Because Hormones Matter
What are they and how do they impact our lives?

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 moods
  - determine our sexual function
• There are many hormones, each with its own essential function.

What are endocrine disorders?
• Endocrine disorders are caused and characterized by abnormal levels of hormones.
• Endocrine disorders include obesity, diabetes, thyroid disease, cancer, growth disorders, hypertension, 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.

What is endocrinology?
• Endocrinology is the study of hormones and their roles in health and disease.
• Because Hormones Matter
• #BecauseHormonesMatter
• #EuropeanHormoneDay

Endocrine Disrupting Chemicals
Exposure through inhalation, food and water
• Polychlorinated biphenyls and polychlorinated dibenzodioxins (PCBs)
• Polybrominated diphenyl ethers (PBDEs)
• Polyfluorinated chemicals (PFCs)
• Polyurethane
• Styrene

POLICY ASK
Strengthen the endocrine perspective and acknowledge endocrine diseases in the Beating Cancer Plan and Horizon Europe research calls.

POLICY ASK
Improve all legislation relevant to EDCs without any further delay to ensure a more healthy and sustainable European society for the current as well as future generations.

What is the endocrine system?
- Hypothalamus and Pituitary gland
- Adrenal glands
- Thyroid gland
- Parathyroid glands
- Endocrine pancreas
- Pineal gland
- Breast tissue
- Adipose tissue
- Testes
- Ovaries

Endocrine gland dysfunction, and characterised by abnormal levels of hormones, is the second leading cause of death and morbidity in Europe. Median survival of neuroendocrine tumours is 41 months. Thirteen per cent of new cases of thyroid cancer are linked to endocrine cancers in the Beating Cancer Plan and Horizon Europe research calls. Thirteen per cent of new cases of thyroid cancer are linked to endocrine cancers in the Beating Cancer Plan and Horizon Europe research calls.

Cancer
3.7 million cases per year
1.9 million deaths per year
More than 300,000 new cases of thyroid cancer per year

Obesity
Those living with obesity have been found to have a life expectancy five years shorter than those with a "healthy" weight status.

In Europe, 200,000 overweight and obesity case leads to obesity per year. Almost half of adults and nearly 50% of children live with obesity or overweight in Europe. Recognize 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
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
• rarity of diseases hinders research

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

Obesity affects approximately 30 million in the EU.

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