Because Hormones Matter

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Hypothalamus and

Thyroid gland

Parathyroid glands

Pancreas

Ovaries

Adipose tissue

Pituitary gland

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.

Insulin

Cortisol Testosterone

Leptin

Adrenaline

Oestrogen

Melatonin

Prolactin Thyroxine

Growth Hormone

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and many more

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

What is endocrinology?

• Endocrinology is the study of hormones in the human body and their roles in health and disease.



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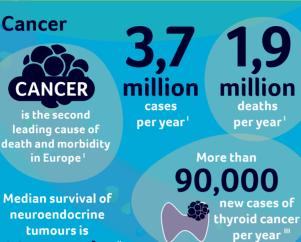
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Because Hormones Matter

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





POLICY ASK

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41 months

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

Endocrine Disrupting Chemicals

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1,500

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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related to the endocrine system^{1X}

Rare diseases are often chronic and life-threatening. Key issues to address are: late diagnosis • many diseases have no cure

POLICY

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

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- https://www.who.int/europe/health-topics/cancer#tab=tab_2
- High disease costs attributed to EDC exposure Food Packaging Forum
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6239108/
 An innovative non-invasive tool for thyroid cancer screening | News | CORDIS | European Commission (europa.eu)
 Enabling a circular economy for chemicals in plastics | Elsevier Enhanced Reader
 With European Regional Obesity Report 2022
 With O Eur

v. EHD 24 April 2024

of Endocrinology www.ese-hormones.org



European Society

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Rare diseases affect approximately



with a "healthy' weight status

cases are linked

In Europe,

new cancer

to obesity

per year

In adults, a 5-10%weight loss

may lead to health benefits from decreasing obesityrelated comorbidities

Overweight and obesity cause more than 1.2 million deaths across the WHO European Region every year

Almost **10** of adults and nearly **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.