



STUDY: UNDERWEIGHT FEMALE RUNNERS INJURED MORE

Doctors find women with lower BMIs are at a higher risk of injury, take longer to heal

The Ohio State University Wexner Medical Center

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Package Length: 1:37	Content provided by: The Ohio State University Wexner Medical Center

SUGGESTED TEASE	STILL TO COME, A NEW STUDY ABOUT INJURIES IN FEMALE RUNNERS. THE SURPRISING ROLE A WOMAN'S WEIGHT PLAYS, NEXT IN HEALTH NEWS.
ANCHOR LEAD	<p>MOST RUNNERS - ESPECIALLY THOSE WHO RACE COMPETITIVELY - WORK TO KEEP THEIR WEIGHT DOWN. AFTER ALL, THE LIGHTER THEY ARE, THE FASTER THEY'RE LIKELY TO RUN.</p> <p>BUT WHEN IT COMES TO <i>FEMALE</i> ATHLETES, THAT'S NOT ALWAYS IDEAL. A NEW STUDY IS OUT SHOWING THAT THE LESS A WOMAN WEIGHS, THE MORE LIKELY SHE IS TO BE INJURED AND THE LONGER IT CAN TAKE TO HEAL. CLARK POWELL HAS DETAILS.</p>
	(Nats - Jordan on treadmill) :02
CG: Courtesy: The Ohio State University Wexner Medical Center Shots of Jordan stepping on treadmill / starting to jog	COMPETING IN SEVEN DIFFERENT TRACK AND FIELD EVENTS AT THE COLLEGIATE LEVEL TOOK ITS TOLL ON JORDAN MOXLEY. SHE MISSED SEVERAL MONTHS DUE TO A STRESS FRACTURE IN ONE OF THE TWO BONES IN HER LOWER LEG - AND SHORTLY AFTER RETURNING TO COMPETITION, SHE WAS SIDELINED AGAIN. :13
CG: Jordan Moxley Got stress fractures from running	"It came back more severe. So, my first injury was just in the tibia, and then the second my junior year was in both the tibia and the fibula." :11
Shots of Jordan running	STRESS FRACTURES ARE FAIRLY COMMON IN RUNNERS, BUT A NEW STUDY SUGGESTS THAT ONE OF THE REASONS JORDAN WAS INJURED - MAY HAVE BEEN HER WEIGHT. NOT THAT SHE WEIGHED TOO MUCH - BUT TOO LITTLE. :10
CG: Dr. Timothy Miller Ohio State Wexner Medical Center	"We could pinpoint some of the predetermining factors that put them at an increased risk of developing a stress fracture as a runner. One of the most important ones being low body weight, or low body mass index, or BMI." :11
Shots of Dr. Miller in patient exam Wide shot of exam / blur for graphic	DOCTOR TIMOTHY MILLER CONDUCTED THE STUDY AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER. FOR THREE YEARS HE LOOKED AT INJURIES IN DOZENS OF

<p>Females with a BMI below 19 -Higher risk for injury than those with normal or high BMIs -Injuries took much longer to heal</p> <p>Shots of runner's legs / exam</p>	<p>DIVISION ONE COLLEGE ATHLETES. HE FOUND THAT FEMALES WITH A BODY MASS INDEX BELOW 19 HAD A HIGHER RISK FOR INJURY THAN THOSE WITH NORMAL OR EVEN HIGH BMI'S. AND THEIR INJURIES TOOK MUCH LONGER TO HEAL. RUNNERS ENDURE REPETITIVE POUNDING ON HARD SURFACES AND WITHOUT ENOUGH TISSUE FOR SUPPORT THE LEGS ARE VULNERABLE. :23</p>
<p>Dr. Miller (CG'd earlier)</p>	<p>"There's nowhere for that shock to be absorbed other than directly back into the bone. So until they build some muscle mass, put a little bit of weight back on, they're actually still at risk of developing a stress fracture later on in their career." :09</p>
<p>Shots of Jording painting Close up of brush on glass</p>	<p>IT WAS ENOUGH TO END JORDAN'S CAREER, IN FACT. SHE'S NOW WORKING ON BECOMING AN ART TEACHER, BUT WILL ALSO SHARE THE LESSON SHE LEARNED AS AN ATHLETE WITH FUTURE STUDENTS. :08</p>
<p>Jordan Moxley (CG'd earlier)</p>	<p>"I didn't want to talk to my coaches about the pain anymore because I didn't want to miss anymore time. :05</p>
<p>Wide shot running 2.54.10-2.54.14</p>	<p>"My advice is to 100% listen to your body." :04</p>
<p>Shot of Jordan finishing on treadmill</p>	<p>AT OHIO STATE WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :03</p>
<p>ANCHOR TAG</p>	<p>THE BODY MASS INDEX FOR AN AVERAGE WOMAN IS 26 - MILLER SUGGESTS FEMALE ATHLETES MAINTAIN A BMI OF 20-21. AS HIS STUDY SUGGESTS, ANYTHING BELOW THAT COULD LEAD TO INJURIES.</p>
<p> Share it! Suggested tweet:</p>	<p>Researchers @OSUWexMed find female runners risk injury if their weight is too low. http://bit.ly/2fcelcF</p>
<p> Suggested post:</p>	<p>Carrying less weight might make female runners faster, but a new study shows it may also put them at a higher risk for injuries. Researchers at The Ohio State University Wexner Medical Center looked at dozens of Division I college athletes over 3 years and found that women who had a body mass index of less than 19 had more stress fractures and took longer than others to recover. Details: http://bit.ly/2fcelcF</p>
<p>References -</p>	<p>¹<i>Time to Return to Running Following Tibial Stress Fractures in Female Division I Collegiate Track and Field Athletes, Current Orthopaedic Practice, May, 2017.</i> Online: http://journals.lww.com/c-orthopaedicpractice/Abstract/publishahead/Time_to_return_to_running_after_tibial_stress.99335.aspx</p>

	Extra Bites
<p>CG: Dr. Timothy Miller Ohio State Wexner Medical Center</p>	<p><i>Dr. Miller talks about the way stress fractures form -</i> “With repetitive pounding, usually from overuse from running or from some activity that’s repetitive, it increases the risk of stresses to be applied to those bones and into eventual microfractures that take place within the bone, eventually progressing and coalescing into one full fracture all the way across the bone.”</p> <p><i>Dr. Miller talks about the impact of low BMI in female runners -</i> “Women had a much higher ratio. We found about 35 athletes that developed stress fractures during a four-year period on the track team, but the vast majority of them were women, and the vast majority were in the tibia.”</p> <p><i>Dr. Miller has advice for runners concerning their BMI -</i> “My advice is to focus on health and fitness, not necessarily just on what your weight really is. Weight is just a number but you really want to maintain a BMI of at least around 20-21, that’s sometimes hard to do because people don’t actually think exactly, well I want to maintain my BMI. It’s easier to control their weight, but really it’s a matter of health and fitness rather than an actual number of what you really weigh.”</p>
<p>CG: Jordan Moxley Got stress fractures from running</p>	<p><i>Jordan talks about efforts to maintain low weight during the season -</i> “I was really conscious of it. With my event being high jump, I understand the physics, how the body works. I was trying to be as strong as I possibly could with as little weight going over the bar as I could.”</p> <p><i>Jordan talks about being conscientious about her weight -</i> “I was never to an unhealthy point where I felt like I couldn’t eat, but I definitely tried my best to eat the best I could or what I thought was the best I could at that moment in time.”</p> <p><i>Jordan says she wishes she’d balanced team needs with her health -</i> “I wish that at times I would have just sat down and communicated better -- this is what’s going on, but this is what I think I need, let’s meet in the middle.”</p>
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The Ohio State University Wexner Medical Center: 1-800-293-5123

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Produced by:



1800 West 5th Ave.

Columbus, Ohio 43212

Phone: (614) 932-9950 Fax: (614) 932-9920

www.mediasourcetv.com

**Video content provided by: The Ohio State University Wexner Medical Center
Media Relations Department: (614) 293-3737**