



# MEDICINE & SCIENCE IN SPORTS & EXERCISE

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## Lack of Energy Conservation in Amenorrheic Ballet Dancers.

[Annual Meeting Abstracts]

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### Outline

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### Abstract 1025

Self reported caloric intakes of amenorrheic [AM] dancers have been reported to be less than that of eumenorrheic [EM] dancers. Lower resting metabolic rates [RMR] or decreased thermic effects of food [TEF] might result from caloric restriction. We evaluated RMR and TEF for 3 hours following ingestion of a 500 kcal liquid supplement [Ensure, Abbott Labs] in 5 AM and 11 EM dancers. Measurements were made during the early follicular phase in the EM. There was a trend for the AM to weigh less than EM [48.8±3.1 vs 55.9±2.0 kg, p=0.067]. Percent body fat was less in the AM [13±1.4%] compared to EM [20±1.8%], p=0.02, as determined by bioelectrical impedance [RJL Systems] and skin fold measures [Jackson and Pollock]. The decreased RMR in AM disappeared when corrected for lean mass. [Table](#)

### Graphic

Table. No caption available.

MANOVA revealed no differences between groups nor any interaction of group x time for TEF. Therefore, RMR and TEF of AM and EM dancers was similar after adjusting for lean body mass. Perhaps the discrepancies between reported intakes and caloric expenditures in AM ballet dancers is due to underreporting of food intake or to other mechanisms of energy conservation.

## Section Description

American College of Sports Medicine 45th Annual Meeting; June 3-6, 1998; Orange County Convention Center; Orlando, Florida

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