

Summary

This paper deals with the complex problem of secondary amenorrhea, focusing in particular on its occurrence in physically active women. Secondary amenorrhea, defined as the absence of menstruation for more than three months in women who previously had a regular cycle, is often a multifactorial condition. This paper examines the main causes, which include low energy availability, high levels of physical activity and psychological stress, eating disorders, and other causes that can lead to hormonal imbalances that disrupt the menstrual cycle. The paper also considers the broader impacts of secondary amenorrhea on women's overall health, including risks to reproductive health, bone density, and cardiovascular health.

The research highlights that while secondary amenorrhea has traditionally been associated with being underweight, it can also affect women with a normal or higher body mass index (BMI) if their energy intake is insufficient to meet their physiological needs. This shift in understanding underscores the importance of adequate nutrition and energy balance in preventing menstrual dysfunction in active women. The paper calls for more research to better understand the specific needs of women with secondary amenorrhea and to develop effective strategies for treatment and prevention.