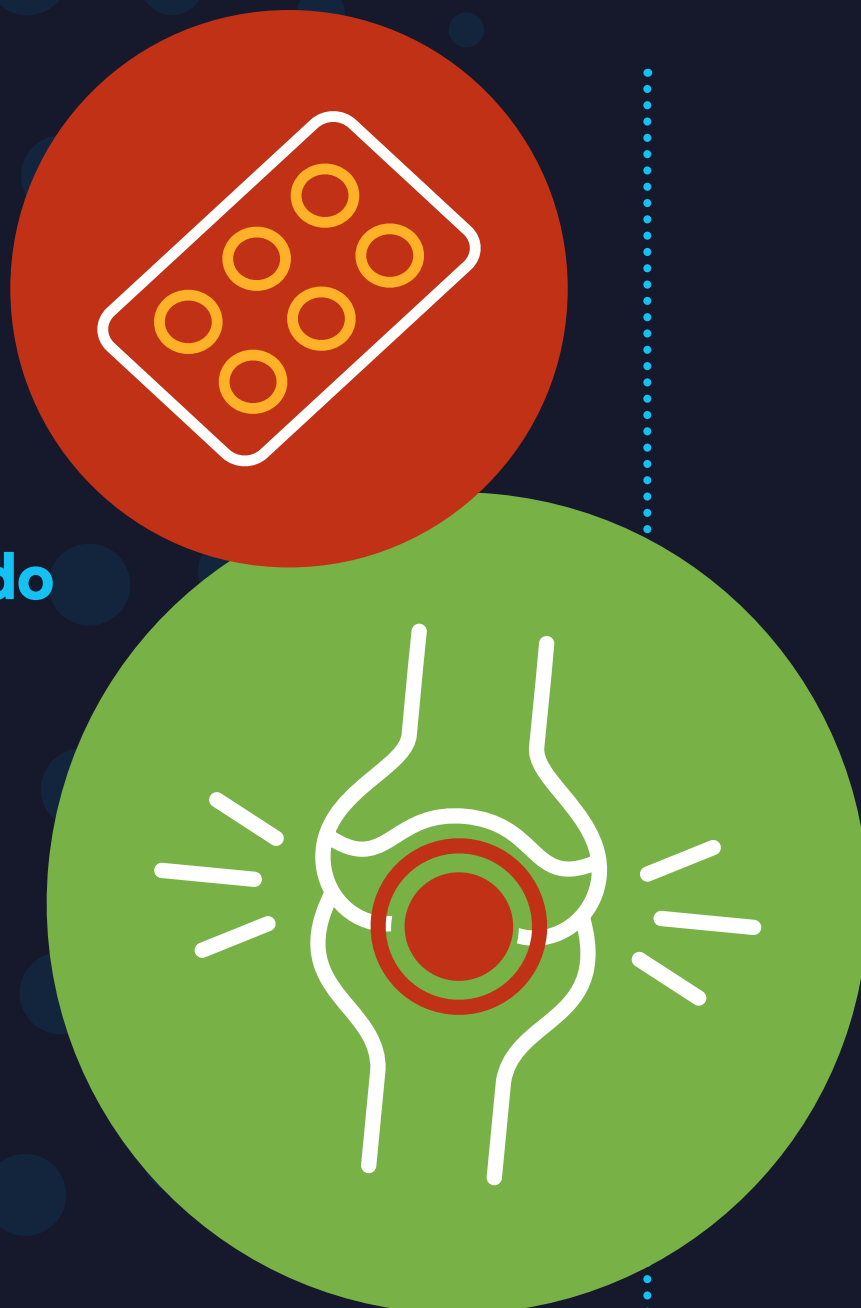
2

An individual approach regarding her menstrual cycle or contraceptive use **is a key to success**.



3

Contraceptives do not prevent for anterior cruciate ligament injury.



References

- The Effects of Oral Contraceptives on Exercise Performance in Women: A Systematic Review and Meta-analysis. Kirsty J. Elliott-Sale et al. Sports Medicine (2020) 50:1785–1812.
- Combined hormonal contraceptive use is not protective against musculoskeletal conditions or injuries: a systematic review with data from 5 million females. White et al. Br J Sports Med 2023;0:1–9.
- The Effect of the Menstrual Cycle and Oral Contraceptive Cycle on Muscle Performance and Perceptual Measures. Thompson et al. Int. J. Environ. Res. Public Health 2021, 18, 10565.
- Where do you go when your periods go?: A case-study examining secondary amenorrhea in a professional internationally-capped female soccer player through the lens of the sport nutritionist. Parker et al. ed Footb. 2022 Dec 1;6(5):643-649
- Dysmenorrhea and Heavy Menstrual Bleeding in Elite Female Athletes: Quality of Life and Perceived Stress. Vannuccini et al. Reprod Sci. 2020 Mar;27(3):888-894.

