How do hormones work?
- Hormones are the chemical messengers that travel throughout the body, telling our cells and organs what to do.
- Hormones are essential. They:
  - help us grow and mature
  - cope with stress
  - help us stay fit and healthy
  - manage our metabolism
  - determine our sexual function
- There are many hormones, each with its own essential function.

What are endocrine disorders?
- Endocrine disorders are caused by abnormal (too high / too low) hormone levels.
- Endocrine disorders include obesity, diabetes, thyroid disease, cancer, growth disorders, hypertension, osteoporosis, infertility and sexual dysfunction, and many rare diseases.
- More than three quarters of the population will need an endocrinologist at some point in their life.

Endocrine Disrupting Chemicals
- Over 1,500 chemicals of concern in plastics contribute to many incidences of endocrine cancers, obesity, diabetes, thyroid disease, infertility and lost earning potential in Europe.
- Between €157 and €270 billion per year in health care expenses and lost earning potential in Europe.

Obesity
- More than 200 million people in Europe are overweight or obese.
- Overweight and obesity cause more than 1.2 million deaths across the WHO European Region every year.
- Median survival of overweight and obesity has been found to be shorter than those with a “healthy” weight status.

Cancer
- Cancer is the second leading cause of death and morbidity in Europe.
- 3.7 million new cancer cases per year.
- 1.9 million deaths per year.
- Thyroid cancer is the second most common cancer in women.

Rare Endocrine Diseases
- Rare diseases affect approximately 30 million in the EU.
- Over 400 rare diseases are related to the endocrine system.
- Rare diseases are often chronic and life-threatening. Key issues to address are:
  - need for access to expert centres
  - many diseases have no cure

Join European Hormone Day at: www.europeanhormoneday.org
#BecauseHormonesMatter #EuropeanHormoneDay

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