



# Ginecologia e attività fisica (Sport) (Italian Edition)

*Gian Pasquale Ganzit, Luca Stefanini*

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Nonostante le donne siano sempre più impegnate nella pratica sportiva, sia a livello agonistico che amatoriale, permangono situazioni in cui l'importanza dell'esercizio è ancora ignorata o sottovalutata: per esempio è comune evitare la pratica sportiva durante la gravidanza o nel periodo della menopausa. Il testo è una guida per il medico che voglia indirizzare le pazienti, in gravidanza o in menopausa, verso lo sport più adatto, evitando rischi e ottenendo i massimi benefici. Il testo illustra inoltre le principali problematiche, quali l'amenorrea o l'osteoporosi, che possono associarsi alla pratica sportiva nella donna.

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