**A green circle with blue text

Description automatically generated** **A black background with blue text

Description automatically generated**

Date

Dear INSERT TITLE,

**European Hormone Day – 24 April 2024**

[Introduce your organisation]

Wednesday 24 April 2024 is European Hormone Day (EHD). This is a chance to raise awareness of the vital role of hormones in chronic diseases such as diabetes, thyroid disorders, cancer and obesity, as well as many rare diseases. It’s also an opportunity to draw attention to the effect of environmental factors on human health, such as endocrine disrupting chemicals (EDCs). The European Society of Endocrinology (ESE), the European Hormone and Metabolism Foundation (ESE Foundation), and partners across Europe – like [your organisation] – will join forces to highlight the small steps we can all take towards better hormone health.

This is an important initiative for helping individuals understand what they can do to improve their hormone health. **We would very much welcome your support on European Hormone Day**, for example, by joining in the conversation online and sharing your thoughts on the how hormone health and disease can be prioritised during the next term of the European Parliament [or add specific suggestions for the recipient to support your EHD activities]. Information about taking part in European Hormone Day, including a social media toolkit, can be found [here](https://www.ese-hormones.org/what-we-do/outreach/european-hormone-day/).

**But to drive meaningful change, we need policymakers such as yourself to advocate for and support policies and programmes that will promote endocrine health and research at a much larger scale.**

On the first European Hormone Day in 2022, ESE and the ESE Foundation published [“Recognising the Key Role of Hormones in European Health: the Milano Declaration.”](https://www.ese-hormones.org/what-we-do/outreach/european-hormone-day/the-milano-declaration/) The Milano Declaration summarises some of the main challenges in the field of endocrinology in Europe and with seven specific policy steps to overcome them. To date, it has been endorsed by 60 partner organisations and 11 Members of the European Parliament.

**We invite you to endorse the Milano Declaration**, if you have not already done so, and join our efforts to raise the profile of hormone health and disease in [your country] and Europe. After your endorsement, ESE and [your organisation] will add your name to the endorsement on our websites and we will share this news on our social media channels. If you’d like to issue a short statement or video to support the cause, that would be very welcome.

With your support, we can keep topics like EDCs, cancer, obesity and rare disease high on the agenda and ensure the next Commission and Parliament adopt the necessary policy measures to improve population health – **#BecauseHormonesMatter**.

Thank you for your time.

Kind regards,

[name, title, contact details etc.]