Summer Research Study on Female Runners

Stanford MEDICINE | Department of Orthopaedic Surgery

The Department of Orthopaedic Surgery at Stanford University seeks to evaluate the association between female athlete triad and iron deficiency in high school aged distance runners. Female Athlete Triad includes:

1. Decreased Energy (Calorie) Availability
2. Menstrual Cycle Changes
3. Decreased Bone Density

WHO WE ARE LOOKING FOR:

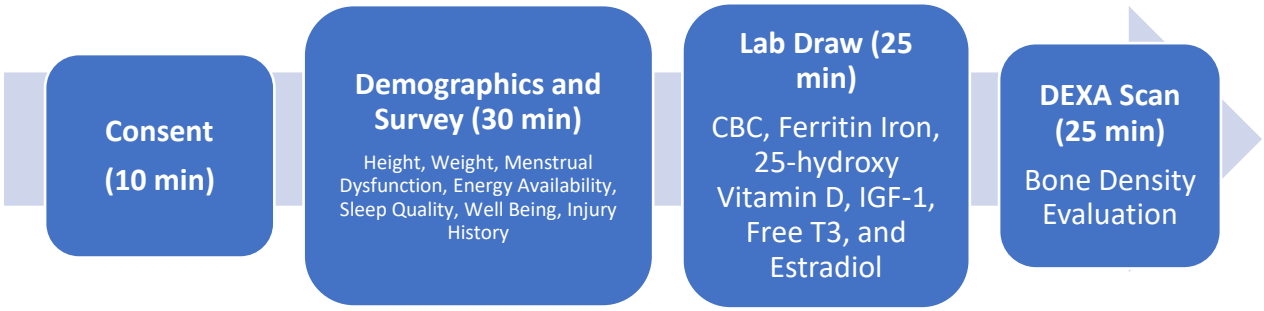
- High school aged, female, middle and long-distance runners.

WHY YOU SHOULD PARTICIPATE:

- To gain information on your individual female athlete triad risk factors and blood iron levels, which you can provide to your primary care physician.
- To help us gather information that could lead to more studies, diagnostic procedures, and better treatment for female athletes.
- To receive a $25 gift card.

WHAT IS REQUIRED:

- One time, two-hour participation at the Stanford Children's Health Specialty Services in Sunnyvale, CA



IF INTERESTED PLEASE CONTACT PAIGE SKORSETH AT SKORSETH@STANFORD.EDU or 715-411-6921

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