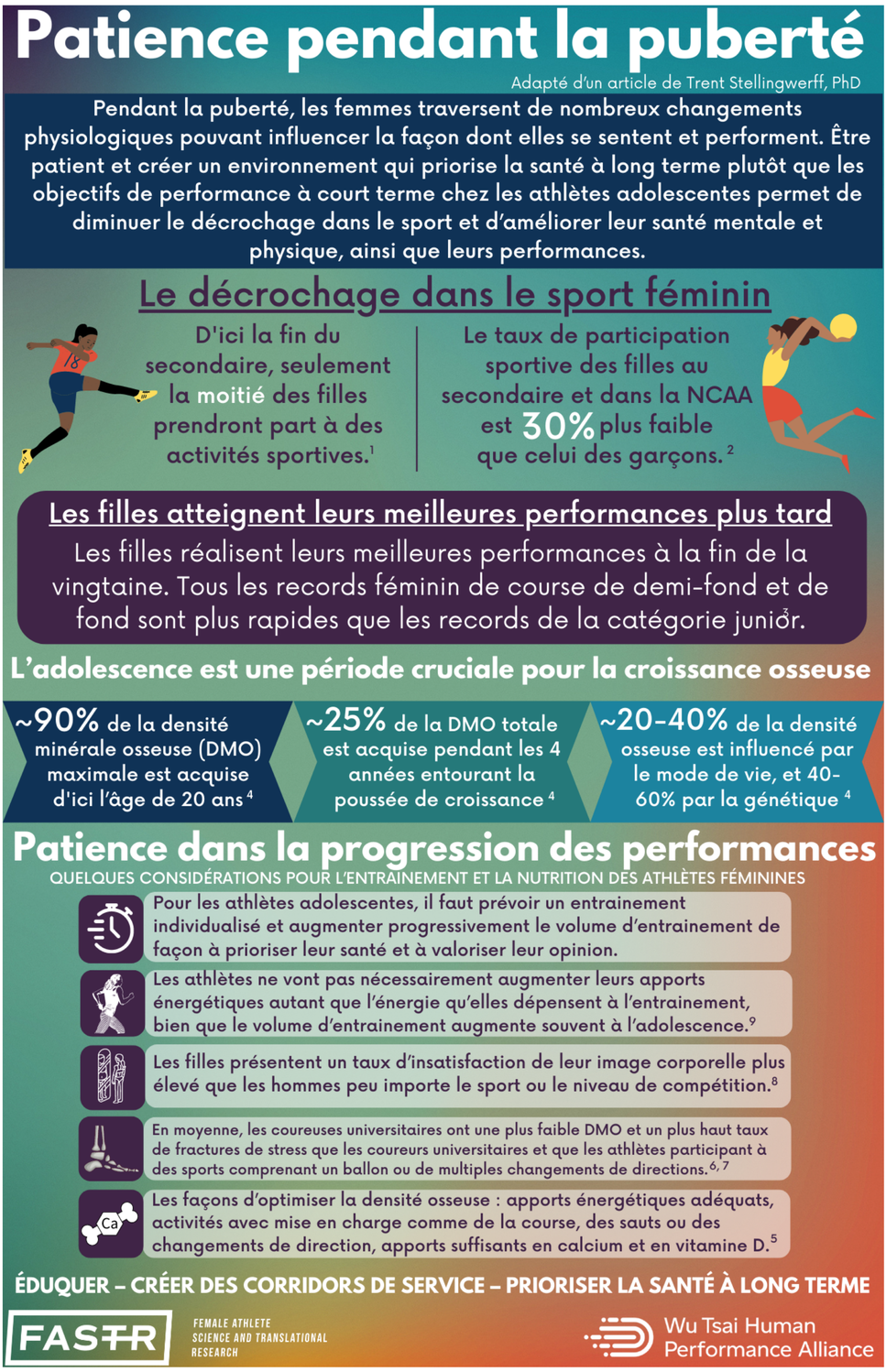
# Patience pendant la puberté

Voici notre infographie sur la santé osseuse chez les adolescentes, créée en collaboration avec l'équipe du programme *Female Athlete Science and Translational Research* (FASTR) de l'Université Stanford. Vous pouvez consulter la version originale anglaise ici: http://fastr.su.domains/news/patience-during-puberty/

Les données de cette infographie sont tirées d'un article de Dr Trent Stellingwerff que vous pouvez consulter ici: https://howshediditbook.com/f/patience-through-puberty





**Références:**

**1.** Miech RA, Johnston LD, Bachman JG, et al. Monitoring the Future: A Continuing Study of American Youth, 2015 [Restricted-Use]: Inter-university Consortium for Political and Social Research [distributor], 2019.
**2.** Estimated probability of competing in college athletics. http://www.ncaa.org/about/resources/research/estimated-probability-competing- college-athletics2020
**3.** Haugen TA, Solberg PA, Foster C, et al. Peak Age and Performance Progression in World-Class Track-and- Field Athletes. International journal of sports physiology and performance 2018;13(9):1122-29. doi: 10.1123/ijspp.2017-0682
**4.** Santos L, Elliott-Sale KJ, Sale C. Exercise and bone health across the lifespan. Biogerontology 2017;18(6):931-46. doi: 10.1007/s10522-017-9732-6
**5.** Loud KJ, Gordon CM. Adolescent bone health. Arch Pediatr Adolesc Med 2006;160(10):1026-32. doi: 10.1001/archpedi.160.10.1026
**6.** Rizzone KH, Ackerman KE, Roos KG, et al. The Epidemiology of Stress Fractures in Collegiate Student- Athletes, 2004-2005 Through 2013-2014 Academic Years. Journal of athletic training 2017;52(10):966-75. doi: 10.4085/1062-6050-52.8.01
**7.** Tenforde AS, Carlson JL, Sainani KL, et al. Sport and Triad Risk Factors Influence Bone Mineral Density in Collegiate Athletes. Med Sci Sports Exerc 2018;50(12):2536-43. doi: 10.1249/MSS.0000000000001711
**8.** Perelman H, Buscemi J. Body Dissatisfaction in Collegiate Athletes: Differences Between Sex, Sport Type, and Division Level. Journal of Clinical Sport Psychology 2018;12(4):718-31.
**9.** Stellingwerff, Trent. Patience during Puberty – female physiological and running performance development. 2022.