Title: Key aspects of women's health in sport

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I. Abstract Body (up to 250 words)

Women have a specific physiology and anatomy that condition their physical growth. One of the main change in a girl is the menarche. At this time there may be some gynecological problems that may affect during the sport practice, such as: dysmenorrhea and premenstrual syndrome (PMS) or menstrual rhythm disorders. Therefore, an adequate knowledge in each stage of development it is essential to obtain the greatest benefits of sports practice.

II. Reference:

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III. Biography:

Aina Solé is a biochemist specialized on embryology with genetic advanced knowledge from IVI RMA Global and Valencia University. She has been a scholarship assistant of the best hospitals and clinics related to fertility, Sant Joan de Déu Hospital and IVI RMA Global clinic.

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