Foreword

Mark D. Miller, MD
Consulting Editor

As sports medicine physicians, our knowledge and expertise regarding the specific treatment of female athletes continue to grow as research, clinical experiences, and surgical outcomes guide our progress. Title IX, certainly not universally well received by many traditional college athletic departments, has now been in place for 45 years and has played a major role toward leveling the playing field with respect to all aspects of women's athletics. Our gratitude extends both to women athletes and to colleagues who have led the charge to address issues and challenges associated with the specific care of female athletes. This issue of *Clinics in Sports Medicine*, both timely and necessary, offers our best thinking on a variety of topics. My sincere appreciation to Dr Siobhan Statuta, an excellent primary care sports medicine specialist at our institution, for putting together this important issue.

Comprehensive coverage of a topic is best initiated with an understanding of history, and this issue is no exception. This is followed with articles addressing specific issues that are of importance to the female athlete and to those of us who take care of them. This includes comprehensive reviews of cardiovascular considerations, nutrition, gastrointestinal conditions, the female athlete triad, bony disorders, the ACL (a topic well recognized by orthopedic sports medicine physicians), concussion, and pregnancy. In sum, this is an excellent update and review of important issues concerning the female athlete. Congratulations and sincere thanks, Dr Statuta!

Mark D. Miller, MD
S. Ward Casscells Professor
Division of Sports Medicine
Department of Orthopaedic Surgery
University of Virginia
400 Ray C. Hunt Drive, Suite 330
Charlottesville, VA 22908-0159, USA

E-mail address:
mdm3p@virginia.edu