

**PRESS RELEASE**

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## First European Hormone Day underscores the importance of hormones and calls for policies aiming for improved hormone health

Today, **23 May 2022**, the European Society of Endocrinology (ESE), together with the European Hormone and Metabolism Foundation – Foundation of the European Society of Endocrinology (ESE Foundation) and its partner societies are introducing **European Hormone Day**.

**European Hormone Day** will work towards improving the general understanding of the role of hormones in health and disease and address the societal and health challenges caused by some of the most prevalent diseases we face today.

On the occasion of this first European Hormone Day, ESE and the ESE Foundation are publishing a joint Declaration ‘Recognising *the Key Role of Hormones in European Health: ‘The Milano 2022 Declaration’* [here](#). Endorsed by 35 national or specialist endocrine societies, the Declaration calls for a stronger inclusion of the endocrine health perspective as an integral part of European health policies, as laid out in the ESE White Paper on Hormones in European Health Policies published in May 2021 [here](#).

**“Hormones are essential for good human health”** - says ESE President, **Prof. Dr. Martin Reincke**. “On a daily basis, hormones impact our development and growth, the way our metabolism processes food, our sexual function and fertility, and our cognitive processes. But good hormonal health is the result of a healthy lifestyle, preventive measures to avoid hormone deficiencies and a healthy environment free of toxic substances that can negatively impact the hormone system. Establishing the European Hormone Day is the beginning of our efforts to bring hormones to the forefront of public awareness.”

Prof. **Andrea Giustina**, Chair of the ESE Foundation, refers to the Milano Declaration and adds that the “European Hormone Day will be **an annual reminder for policymakers across Europe to better integrate the role of hormones and hormonal health in European and national health policies**. The enormous impact of diseases such as obesity, diabetes, osteoporosis, thyroid disorders, infertility and more than 400 rare endocrine diseases on the individuals living with these diseases and on the European health systems requires strong attention and immediate action”.

You can find more information about the launch at: [www.eurohormoneday.org](http://www.eurohormoneday.org)

For more information related to priority policy areas, please consult the ESE White Paper ‘Hormones in European Health Policies: How endocrinologists can contribute towards a healthier Europe’ (see [here](#)). Published in May 2021, and endorsed by 53 National and Specialist Endocrine Societies, this White Paper calls on all policy makers in Europe, including European institutions and national governments, to better recognise the important role of hormones in health policies.

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**European Society of Endocrinology**

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## KEY FACTS – Notes to the Editor:

- 1 in 2 adults and 1 in 3 children live with **overweight or obesity**, a chronic disease that is associated with 80% of cases of type 2 **diabetes**, ischaemic heart disease and hypertension, and many more comorbidities. More needs to be done by the health care systems to fully account for obesity as a chronic relapsing disease, dedicate resources for prevention and treatment, and fund research to develop new treatment options.
- **Cancer** is the second cause of death and morbidity. More than 50 000 new cases of thyroid cancer are diagnosed every year, primarily in young women, and median survival of neuro-endocrine tumors is only 33 months. The Beating Cancer Plan needs to account for the endocrine components of cancer, including the longer-term quality of life and endocrine comorbidities of cancer therapies.
- **Rare diseases** overall affect 30 million Europeans, and this includes the patients suffering from more than 400 rare endocrine diseases. Many patients wait for faster diagnosis, innovative treatments and equal access to care around Europe. European Reference Networks bring knowledge and expertise together and need to be fully supported by Europe and embedded in the national health care systems.
- Over 1500 chemicals of concern (**endocrine disrupting chemicals**) used in packaging, pesticides and biocides, cosmetics and toys contribute to many incidences of endocrine cancers, obesity, diabetes, thyroid disease and the raising rates of infertility. This generates a cost of between € 157 and € 270 billion per year in health care expenses and lost earnings potential. A strengthened and harmonised legislation is needed to protect vulnerable groups in our population, including pregnant women, babies and children in their development.

### About the European Society of Endocrinology

The European Society of Endocrinology (ESE) provides a platform to develop and share leading research and best knowledge in endocrine science and medicine. By uniting and representing every part of the endocrine community, we are working to improve the lives of patients.

Through the 50 National Societies involved with the ESE Council of Affiliated Societies (ECAS), and our partnership with specialist endocrine societies, ESE and its partners jointly represent a community of over 20,000 European endocrinologists.

ESE and its partner societies work to promote knowledge and education in the field of endocrinology to health care professionals, researchers, patients and the general public.

We inform policy makers on health decisions at the highest level through advocacy efforts across Europe. To find out more please visit [www.eese-hormones.org](http://www.eese-hormones.org).

Follow us on Twitter @ESEEndocrinology, Facebook @EuropeanSocietyofEndocrinology and LinkedIn: [linkedin.com/company/european-society-of-endocrinology](https://www.linkedin.com/company/european-society-of-endocrinology)

### About the European Hormone and Metabolism Foundation

The overarching aim of the European Hormone and Metabolism Foundation - Foundation of the European Society of Endocrinology (ESE Foundation) is for public benefit.

The European Hormone and Metabolism Foundation is a non-profit organisation dedicated to improving human health. By focusing on people with endocrine disorders, the ESE Foundation's mission is to promote endocrine health, address endocrine disease, and improve patient care. Our goal is to devote to hormone and metabolic health. To ensure the best possible quality of life, our mission is to raise public and political awareness of hormone and metabolic health and disease, as well as research, policies, and care.

Find out more about the ESE Foundation at [www.eese-foundation.org](http://www.eese-foundation.org).