

# Hollys risk for the female athlete triad

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**ASSIGN  
BUSTER**

Case Study What factors increase Holly's risk for the female athlete triad?

One of the factors that influences Holly's risk for the female athlete triad is her disordered eating patterns. As Holly has been told she cannot make the track team and weigh more than 100 lbs she has been attempting to lose weight with a restrictive diet. This also has contributed to the second factor contributing to Holly's risk, namely Amenorrhea (not eating enough). The final risk factor is osteoporosis because of Holly's poor nutrition ('What is the Triad?').

2. Explain her increased risk of osteoporosis, stress fractures, and injuries.

Holly has an increased risk of osteoporosis, stress fractures, and injuries because of her poor nutrition levels. As Holly is in a developmental period where her bones are developing, it's highly necessary for her to receive the proper nutrition to develop these bones ('Female Athlete Triad'). In not adhering to this diet Holly faces an increased risk of osteoporosis.

3. Do you think that her increased risk of disease and injury might change her disordered eating behaviors? Why or why not?

I do not necessarily believe Holly's increased risk of injury and disease will change her behavior. Holly recognizes that her poor eating habits are only for a limited period as she must make the track team. It's highly possible that she will take the risk until she joins the track team.

4. What, if anything, do you think Holly's track coach should do?

Holly's track coach should adhere to recommended standards of health. She should schedule an intervention with Holly and inform her that she must follow proper health first and make the track team a secondary priority.

5. Why is intervention even necessary, since the 5K is only a week away?

<https://assignbuster.com/hollys-risk-for-the-female-athlete-triad/>

Intervention is necessary because if Holly continues on her path of poor nutrition and health she possibly will encounter long-term injuries. As Holly is a teenager and at a critical period of development, it's possible that bone injuries, and lifelong health issues will arise from the current health path Holly has assumed.

#### References

' Female Athlete Triad' Kid's Health.

[http://kidshealth.org/teen/food\\_fitness/sports/triad.html#](http://kidshealth.org/teen/food_fitness/sports/triad.html#)

' What is the Triad?' Female Athlete Triad Coalition.

<http://www.femaleathletetriad.org/for-athletes-coaches/what-is-the-triad/>