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Role of cardiac biomarkers in cognitive impairment and functional decline

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Stellingen
behorend bij het proefschrift:

Role of Cardiac Biomarkers in Cognitive Impairment and Functional Decline

1. A suboptimal cardiac function is closely linked to faster functional and cognitive decline in older adults (this thesis).
2. Non-invasive markers of cardiac dysfunction may assist in identification of older adults at increased risk of dementia (this thesis).
3. Neuro-endocrine factors play important roles in maintaining the homeostasis of both systemic and cerebrovascular circulations (this thesis).
4. The physiological connection between the heart and the brain is not limited to vascular and hemodynamic factors, but also to various endocrine mediators (this thesis).
5. An optimal cardiovascular health early in life may benefit cognitive health in late life (*Gorelick, Philip B., et al. Stroke 48.10 (2017): e284-e303*).
6. “The brain and the heart are rightfully considered key players in our system, yet we have to learn more about how they play together” (*Friedrich, Matthias G. J. Am Heart Assoc (2015): e001685*).
7. Given the long preclinical phase of cognitive decline and functional disability, it is important to identify modifiable risk factors in an early stage (*Sperling, Reisa A., et al. Alzheimers dement 7.3 (2011): 280-292*).
8. The effect of cardiovascular disturbances on brain health is not only dependent on the duration of exposure, but also on the time of exposure (*Jorgensen, Dana R., et al. Am J Physiol Heart Circ Physiol (2018)*).
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. To have an effective impact, we need to measure the right elements: “Not everything that can be counted counts, and not everything that counts can be counted (Albert Einstein, 1879-1955)”.

Simin Mahin Rad, April 2018