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Chronic obstructive pulmonary disease : new insights in morning symptoms and physical activity

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Chronic obstructive pulmonary disease New insights in morning symptoms and physical activity

1. Morning symptoms are present in all COPD severity stages (this thesis).
2. Morning symptoms cause physical activity limitations in the morning (this thesis).
3. If we want to increase physical activity in COPD, the evening is the most suitable part of the day (this thesis).
4. Pulmonologists do not need a systematic approach to diagnose and phenotype asthma and COPD (this thesis).
5. Patients do not experience every kind of morning symptoms on any given day (A. Hareendran *International Journal of Chronic Obstructive Pulmonary Disease*, 2018).
6. COPD patients see the physical effects associated with the occurrence of symptoms in the morning as a greater challenge than the symptoms themselves (P. O'Hagan *Current Medical Research and Opinion*, 2014).
7. Five clusters of COPD patients can be identified: couch potatoes, highly sedentary, sedentary movers, sedentary exercisers and busy bees (R. Mesquita *Chronic Respiratory Disease*, 2017).
8. Patients with morning symptoms do not represent a distinct phenotype (I. Tsiligianni *NPJ primary care respiratory medicine*, 2016).
9. Zitten is het nieuwe roken (complete book, authored by K. de Bruin, 1st ed, de Geus, 2015). Like smoking, physical inactivity contributes to chronic diseases.
10. Use the 12-hour clock format including am and pm. Am stands for "awful morning" (a passer-by, poster session, ERS congress 2017, Milan). In the general population, a lot of people are grumpy in the morning.
11. "You cannot trust these guys" (C. Taube). Do not trust a patient if he states that he is physically active. Assess it.