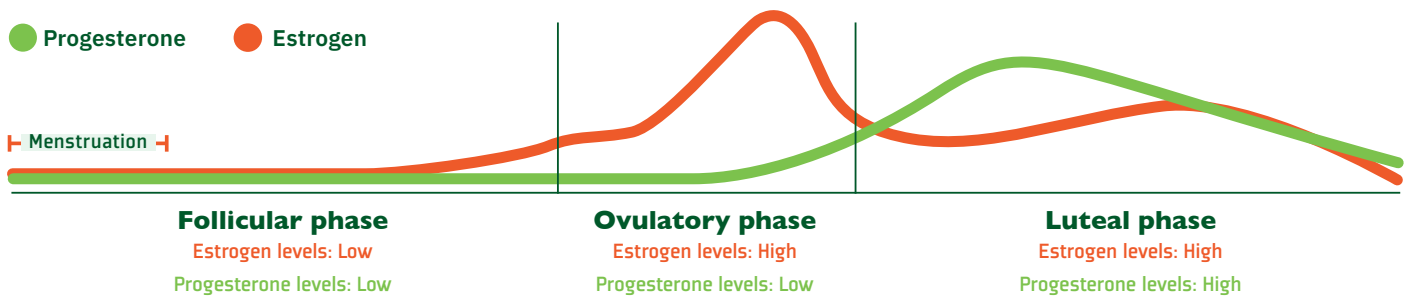


MENSTRUAL CYCLE

Important for health

Supports performance



TRACKING

- Helps to notice changes in menstrual cycle e.g., length or amount of bleeding
- Empowers athletes to become more in tune with symptoms
- Better understand the connection between menstrual cycle and other factors

Track:



Days of bleeding



Bleeding amount



Symptoms



Response to exercise

HORMONAL CONTRACEPTIVES

- Provide artificial hormones to the body
- Mask natural menstrual cycle
- Impact on exercise performance should be monitored on an individual basis

Types:

- Combined pill
- Progestin only pill (POP)
- Contraceptive patch
- Vaginal ring
- Implant
- Injection or "shot"
- Intrauterine device (IUD)



MENSTRUAL CYCLE DISRUPTION

Potential causes:

- Stress
- Using a hormonal contraceptive
- Low energy availability

Warning signs:



Increase in menstrual cycle length



No ovulation



Reduction in amount of bleeding during period



Period stops completely

HEAVY MENSTRUAL BLEEDING (HMB)

- One in three exercising females experience HMB
- More likely to feel that period negatively impacts training/performance
- Can reduce well-being and confidence
- More likely to suffer from an iron deficiency

Those experiencing HMB may:

Pass large blood clots

Need to change sanitary products frequently

Need to use two types of sanitary products at once

Have periods that last >7 days

Bleed through clothes

Often feel tired

NUTRITION

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Fe

Regular menstruation = ↑ risk of being iron deficient. Optimize iron intake in daily diet.



No evidence to suggest changing diet depending on menstrual cycle phase. Focus on optimizing daily nutrition.



Low energy availability can lead to menstrual cycle disruption. Ensure daily energy intake matches daily energy demands.

Learn more by [clicking here](#)

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