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**Countdown to European Hormone Day on 24 April 2024**

*European Hormone Day returns for a third time on Wednesday, 24 April, uniting the endocrine community across Europe and beyond to raise awareness of the vital role of hormones in health and disease – #BecauseHormonesMatter.*

Many people have an idea of what hormones are, but are less familiar with what hormones do, or the actions they can take to improve their own endocrine health. They may not realise the role hormones play in both prevalent and rare chronic diseases, including cancer. European Hormone Day, led by the European Society of Endocrinology (ESE) and the European Hormone and Metabolism Foundation (ESE Foundation), is a chance to put hormones in the spotlight.

This year, the aim is to raise awareness of the small steps everyone can take towards good hormone health. This builds on the Annex to the Milano Declaration published by ESE last year, which included [10 Recommendations for Good Hormone Health](https://www.ese-hormones.org/publications/directory/annex-to-the-milano-declaration-10-recommendations-for-good-hormone-health/).

Jérôme Bertherat, ESE President, says:

“While we need policymakers to advocate for the best possible treatment and care, there are actions we can all take as individuals, too. European Hormone Day is a chance for us to share why hormones matter and promote the small steps everyone can take towards better endocrine health.”

All are invited to help spread the word, online or in person, focusing on whatever topics are most relevant to your community. If you’d like to take part, you’ll find a public outreach toolkit with social media materials covering cancer, endocrine-disrupting chemicals, obesity and rare endocrine diseases, as well as the 10 Recommendations mentioned above. Translations of key materials are available in 13 European languages.

Find out more and download the materials here: [www.europeanhormoneday.org](http://www.europeanhormoneday.org/).

Connect with ESE on social media to follow the campaign:

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| A blue square with a white letter f  Description automatically generated | [EuropeanSocietyofEndocrinology](https://www.facebook.com/EuropeanSocietyofEndocrinology/) |
| A blue square with white letters  Description automatically generated | [European Society of Endocrinology](https://www.linkedin.com/company/european-society-of-endocrinology/) |
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