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 metabolisms
  - determine our sexual function
- There are many hormones, each with its own essential function.

What are endocrine disorders?

- Endocrine disorders include obesity, diabetes, thyroid disease, cancer, growth disorders, hyper- and hypoglycaemia, 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.

Endocrine Disrupting Chemicals

- Endocrine-disrupting chemicals (EDCs) are classed as chemicals that may alter normal hormone function, leading to adverse health outcomes.
- Between €157 and €270 billion per year in health care expenses and lost earning potential in Europe.
- Over 600,000 new cancer cases are linked to obesity or overweight in Europe.
- Obesity has been linked to more than 1.2 million deaths per year from increasing obesity-related comorbidities.
- More than €270 billion per year in health care expenses and lost earning potential in Europe.

What are endocrine disorders?

- Endocrine disorders are caused and characterised by abnormal (too high / too low) hormone levels.
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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.

Join European Hormone Day at: www.europeanhormoneday.org
#BecauseHormonesMatter #EuropeanHormoneDay

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