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.
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**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.

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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.

**European Hormone Day**
24 April 2024

**Endocrine Disrupting Chemicals**
- 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.

**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.

**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, 5–10% weight loss may lead to health benefits from decreasing obesity-related comorbidities.

**Cancer**
- Cancer is the second leading cause of death and morbidity in Europe.
- Median survival of neuroendocrine tumours is 41 months.

**Rare Endocrine Diseases**
- 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
- Over 400 rare diseases are related to the endocrine system.

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

**European Society of Endocrinology**
www.europeanhormones.org

**European Hormone and Metabolism Foundation**
www.europeanhormoneday.org

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**Thyroid Fact Sheet**
IARC | World Health Organisation

**Rare diseases**
European Commission (europa.eu)

**Endocrine Disrupting Chemicals**
CORDIS | European Commission (europa.eu)

**IARC**
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6239108/

**II**
https://www.who.int/europe/health-topics/cancer#tab=tab_2

**III**
https://www.who.int/europe/health-topics/cancer#tab=tab_2

**IV**
https://www.elsevier.com/journals/endoctrine-cancer-endocrine-disrupting-chemicals/37348959

**V**
https://www.europeanhormoneday.org

**VI**
https://www.europeanhormoneday.org

**VII**
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**Panel A**
European Hormone Day
2024

**Panel B**
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