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## Genetic and environmental determinants of cardiometabolic health

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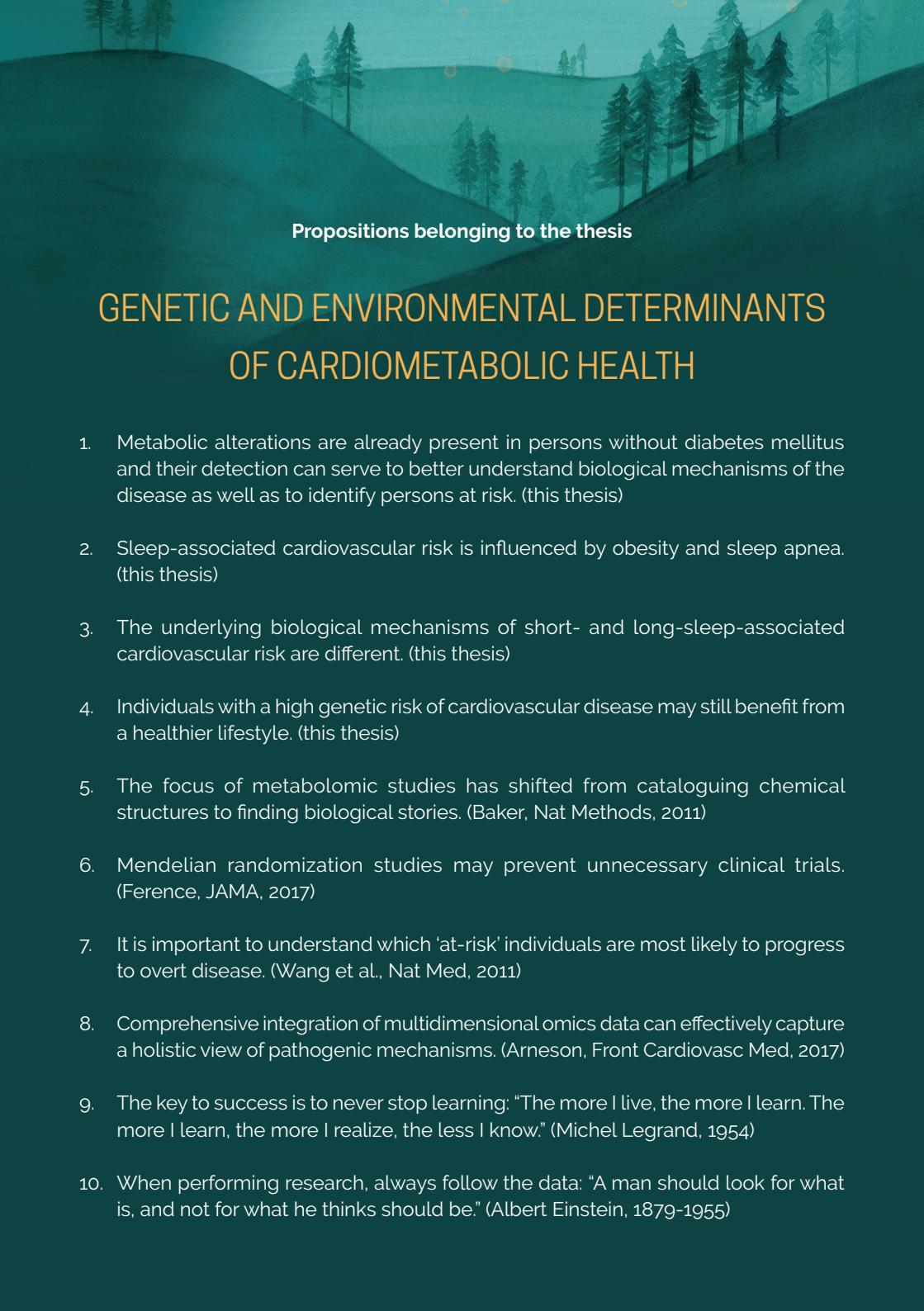


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Propositions belonging to the thesis

# GENETIC AND ENVIRONMENTAL DETERMINANTS OF CARDIOMETABOLIC HEALTH

1. Metabolic alterations are already present in persons without diabetes mellitus and their detection can serve to better understand biological mechanisms of the disease as well as to identify persons at risk. (this thesis)
2. Sleep-associated cardiovascular risk is influenced by obesity and sleep apnea. (this thesis)
3. The underlying biological mechanisms of short- and long-sleep-associated cardiovascular risk are different. (this thesis)
4. Individuals with a high genetic risk of cardiovascular disease may still benefit from a healthier lifestyle. (this thesis)
5. The focus of metabolomic studies has shifted from cataloguing chemical structures to finding biological stories. (Baker, Nat Methods, 2011)
6. Mendelian randomization studies may prevent unnecessary clinical trials. (Ference, JAMA, 2017)
7. It is important to understand which 'at-risk' individuals are most likely to progress to overt disease. (Wang et al., Nat Med, 2011)
8. Comprehensive integration of multidimensional omics data can effectively capture a holistic view of pathogenic mechanisms. (Arneson, Front Cardiovasc Med, 2017)
9. The key to success is to never stop learning: "The more I live, the more I learn. The more I learn, the more I realize, the less I know." (Michel Legrand, 1954)
10. When performing research, always follow the data: "A man should look for what is, and not for what he thinks should be." (Albert Einstein, 1879-1955)