

Hormone Profiles



Ovarian Hormone Profiles - not all sportswomen have a menstrual cycle

The menstrual cycle is just one of many ovarian hormone profiles, which sportswomen may experience across their careers. Other examples of ovarian hormone profiles include hormonal contraceptives (e.g., the oral contraceptive pill, the contraceptive implant, the hormonal oil, etc.), pregnancy, menopause, and menstrual dysfunction (e.g., frequent or infrequent bleeding, no bleeding, no ovulation, etc.).

Athletes should receive education and training on your ovarian hormone profile, so you have adequate body knowledge to support your sporting needs.

Know your hormone profile

Athletes' ovarian hormone profile should be regularly checked using objective measurements by a trained professional. These profiles cannot be established by using an app on your phone.

Ideally your club or sport will cover the costs of testing your hormone profile. Alternatively, your GP should be able to do some additional tests for free.

Monitoring your menstrual cycle

Most menstrual cycle tracking Apps are no better at keeping track of your periods than a diary where you mark bleeding and non-bleeding days to monitor cycle length. These Apps only track your periods and not your entire menstrual cycle. What they do offer is convenience, however many experts have real concerns about the use of period tracking Apps.

Specifically:

- Apps cannot detect subtle menstrual dysfunctions
- Too many Apps give poor-quality advice not backed by quality research
- Too many Apps use universal guidelines which are not suitable for all female athletes and can do more harm than good.