

Recognizing Relative Energy Deficiency in Sport (RED-S)*

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Date: **Wednesday, Jan 21st, 2015**
Time: **6 - 7:30pm**

Formerly called the Female Athlete Triad, the syndrome of RED-S refers to impaired physiological function including, but not limited to, metabolic rate, menstrual function, bone health, immunity, protein synthesis, cardiovascular health caused by relative energy deficiency.

Learning objectives:

- Understanding RED-S and the physiological development of the Syndrome
- Identifying key clinical signs and symptoms of RED-S
- Recognizing key diagnostic components in athletes of any level with RED-S
- Identifying challenges in RED-S patients that may require further referral
- Learning practical strategies for treatment and management of an athlete with RED-S

* This event has been accredited by the College of Family Physicians of Canada and the British Columbia Chapter for up to 1.5 Mainpro-M1 credits.

Registration:

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For more information, please visit

www.fortiussport.com/events

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