European Society of Endocrinology

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European Hormone and Metabolism Foundation

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Recognising the Key Role of Hormones in European Health:

'The Milano Declaration'

A joint declaration by the European Society of Endocrinology and the European Hormone and Metabolism Foundation on the occasion of the 1st European Hormone Day 23 May 2022.

Endorsed by

Albanian Society of Endocrinology, Austrian Society for Endocrinology and Metabolism, Belgian Endocrine Society, Bosnia and Herzegovina Society of Endocrinology and Diabetology, Bulgarian Society of Endocrinology, Croatian Society for Diabetes and Metabolic Disorders, Cyprus Endocrine Society, Czech Endocrine Society, Dutch Society of Endocrinology, Finnish Endocrine Society, French Endocrine Society, Georgian Association for Endocrinology and Metabolism, German Society for Endocrinology, Hellenic Endocrine Society, Hungarian Society of Endocrinology and Metabolism, Icelandic Endocrine Society, Israel Endocrine Society, Italian Association Medical Endocrinology, Italian Society of Endocrinology, Latvian Association of Endocrinology, Lithuanian Endocrine Association, Macedonian Scientific Association of Endocrinologists and Diabetologists, Norwegian Society of Endocrinology, Polish Society of Endocrinology, Polish Society of Gynecological Endocrinology, Romanian Psychoneuroendocrine Society, Romanian Society of Endocrinology, Serbian Endocrine Society, Slovak Endocrine Society, Slovenian Endocrine Society, Society for Endocrinology UK, Spanish Society of Endocrinology and Nutrition, Swedish Endocrine Society, Swiss Society of Endocrinology and Diabetology, Society of Endocrinology and Metabolism of Turkey

European Academy of Andrology, European Network for the Study of Adrenal Tumors, European Thyroid Association, European NeuroEndocrine Association, Growth Hormone Research Society, European Society for Paediatric Endocrinology, Endo ERN and ERN-BOND

and

Addison Foreningen I Danmark, Addison's Disease Self Help Group UK and Ireland, AdrenalNet, Dutch Adrenal Society NVACP, European MEN Alliance e.V., Hypoparathyroidisme France, International Prader-Willi Syndrome Organization, Nederlandse Hypofyse Stichting, Netzwerk Hypophysen und Nebennierenerkrankungen e.V., Parathyroid UK, World Association of Pituitary Organizations

Because Hormones Matter

On the occasion of the 1st European Hormone Day, the European Society of Endocrinology, the European Hormone and Metabolism Foundation and partner societies call for the inclusion of the endocrine health perspective as an integral part of European health policies, as laid out in the ESE White Paper on Hormones in European Health Policies (published May 2021).

We therefore call for:

- European and Member State action to prevent avoidable hormone deficiencies by ensuring sufficient daily intake of iodine, vitamin D and calcium to all European citizens, thereby reducing geographical, age, gender and ethnical inequalities.
- Targeted policies aimed at supporting and promoting a healthy lifestyle, including affordable healthy diets and physical activity, to tackle the growing prevalence of obesity, diabetes, malnutrition and related metabolic conditions.
- The coordination of National Health Action Plans under a common European health umbrella to address the major health challenges related to obesity, cancer and rare diseases.
- The commitment to develop a mature European Reference Network system that is embedded in each Member State's Healthcare system to reduce inequities in the care of patients with rare disorders.
- Continued legislative action as part of the EU Green Deal and the Chemicals Strategy for Sustainability to ensure the regulation of a non-toxic environment and a banning of compounds that negatively affect the endocrine system and protect the most vulnerable groups in society.
- Investing in basic, translational, clinical and patient – centered research that looks into the origins, diagnosis, prevention and treatment of endocrine diseases is a prerequisite to curb the ever increasing societal and individual cost related to the spread of hormone dependent diseases.
- Support of learned societies and other health care stakeholders in their effort to develop, disseminate and integrate new clinical guidance to ensure that European patients have access to the best available care.

Why endorse this call?
Because Hormones Matter

- Hormones are fundamental to healthy lives. They orchestrate many bodily functions: they determine our development and growth, how our body handles the food we consume, our sexual function and fertility, our cognitive processes and our general wellbeing.
- When hormonal systems are out of balance or fail, obesity, diabetes, thyroid disorders, cancer, infertility and osteoporosis can develop. Altogether, these diseases are among the biggest challenges of our time.
- While certain hormone related diseases have a genetic or inborn origin, the occurrence of diseases like type 2 diabetes, obesity, thyroid disorders and osteoporosis can in many cases be prevented.
- Obesity is an endocrine disease characterised by excessive fat accumulation, and is associated with more than 200 comorbidities, including diabetes, cancer, and cardio-vascular disorders.
- There are also more than 440 rare diseases that are caused by or associated with chronic dysfunctions of the hormonal system, causing suffering and life disruptions for patients and their families and placing a high burden on society.
- Endocrine disruption caused by compounds in our environment is a cause of obesity, hypertension, infertility, thyroid disorders and certain types of cancer.
- The treatment of many chronic diseases with a high impact on life such as cancer and HIV can in turn have a strong negative impact on hormonal health and can result in relevant endocrine and metabolic comorbidities.
- Hormonal disturbances can be prevented through our lifestyle, a healthier environment and, in some cases, by supplementing the daily diet with beneficial components (e.g. iodine, vitamin D) or by reducing the uptake of sugars and harmful fats.
- Progress has been made to develop effective interventions and treatments, but much more needs to be done to ensure equal access to care for all patients.
- The optimal function of the endocrine system is the main pathway through which the body adapts to stress and infections (such as COVID-19) which in turn may heavily impact on hormonal and metabolic health.

About the European Society of Endocrinology

The European Society of Endocrinology (ESE) provides a platform to develop and share leading research and best knowledge in endocrine science and medicine. By uniting and representing every part of the endocrine community, we are working to improve the lives of patients.

Through the 50 National Societies involved with the ESE Council of Affiliated Societies (ECAS) and our partnership with specialist endocrine societies, ESE and its partners jointly represent a community of over 20,000 European endocrinologists.

ESE and its partner societies work to promote knowledge and education in the field of endocrinology to health care professionals, researchers, patients and the general public.

We inform policy makers on health decisions at the highest level through advocacy efforts across Europe. To find out more please visit www.ese-hormones.org.

Read ESE's White Paper 'Hormones in European Health Policies: How endocrinologists can contribute towards a healthier Europe' here.

Follow us on Twitter @ESEndocrinology, Facebook @EuropeanSocietyofEndocrinology and LinkedIn: linkedin.com/company/european-society-of-endocrinology

About the European Hormone and Metabolism Foundation

The overarching aim of the European Hormone and Metabolism Foundation - Foundation of the European Society of Endocrinology (ESE Foundation) is for public benefit.

The European Hormone and Metabolism Foundation is a non-profit organisation dedicated to improving human health. By focusing on people with endocrine disorders, the ESE Foundation's mission is to promote endocrine health, address endocrine disease, and improve patient care. Our goal is to devote to hormone and metabolic health. To ensure the best possible quality of life, our mission is to raise public and political awareness of hormone and metabolic health and disease, as well as research, policies, and care.

Follow the ESE Foundation at www.ese-foundation.org.

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