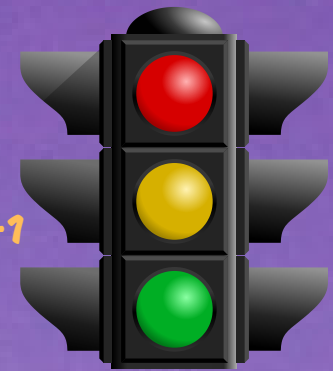


BAJA DISPONIBILIDAD ENERGÉTICA ENTRE MUJERES DEPORTISTAS



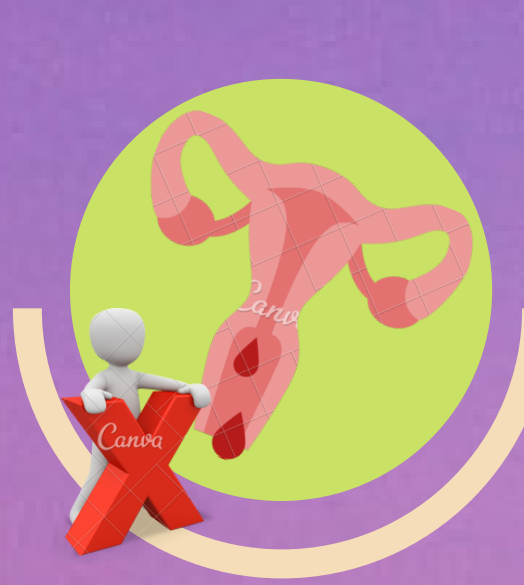
LEA



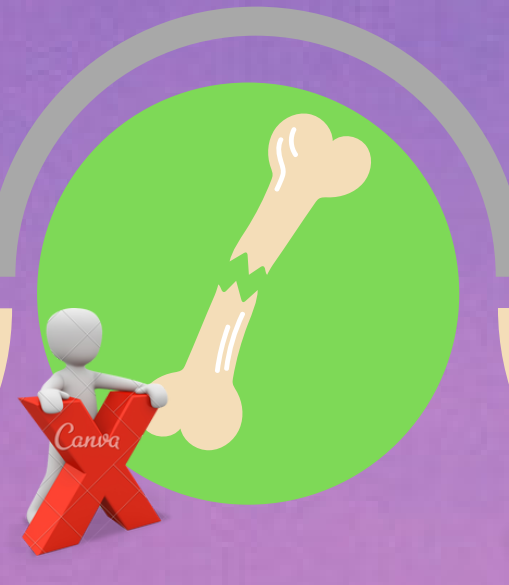
**>3 MESES
DÍAS
INGESTA**

BAJA DISPONIBILIDAD ENERGÉTICA (LEA) = $< 30 \text{ kcal} \cdot \text{kg FFM}^{-1} \cdot \text{d}^{-1}$

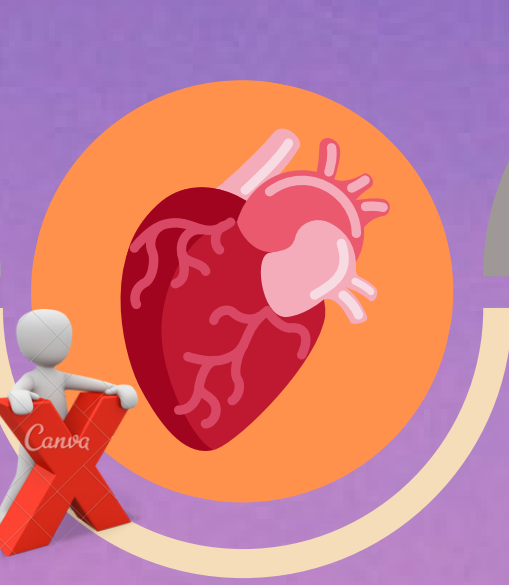
CONSECUENCIAS DE LA DEFICIENCIA RELATIVA ENERGÉTICA DEPORTIVA (RED_S)



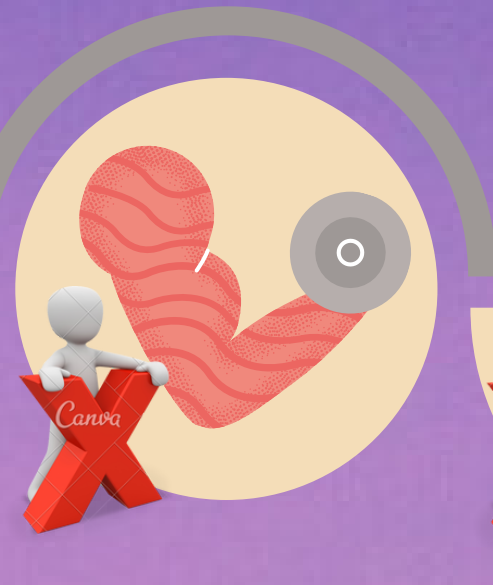
FUNCIÓN MENSTRUAL



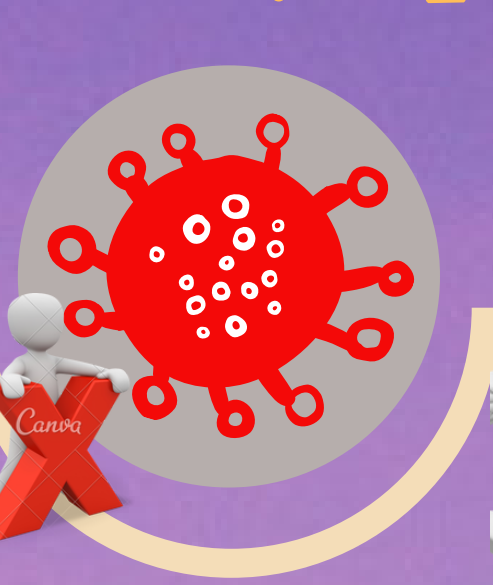
SALUD ÓSEA



SALUD CARDIOVASCULAR



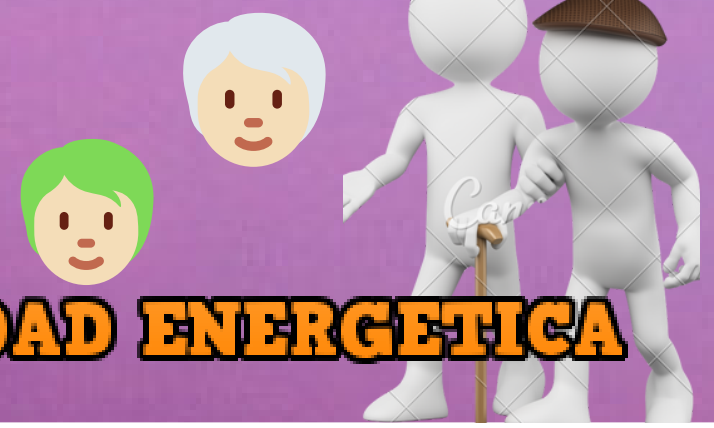
SÍNTESIS PROTEICA



INMUNODEFICIENCIA



**DIFERENTES
UMBRALES
DISPONIBILIDAD ENERGÉTICA**



¿CÓMO DETECTAR SÍNTOMAS DE LEA?

**LEPTINA
IGF-1**

**HORMONAS
TIROIDEAS
T3 & T4**

**HORMONAS
LH & GH**

**MARCADORES
FORMACIÓN
ÓSEA
P1CP**