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Universiteit Leiden



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Title: Risk factors and outcome measures in hand and knee osteoarthritis

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Stellingen behorende bij het proefschrift getiteld:

RISK FACTORS AND OUTCOME MEASURES IN HAND AND KNEE OSTEOARTHRITIS

1. The pathogenesis of osteoarthritis differs between weight-bearing joints, such as the knee, and non-weight-bearing joints, such as the hand. *(this thesis)*
2. Both the amount of adipose tissue and its distribution are of importance to the pathogenesis of hand osteoarthritis. *(this thesis)*
3. A high fat mass relative to a low skeletal muscle mass is a risk factor for knee osteoarthritis. *(this thesis)*
4. Knee osteoarthritis and low skeletal muscle mass are both associated with a decreased health-related quality of life, which decreases even more sharply when both are present. *(this thesis)*
5. Too many different outcome measures are used in research on hand osteoarthritis. *(this thesis)*
6. Synovitis is a precursor of radiographic osteoarthritis, indicating a role of inflammation in the pathogenesis of osteoarthritis. *(Atukorala I et al, Ann Rheum Dis 2016;75:390-395)*
7. Combining weight loss with exercise achieves both anti-inflammatory and biomechanical benefits, and improvement in symptoms greater than either intervention alone. *(Messier SP et al, JAMA 2013; 310:1263-1273)*
8. Exercise therapy for osteoarthritis is cost saving. *(Tan SS et al, Osteoarthritis Cartilage 2015)*
9. Symptomatic treatment of a chronic disease will improve the ultimate outcome measure health-related quality of life. *(Visser MM et al, submitted for publication)*
10. Judge your success by what you had to give up in order to get it. *(Dalai Lama XIV, 1935)*
11. It is what difference we have made to the lives of others that will determine the significance of the life we lead. *(Nelson Mandela, 1918-2013)*
12. Writing a thesis is like sailing; even with headwind you can still advance.