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

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.

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

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www.europeanhormoneday.org

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Because Hormones Matter

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

Cancer

- **Cancer** is the second leading cause of death and morbidity in Europe.
- Median survival of neuroendocrine tumours is 41 months.
- More than 90,000 new cases of thyroid cancer per year.

**POLICY ASK**

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

Obesity

- Those living with obesity have been found to have a life expectancy five years shorter than those with a "healthy" weight status.
- In adults, a 5–10% weight loss may lead to health benefits from decreasing obesity-related comorbidities.
- In Europe, 200,000 new cancer cases are linked to obesity per year.
- Overweight and obesity cause more than 1.2 million deaths across the WHO European Region every year.
- Almost 6/10 of adults and nearly 1/3 children live with obesity or overweight in Europe.

**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 in the EU.
- Over 400 rare diseases are related to the endocrine system.

**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.

Endocrine Disrupting Chemicals

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

**POLICY ASK**

- Implement 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.

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