

# Royal National Orthopaedic Hospital (RNOH)

Bolsover Street, London W1W 5AQ

Founded in partnership with NIDMS and One Dance UK

## What is Sport/Dance Endocrinology? What is RED-S?

Healthy hormones are essential not only to optimise health, furthermore to achieve your full potential as a dancer or athlete. Issues with hormones can be due to a medical condition per se, or as result of mismatch between exercise training, nutrition and recovery.

Imbalance between the amount of energy provided from food and energy demands from exercise/dance training and maintenance of health, results in low energy availability. Low energy availability can arise unintentionally, or intentionally in an attempt to improve athletic performance. Problematic relationships with eating and/or training can cause this mismatch of energy intake and energy demand. Long-term low energy availability results in the clinical symptoms of relative energy deficiency in sports (RED-S) such as fatigue, problems with sleep, mood and illness, which can be precursors to soft tissue and bone injury.

Those at risk of RED-S are exercisers, dancers and athletes of all ages and levels. In particular those involved in activities where low body weight confers an aesthetic or performance advantage. This includes dancers and gravitational sports such as cycling, climbing, running, triathlon, gymnastics, aquatic sports, winter sports and many more.

If you are concerned that you may be at risk of RED-S, please seek a referral to the RED-S Clinic by following the below information.

### How can I get an appointment?

- You must first visit your GP, explain your concerns relating to risk of RED-S or hormone imbalance and ask for a referral to Dr Wolman's **RED-S clinic**
- Please print the information below/show this information on your phone during your GP appointment to help them make the referral.
- Please note this service is a Secondary service, not Tertiary. Due to this service being an NHS service it is free at the point of use and as an NHS patient it is your legal right to choose where you would like to be referred.

### **Referral options/details**

From 1st October 2018, all GP referrals are now done electronically through the e-Referral System (e-RS). GPs, who are not familiar with the clinic, can search the electronic address using the key terms “**Dr Roger Wolman**” and “**Royal National Orthopaedic Hospital**”

Referrals can also be made by Consultants and Medical Specialists from other hospitals. These can be done via letter, fax or email.

### **Secretaries names, emails and phone numbers**

Laura Park and Pauline Lenihan

020 3947 0044.

[rnoh.rheumatologyadmin@nhs.net](mailto:rnoh.rheumatologyadmin@nhs.net)

### **Full postal details:**

Dr Roger Wolman, Consultant Rheumatologist, Royal National Orthopaedic Hospital, Brockley Hill, Stanmore, Middlesex, HA7 4LP