

SPORTS FACULTY RCC LIVE WEBINAR

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Hormones and the Female Athlete

With Dr Nicola Keay BA, MA, MB, BChir (Cantab), MRCP

Webinar Outline

This webinar will explore why nurturing healthy hormones is essential for both physical and mental health and athletic performance. The details of what this looks like for a female athlete will be explained in terms of the female hormone odyssey, with a particular focus on the menstrual cycle and linking this with nutrition and exercise training. Potential challenges for the female athlete will be examined including symptoms related to the menstrual cycle, contraception and common medical conditions such as PCOS.

Learning Outcomes

- Understand the importance of hormone health for overall health and athletic performance.
- Appreciate the challenges of changes occurring during the female hormone odyssey.
- Raise awareness of strategies to navigate hormone fluctuations over the menstrual cycle and the lifespan.

Speaker

Nicky is the author of "Health Hormones and Human Potential: A guide to understanding your hormones to optimise your health and performance". Her next book will explore "The Myths of Menopause". Nicky is an Honorary Clinical Lecturer, Division of Medicine, University College London. She lectures and researches in areas of exercise endocrinology, with publications in this field. Nicky's clinical endocrine work is mainly with active women, exercisers, dancers and athletes, with a focus on relative energy deficiency in sport (RED-S) and those navigating perimenopause/menopause. Nicky works to provide a more personalised approach for female hormone health. Nicky authored the British Association of Sports and Exercise Medicine Health4performance.co.uk online resource. Nicky is medical advisor to Scottish Ballet and a keen dancer herself, taking four ballet classes per week.



SEPTEMBER 2024

Thursday 12th

13:00 - 14:00

Free for RCC Members - a link will be provided by email.

Non-Members: £35 - to register please visit: rcc-uk.org/rcc-events

Registration closes:

Thursday 12th September 2024,
5pm

Chair: Meriel Davis FRCC (Sport)