Glucocorticoids, metabolic adaptations and recovery : studies in specific mouse models

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1. Lack of standardization is the biggest problem in obtaining reliable stress hormone levels. (*This thesis*)
2. HFD induced obesity results in adaptive responses of the HPA axis, however, in theory and practice, it is easier to find increased rather than decreased stress levels (*This thesis*)
3. The processes underlying the development of atherosclerosis and the metabolic syndrome in mice can be crucially different from humans. (*This thesis)*
4. Corticosteroid excess can have both beneficial and harmful effects on cardiovascular risk factors that can be explained by their immunosuppressive and metabolic properties *(This thesis)*
5. Modeling the effect of social stress and consequent emotional eating on the development of the metabolic syndrome in mice is truly a challenge (*This thesis)*
6. The metabolic adaptations to a period of stress hormone excess in mice are long-lasting and may not completely recover to restore homeostasis (*This thesis*)
7. The evolutionary advantage of cravings for salty and sweet foods in times of stress, has turned into a great disadvantage with respect to the sedentary lifestyle of the modern society.
8. If people would eat, sleep and exercise as recommended, the term “obesity research” would be obsolete.
9. Nothing tastes as good as skinny feels. (Kate Moss, Women’s Wear Daily, November 13, 2009)
10. In science, you often start out making a ball gown and then it turns out to be a pair of barbie’s shorts. Not everybody makes it to Nature.
11. The answer to the Ultimate Question of Life, the Universe, and Everything is 42 (Douglas Adams, Hitchhiker’s guide to the galaxy, 1979). Also in science, it is all about finding the right question.