



Female athlete triad

Each of the following statements about treatment for menstrual disturbances and decreased bone mineral density in female athletes is true *except*

1. Hormone replacement therapy with unopposed estrogens should be avoided.
2. Progestogen-only pills should be avoided.
3. Monophasic pills in which the placebo week is missing are appropriate for long-term therapy.
4. Calcium intake should be increased to 1500 to 2000 mg daily.

Answer on page 1344

Source: Birch K. Female athlete triad. *BMJ* 2005;330:244-6.