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 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
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.

Endocrine Disrupting Chemicals

- Exposure through inhalation, food and water consumption, skin and transfer from mother to foetus
- 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

Cancer

- 3.7 million cases per year
- 1.9 million deaths per year
- Median survival of neuroendocrine tumours is 41 months
- Cancer is the second leading cause of death and morbidity in Europe

Obesity

- Those living with obesity have been found to have a life expectancy five years shorter than those with a “healthy” weight status
- Overweight and obesity cause more than 1.2 million deaths across the WHO European Region every year
- In adults, a 5–10% weight loss may lead to health benefits from decreasing obesity-related comorbidities
- Over 200,000 new cancer cases are linked to obesity per year

Rare Endocrine Diseases

- Over 30 million in the EU
- Over 400 rare diseases are related to the endocrine system
- Rare diseases are often chronic and life-threatening
- Key issues to address are:
  - late diagnosis
  - need for access to expert centres
  - many diseases have no cure

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1. https://www.who.int/europe/health-topics/cancer#tab=tab_2
2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6239108/
3. https://www.who.int/europe/health-topics/cancer#tab=tab_2
4. https://www.who.int/europe/health-topics/cancer#tab=tab_2
5. #BecauseHormonesMatter #EuropeanHormoneDay
6. POLICY ASK
   Strengthen the endocrine perspective and acknowledge endocrine cancers in the Beating Cancer Plan and Horizon Europe research calls.
7. 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.
8. 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.