



What is menstrual health and how do we monitor it in a football setting?

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Monitoring the menstrual cycle in a football setting will depend on player and staff engagement, resourcing (e.g., funding and facilities), and expertise.

As such, menstrual cycle monitoring should be made available to all clubs and organisations using appropriate and accessible, yet robust, processes.



The menstrual cycle is a barometer of reproductive, and in some cases non-reproductive, health in women.



The menstrual cycle can affect women's health and well-being in a variety of direct and indirect ways, which need to be assessed and monitored.

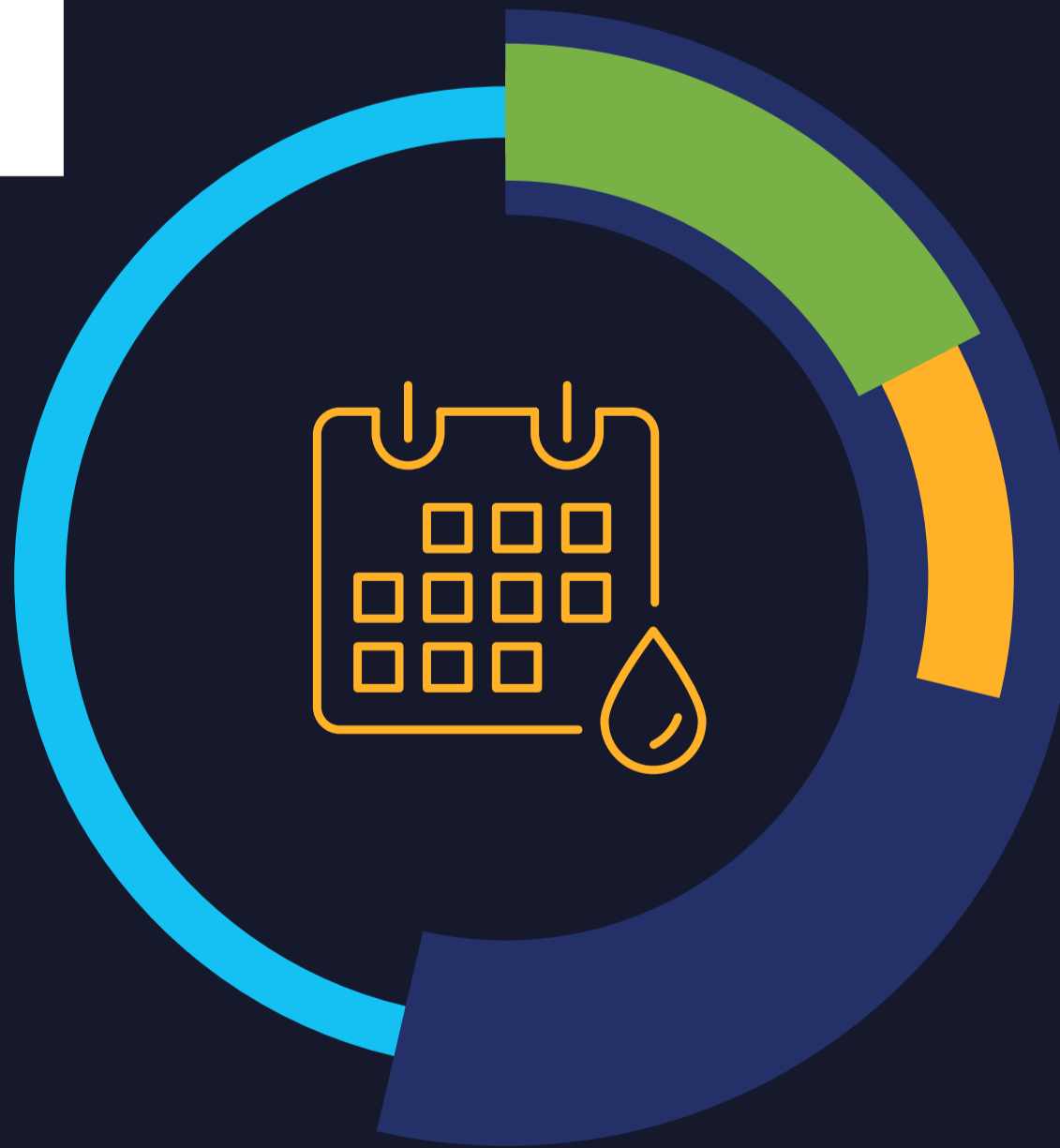


Establishing if a menstrual cycle is healthy involves more than the observation of regular menstruation.



Take home messages

1



Menstrual cycle monitoring

for health should be available to all female players using systems and processes that are valid and reliable.

2

Regular menstruation provides some, but **limited**, information on the **overall health** of a player's menstrual cycle.



3

Menstrual cycle monitoring

should be used to benefit players **health and well-being**, with **appropriate** interventions on offer if **any** issues are identified.



References

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