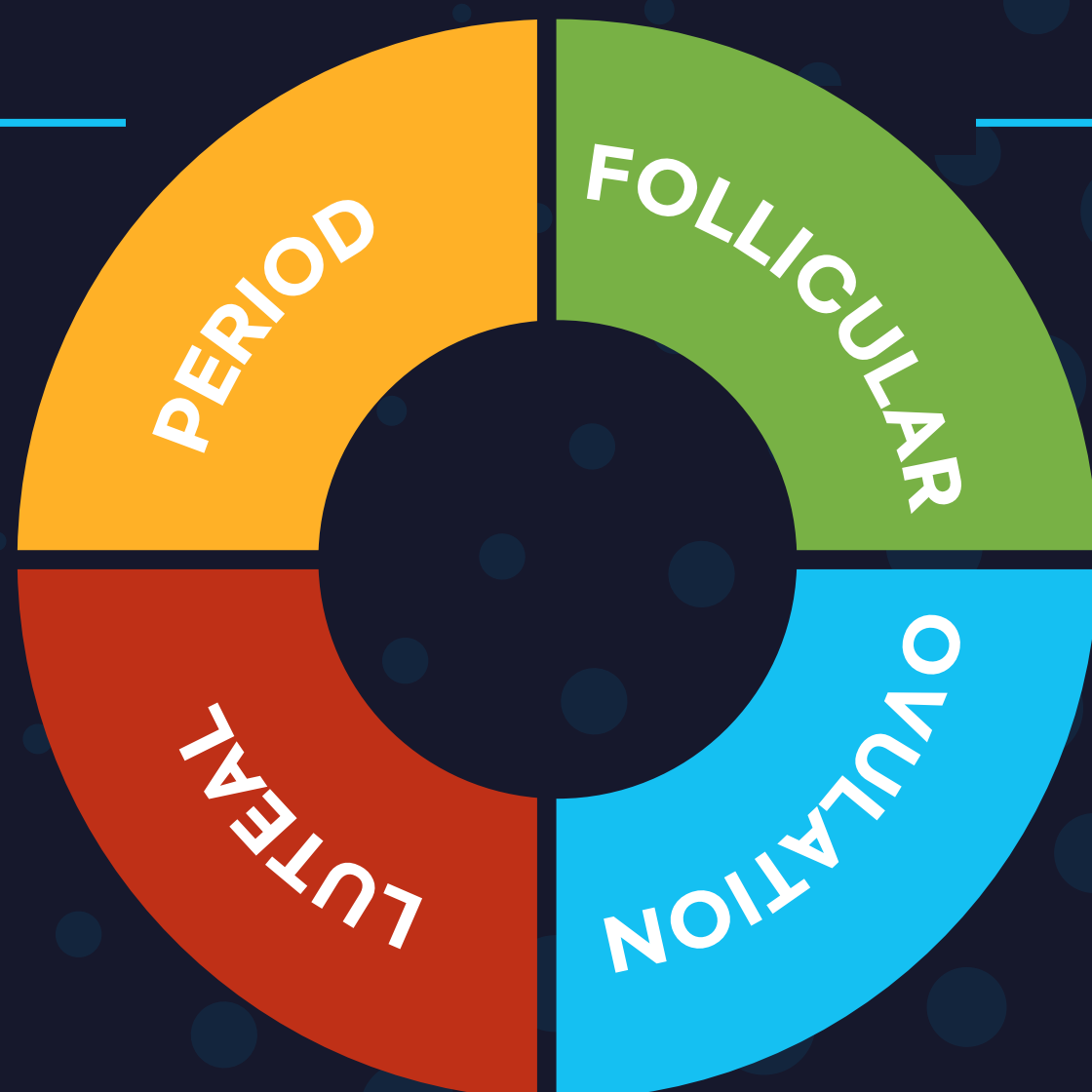




Regulation of menstrual cycle to improve performance of female athletes



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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 or 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

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