

Because Hormones Matter

What are they and how do they impact our lives.



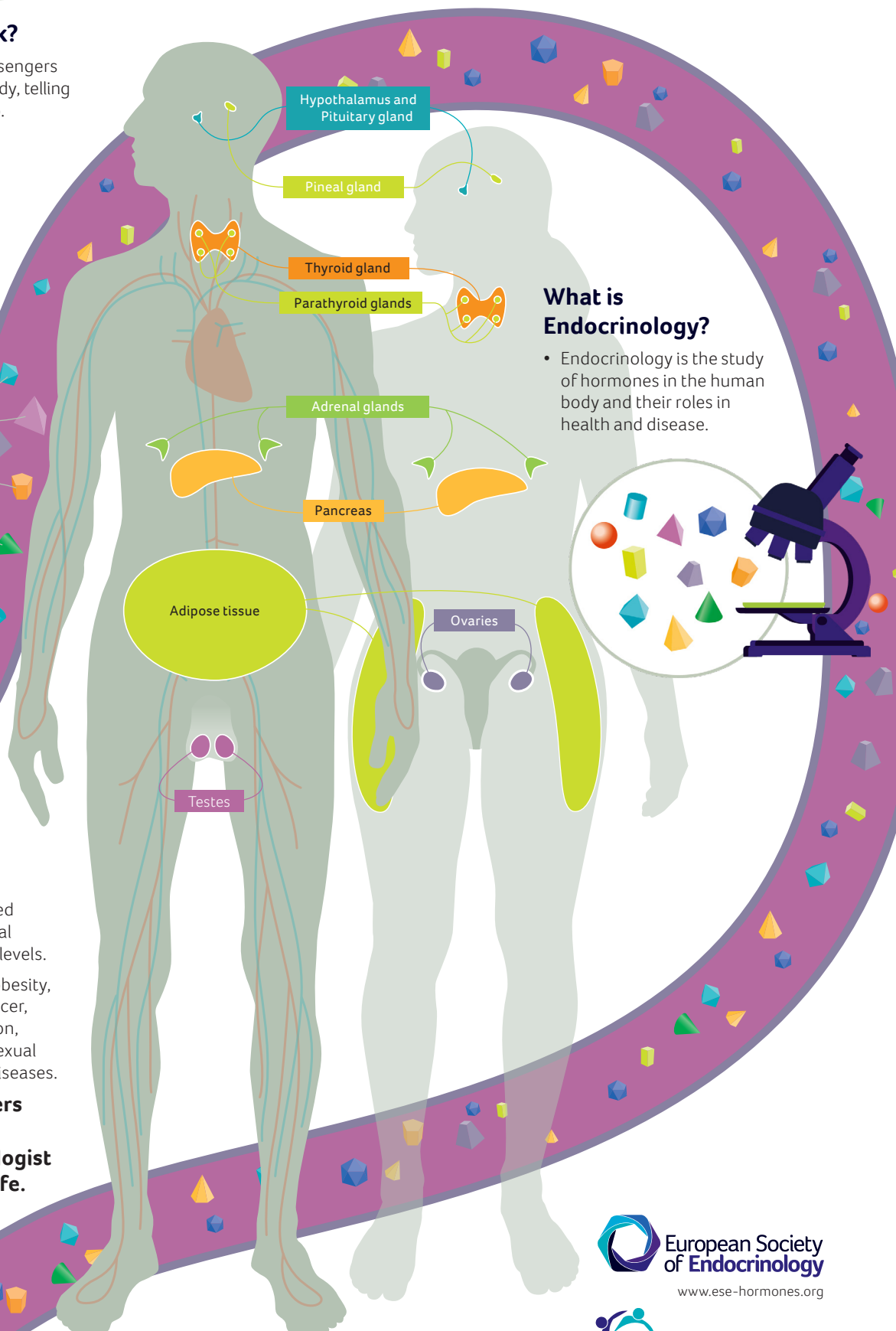
European Hormone Day

Because Hormones Matter
23 May 2022

How do hormones work?

- Hormones are biological 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.

Insulin
Cortisol
Testosterone
Leptin
Adrenaline
Oestrogen
Melatonin
Prolactin
Thyroxine
Growth Hormone
and many more



What is Endocrinology?

- Endocrinology is the study of hormones in the human body and their roles in health and disease.

What are Endocrine Disorders?

- Endocrine disorders are caused and characterised 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.**

Join European Hormone Day at:
www.europeanhormoneday.org

#BecauseHormonesMatter #EuropeanHormoneDay

European Society of Endocrinology
www.es-e-hormones.org

European Hormone and Metabolism Foundation
www.es-e-foundation.org

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It is time to recognise the role of hormones in preventing, treating and living with some of the most prevalent diseases in the world.



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Cancer

CANCER
is the second leading cause of death and morbidity in Europeⁱ

3,7 Million
cases per yearⁱ

1,9 Million
deaths per yearⁱ

Median survival of neuroendocrine tumours is **33 months**ⁱⁱ

More than **50,000** new cases of thyroid cancer per yearⁱⁱⁱ

POLICY ASK

Strengthen the endocrine perspective and acknowledge the endocrine cancers in the Beating Cancer Plan and Horizon Europe research calls.

Endocrine Disrupting Chemicals

Exposure through inhalation, food and water consumption, skin



Over **1,500** chemicals of concern in plastics contribute to many incidences of endocrine cancers, obesity, diabetes, thyroid disease, osteoporosis and infertility^{iv}

Between €157 and € 270 Billion per year in health care expenses and lost earning potential in Europe^v

POLICY ASK

Strengthen and harmonise legislation and respect the precautionary principle to avoid production and exposure to pesticides, biocides and consumer products containing suspected EDCs.

Obesity

Up to **40%** of all cancers diagnosed are attributed to overweight or obesity.^{vi}

Worldwide, obesity increases the risk of comorbidities and is responsible for about **80%** of cases of type 2 diabetes,^{vii}

1/3 of ischaemic heart disease^{viii}

and **55%** of hypertensive disease among adults in Europe.^{viii}

1/2 of adults^{ix} and **1/3** of children live with overweight or obesity in Europe.^x

POLICY ASK

Recognise obesity as a chronic relapsing endocrine disease by all stakeholders at European and national levels, focus on prevention and develop new treatment options.

Rare Endocrine Diseases

Rare diseases affect approximately **30 Million** people across Europe^{xi}

Over **400** rare diseases are related to the endocrine system^{xii}

Key issues to address are: Rare diseases are often chronic and life threatening, late diagnosis, need for access to expert centres, many diseases have no cure.

POLICY ASK

Allocate the resources to mature the critical role of the European Reference Networks, drive the development of registries and innovation in diagnosis and treatment.

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ⁱ WHO/Europe | Cancer - Data and statistics

ⁱⁱ <https://www.esmo.org/content/download/8584/174877/file/ESMO-Epidemiology-classification-and-clinical-presentation-of-NETS-A-Europe-an-Updated-Perspective.pdf>

ⁱⁱⁱ An innovative non-invasive tool for thyroid cancer screening | News | CORDIS | European Commission (europa.eu)

^{iv} Enabling a circular economy for chemicals in plastics | Elsevier Enhanced Reader

^v High disease costs attributed to EDC exposure | Food Packaging Forum

^{vi} <https://www.cdc.gov/mmwr/volumes/66/wr/mm6639e1.htm>

^{vii} Diabetes and obesity rates soar | Diabetes UK

^{viii} https://www.euro.who.int/_data/assets/pdf_file/0008/98243/E89858.pdf

^{ix} <https://pubmed.ncbi.nlm.nih.gov/29036436/>

^x Childhood Obesity on the Rise in Europe (caloriecontrol.org)

^{xi} Rare diseases | European Commission (europa.eu)

^{xii} eur-eca-core-registry-conditions-dictionary-v3.2.xlsx (live.com)