

World Congress on

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Eating disorders in male and female athletes

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Case Western Reserve University, USA

Athletes strive for optimal performance, which includes incorporating dietary strategies that focus on optimal body composition and training adaptations. Low body fat is considered an advantage in certain sports such as combat sports (e.g., wrestling), aesthetic sports (e.g., gymnastics), and endurance sports (e.g., long-distance running). Athletes often restrict energy intake to achieve optimal body composition. As a result, positive adaptations to training are blunted and individuals are at greater risk for injuries. The purposes of this review are to: 1) explore prevalence and current management of sub-clinical and clinical eating disorders in male and female athletes; 2) describe recent research knowledge on eating disorder dysregulation and musculoskeletal health and 3) discuss possible integrated approaches for addressing eating disorders in athletes.

Biography

Lynn Cialdella Kam joined CWRU as an Assistant Professor in Nutrition in 2013. She received her PhD in Nutrition from Oregon State University, her Masters in Exercise Physiology from The University of Texas at Austin and her Master in Business Administration from The University of Chicago Booth School of Business. She completed her Post-doctoral research in Sports Nutrition at Appalachian State University and is a licensed and registered dietitian nutritionist. At CWRU, she is engaged in undergraduate and graduate teaching, advising and research. Her research has focused on health complications associated with energy restriction in athletes. She is currently co-authoring a book on eating disorders in athletes. She is also a frequent speaker at national and international conferences. She is currently co-authoring a book on eating disorders in athletes. She is also a frequent speaker at national and international conferences.

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