

Supplemental questions

1. *Dr. Robin V. West: At what age should female athletes start being screened for the triad?*

Authors' answer: Athletes can start being screened for the triad between the ages of 10–12.

2. *Dr. Robin V. West: Decreased energy expenditure and increased caloric input are often difficult for highly competitive athletes to do. How do you initially approach these athletes, and what are your first recommendations?*

Authors' answer: Now that activity trackers are inexpensive and easy to use most athletes can estimate their caloric expenditure during activity with a tracker. Most of these trackers have a calorie tracker, as well.

Without the use of a tracker, calorie expenditure estimates can be made base on the sport or activity using tables found on the web such as this site that estimates the amount of calories expended during various activities: <https://www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-of-leisure-and-routine-activities>.

I often recommend consult with a registered dietician, as mentioned in the manuscript, particularly for athletes affected by the triad or athletes trying to gain or lose weight or alter diet to improve performance.

3. *Dr. Robin V. West: Do you manage sexually active teenagers with the triad differently than non-sexually active ones?*

Authors' answer: There is no difference, pregnancy should be considered in all athletes with amenorrhea.