

Cover Page



Universiteit Leiden



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Title: Ectopic fat depositions in obesity and diabetes : nutritional, exercise and pharmacological interventions

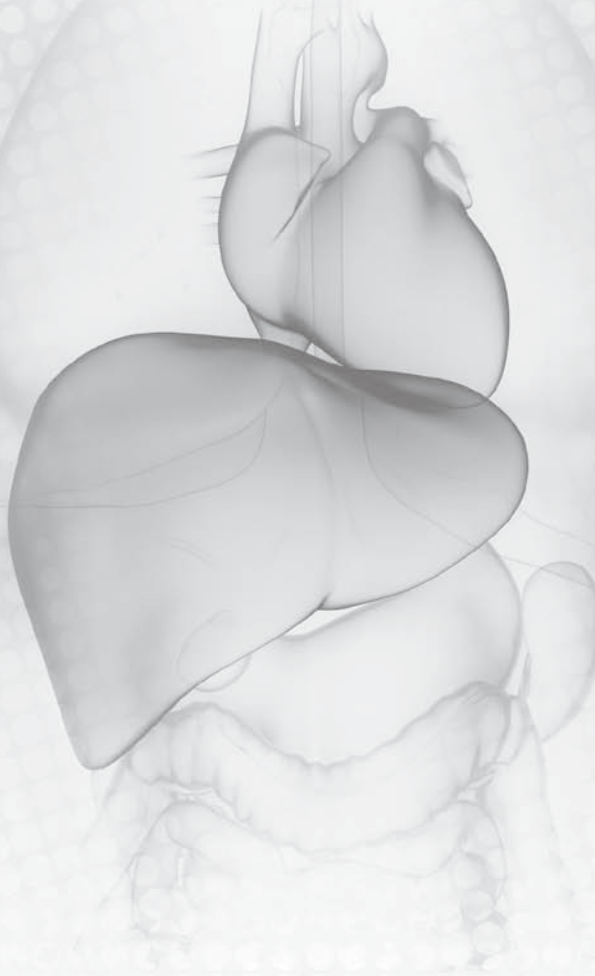
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STELLINGEN

behorende bij het proefschrift

Ectopic fat depositions in obesity and diabetes

Nutritional, exercise and pharmacological interventions



Jacqueline T. Jonker
Leiden, 2012

1. Ectopic triglyceride accumulation in the liver does not occur in isolation in type 2 diabetes mellitus, but is a reflection of disturbed integrative physiology that also involves cardiac metabolism (*this thesis*)
2. A short-term very low calorie diet increases myocardial triglyceride content and decreases diastolic cardiac function in both healthy subjects and type 2 diabetes mellitus patients with and without cardiac complications, indicating that this phenomenon reflects normal physiology (*this thesis*)
3. A 16-week very low calorie diet results in improved diastolic cardiac function even after long-term follow-up, despite weight regained on a regular diet in obese type 2 diabetes mellitus patients (*this thesis*)
4. Pericardial fat volume is amendable to dietary, exercise and pharmacological interventions, but with different dynamics than other fat compartments (*this thesis*)
5. Consensus should be reached on the terminology and methods used to quantify epicardial and paracardial fat
6. Currently, there is no robust evidence to prove the hypothesis that increased epicardial fat volume is a cardiovascular risk factor (*Sacks et al. Clin Exp Pharmacol Physiol 2011;38:879-887*)
7. Prevention of childhood obesity needs high priority, because of both the physical and psychological consequences on an individual level and from a public health perspective
8. Especially in the Netherlands, more studies on the effects of daily bicycling should be performed as a way of weight reduction, as it might be easier to maintain the habit of bicycling for a longer period of time than that of weekly exercise in a gym
9. Growing levels of overweight and obesity could have the same implications for world food energy demands as an extra half a billion people living on the earth if all countries reach the current fatness profile of the United States (*Walpole et al. BMC Public Health 2012;12:439-449*)
10. Optimal medical care also includes considering the cessation of active treatment
11. There are really only two requirements when it comes to exercise. One is that you do it. The other is that you continue to do it (*J. Brand-Miller*)
12. Lowering your cardiovascular risk profile doesn't always have to be hard: drink 4 cups of coffee a day and eat some dark chocolate every week (*Mostofsky et al. Circ Heart Fail 2012; epub, Di Castelnuovo et al. Eur J Intern Med 2012; 23:15-25*).
13. People build too many walls and not enough bridges (*Joseph Fort Newton*)
14. It's the possibility of having a dream come true that makes life interesting (*Paulo Coelho*)