

World Hormone Day

Because Hormones Matter
24 April 2026

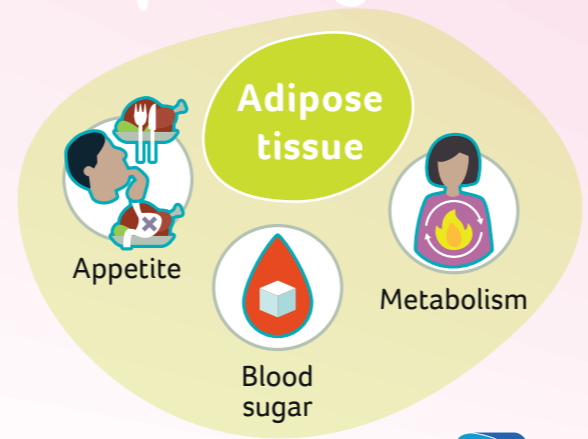
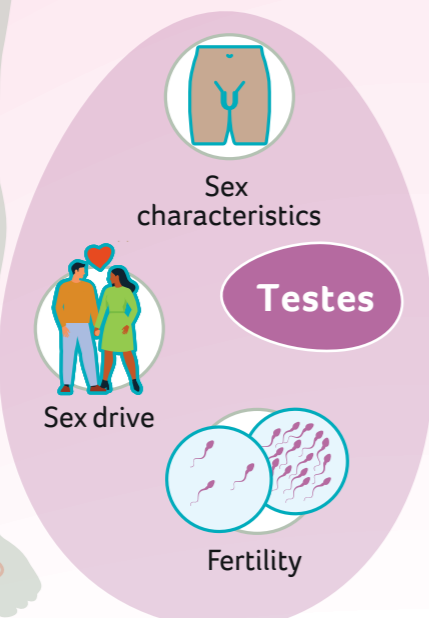
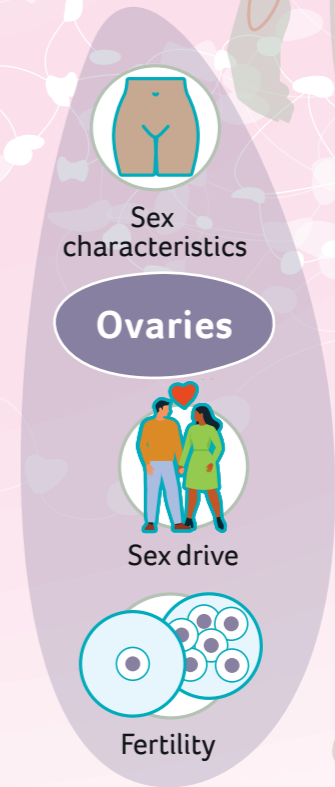
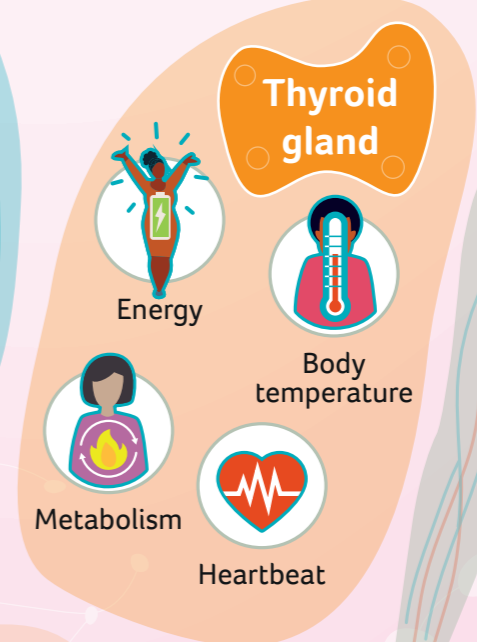
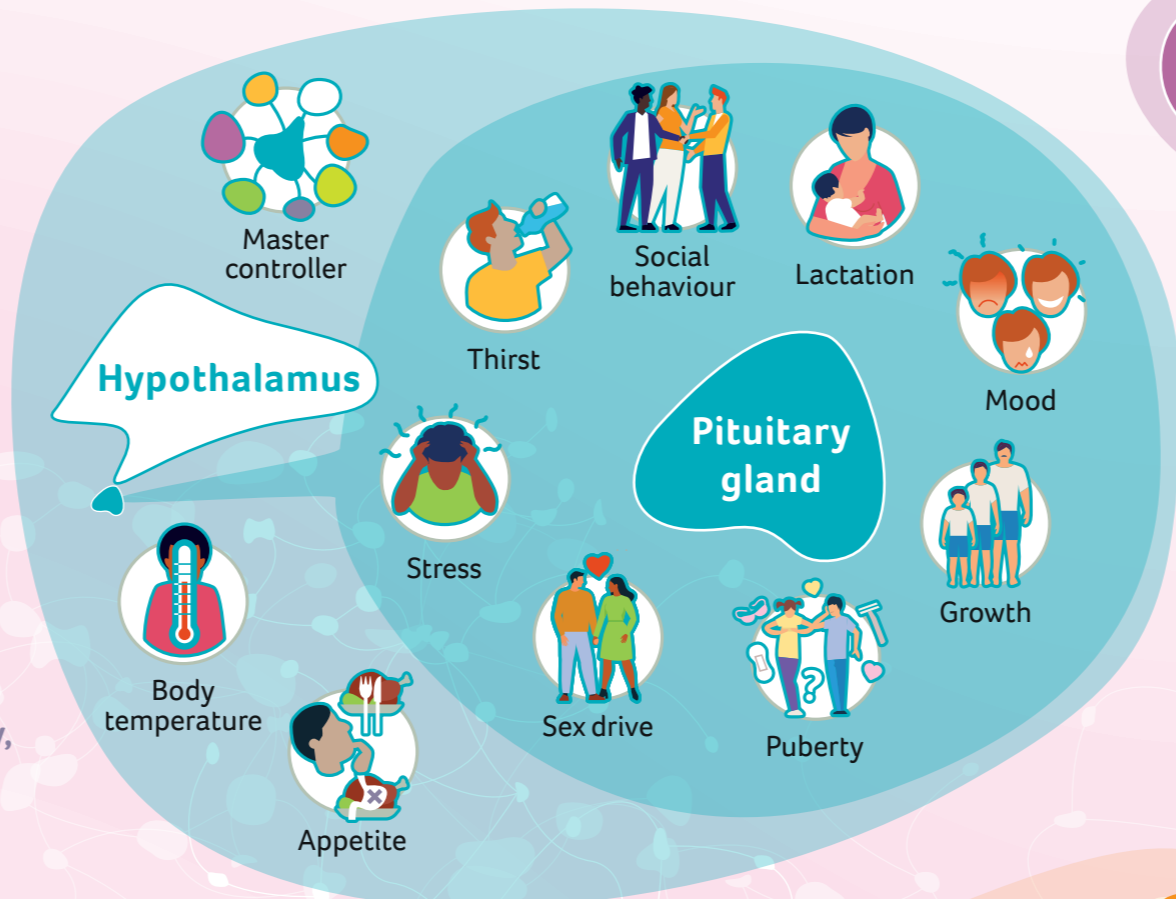
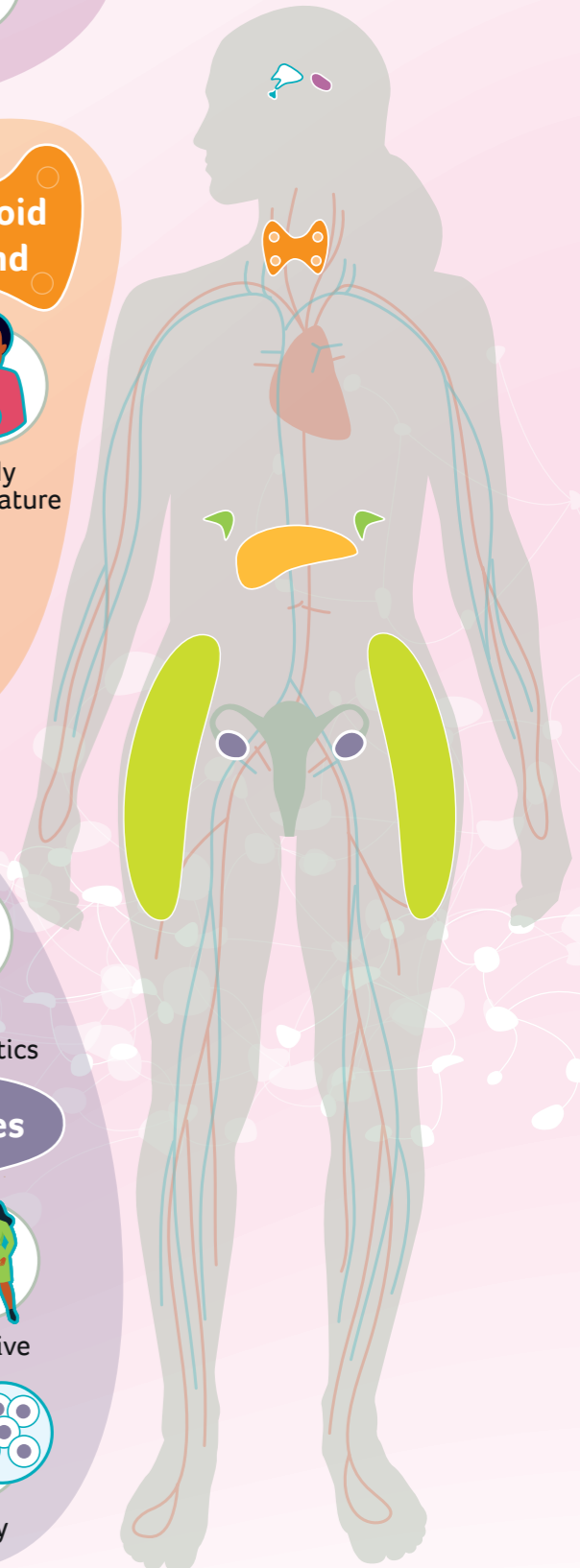
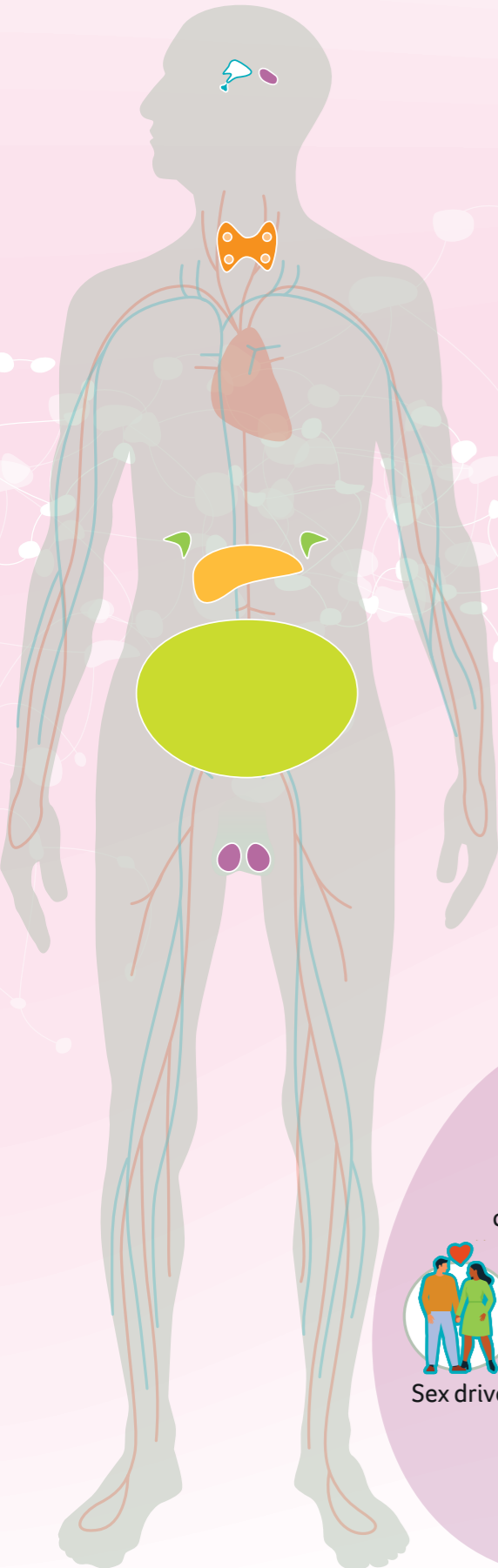
What are hormones and how do they help us?

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

Hormones are biological messengers that travel throughout the bloodstream, telling our cells and organs what to do.

Hormones help us grow, stay fit and healthy, cope with stress, manage energy and reproduce.

Too much or too little of particular hormones can cause endocrine (hormone) disorders.



www.worldhormoneday.org

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