

RCC LIVE WEBINAR

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RCC SPORTS FACULTY WEBINAR

Relative Energy Deficiency in Sport (RED-S): Why this is important for Chiropractors

with Dr Nicola Keay BA, MA, MB, BChir (Cantab), MRCP

Webinar Outline

This presentation will discuss Relative Energy Deficiency in Sport (RED-S) and explore the aetiological factors, clinical outcomes and management. Practical tools will be introduced to address how to identify those at risk and what to do.

Learning Outcomes

- Understand the causative factors of RED-S
- Appreciate the underlying physiological mechanisms
- Appreciate how to identify those at risk
- Understand principles of risk stratification
- Know what to do to support those experiencing RED-S

Speaker

Dr Nicola Keay BA, MA, MB, BChir (Cantab), MRCP
Nicky is the author of "Health Hormones and Human Potential: A guide to understanding your hormones to optimise your health and performance". Her next book will explore "The Myths of Menopause". Nicky is an Honorary Clinical Lecturer, Division of Medicine, University College London. She lectures and researches in areas of exercise endocrinology, with publications in this field. Nicky's clinical endocrine work is mainly with active women, exercisers, dancers and athletes, with a focus on relative energy deficiency in sport (RED-S) and those navigating perimenopause/menopause. Nicky works to provide a more personalised approach for female hormone health. Nicky authored the British Association of Sports and Exercise Medicine Health4performance.co.uk online resource. Nicky is medical advisor to Scottish Ballet and a keen dancer herself, taking four ballet classes per week.



MARCH 2024

Thursday 14th

13:00 - 14:00

Free for RCC Members - a link will be provided by email.

Non-Members: £35 - to register please visit: rcc-uk.org/rcc-events

Registration closes:

Thursday 14th March 2024, 10am

Chair: Meriel Davis FRCC (Sport)