11/14/17 notes

Female athlete triad:

* 1992
* Three separate but unrelated entities
* Disordered Eating:
  + Includes the full spectrum of abnormal eating behaviors ranging from simple dieting to clinical eating disorders
* Amenorrhea
  + Loss of menstruation
    - Primary: has not experienced first menstrual period by age 15 when secondary sex characteristics have developed
    - Secondary: post-menarche athlete misses three consecutive periods
* Osteoporosis
  + Low bone mass and deterioration of bone tissue. Resulting in bone fragility and increased risk of fracture