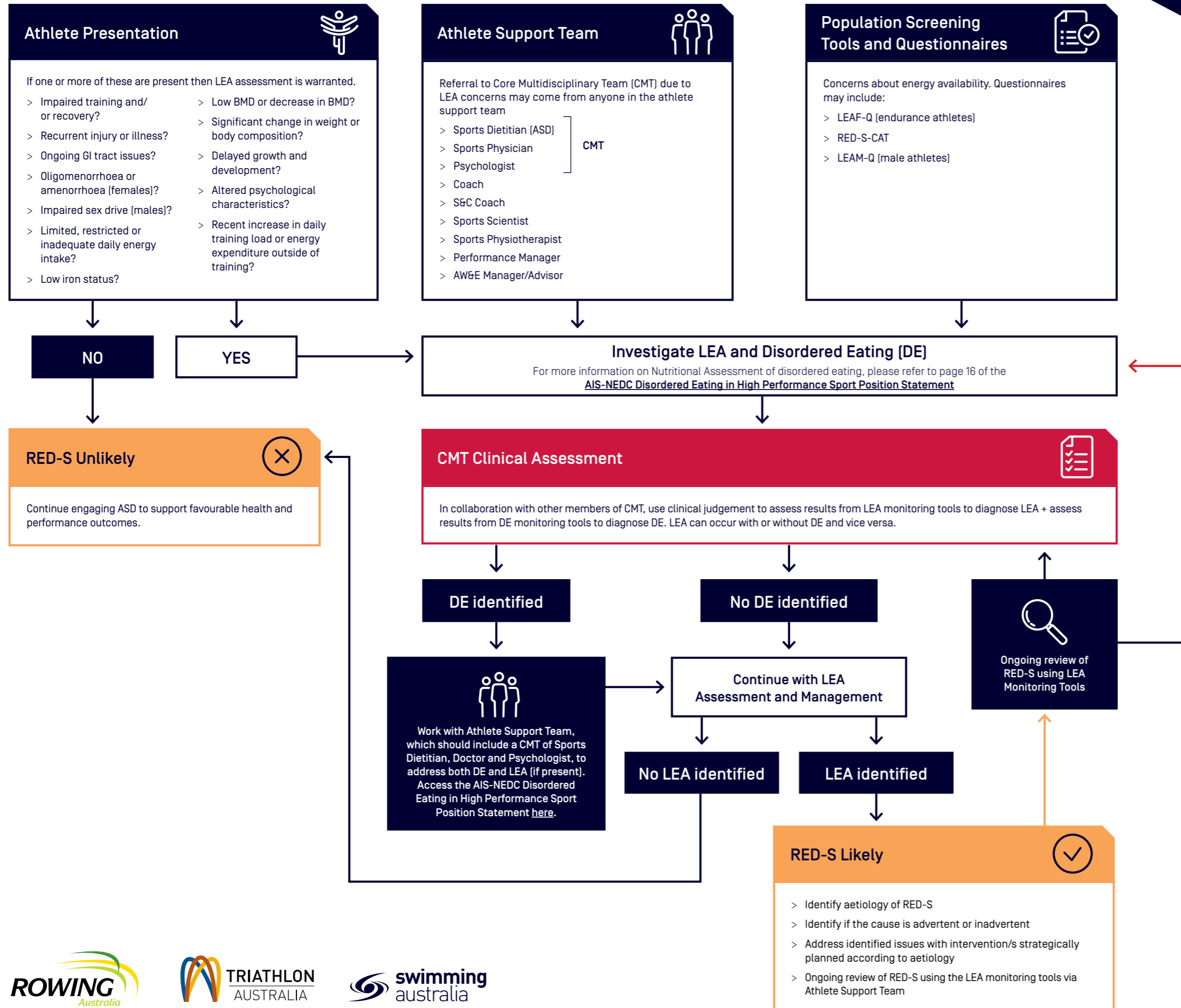


# CLINICAL MANAGEMENT OF RED-S



### Low Energy Availability (LEA) Monitoring Tools

#### RMR

Results (relative to predicted RMR):

- > <90% = follow up

Results (absolute):

- > >130 kJ/kg FFM = okay
- > 126-130 kJ/kg FFM = caution
- > <126 kJ/kg FFM = follow up

\*Thresholds may be sport specific

#### DXA

- > FFM (fat free mass)
- > BMD (bone mineral density)

#### Bloods

- > Sex hormones
- > Thyroid hormones
- > Others (e.g. IGF-1, insulin, iron)

#### Energy availability

- > Energy intake
  - within day energy intake
  - between day energy intake
- > Training load
  - within day energy expenditure
  - between day energy expenditure
- > Energy availability classification\*
  - >188 kJ/kg FFM = okay
  - 125-188 kJ/kg FFM = caution
  - <125 kJ/kg FFM = follow up
- > Broader lifestyle factors

\*Cutoff thresholds may be lower in male athletes