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.
• 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.

Join European Hormone Day at:
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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.

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
- CANCER is the second leading cause of death and morbidity in Europe
- Median survival of neuroendocrine tumours is 41 months
- 3.7 million cases per year
- 1.9 million deaths per year
- More than 90,000 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 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

Rare Endocrine Diseases
- Rare diseases affect approximately 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

POLICY ASK
- Strengthen the endocrine perspective and acknowledge endocrine cancers in the Beating Cancer Plan and Horizon Europe research calls.
- 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.
- Allocate the resources to mature the critical role of the European Reference Networks, drive the development of registries and innovation in diagnosis and treatment.

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.

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Endocrine System and Hormones
- Thyroid gland
- Adrenal glands
- Pineal gland
- Pancreas
- Adipose tissue
- Parathyroid glands

Endocrine Disorders
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- Endocrine disorders are caused by abnormal (too high / too low) hormone levels.
- Hormones are biological messengers that travel throughout the body, telling our cells and organs what to do.
- They impact our lives in preventing, treating and living with some of the most prevalent diseases in the world.
- Hormones are essential.
- Because Hormones Matter
- How do hormones work?
- What are they and how do they impact our lives?
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More information can be found at:
- www.ese-foundation.org
- www.ese-hormones.org
- v. 3/9/24 April 2024

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ENDOCRINE CCIv. EHD 24 April 2024

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