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The Milan Geriatrics 75+ Cohort Study: unravelling the determinants of healthy ageing and longevity

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Stellingen

behorend bij het proefschrift

“The Milan Geriatrics 75+ Cohort Study:
unravelling the determinants of healthy ageing and longevity”

Giulia Ogliari

1. Older outpatient populations, which clinicians encounter in everyday clinical practice, are diverse from those of clinical trials and population-based studies (this thesis).
2. The set-points of homeostasis of frail older adults differ from those of younger or fitter adults (this thesis).
3. The associations between cardiovascular parameters and health outcomes are age and frailty dependent (this thesis).
4. Heterogeneity of older outpatient populations represents a limit when not taken into account, whereas it is strength when stratified analyses are performed (this thesis).
5. While recruits of clinical trials are among the fittest and those of population-based studies in an intermediate position, those of outpatient studies such as the Milan Geriatrics 75+ Cohort Study are among the frailest (this thesis).
6. Higher systolic blood pressure is associated with resilience to physical and cognitive decline in the oldest old (Sabayan B, et al. *J Am Geriatr Soc.* 2012;60:2014-9).
7. It might be prudent to recognize that patient recruitment may dictate the outcome of controlled trials (Jacobs JM, et al. *J Am Med Dir Assoc.* 2012;13:759.e1-6).
8. It is time to move from the concept of “the lower the better” to the concept of “hemodynamic optimization” to decelerate the pace of cognitive decline by a proper management of blood pressure (Sabayan B, et al. *JAMA Intern Med.* 2015;175:586-7).
9. We have made great strides in building the evidence base for initiating and intensifying antihypertensive therapy, but we have neglected to study the effects of continuing and discontinuing therapy in older adults (Odden MC. *JAMA Intern Med.* 2015;175:1630-2).
10. Life can only be understood backwards; but it must be lived forwards (S. Kierkegaard. *Journals.* 1843).
11. Now or Never.