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## **Human longevity : crosstalk between the brain and periphery**

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Stellingen behorend bij het proefschrift:

# HUMAN LONGEVITY: CROSSTALK BETWEEN THE BRAIN AND PERIPHERY

1. Insulin, compared to glucose, may be a stronger indicator of micro- structural brain integrity in normo-glycemic older adults (*this thesis*).
2. Intranasal insulin selectively increases cortical and thalamic brain perfusion (*this thesis*).
3. Resting energy metabolism is not a major determinant of familial longevity (*this thesis*).
4. Although thyroid hormones influence brain function, subclinically elevated TSH does not associate with cognitive impairment in the elderly (*this thesis*).
5. A higher heart rate variability marks younger age, but not familial longevity (*this thesis*).
6. Evidence supporting insulin as a neuropeptide in humans is very thin (*this thesis, and Clarke et. al. Journal of neurochemistry. 1986;47(3):831-6*).
7. Time modifies many biologic processes. (*Nakou ES et al. Int J Cardiol. 2016;209:167-75*).
8. Since all the parts of our body—from the major structures to the tiny molecules—are constantly replaced or repaired, wear and tear does not fully explain ageing (*Why Do We Grow Old? Awake! 5/06 pp. 4-6*).
9. Gray hair is a crown of beauty (*Proverbs 16:31, New World Translation*).
10. Ageing is a matter of the mind. If you don't mind, it doesn't matter (*Anonymous researcher, Schenectady Gazette, Researchers Say Heredity Affects Ageing, Schenectady, New York, 1968*).
11. Life is not measured by the number of breaths that we take but the moments that take our breath away. – *Vicki Corona, Tahitian Choreographies, 1989*.