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Clinical consequences of endogenous and exogenous glucocorticoid excess

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Stellingen behorend bij het proefschrift
Clinical consequences of endogenous and exogenous glucocorticoid excess

1. Exogenous and endogenous hypercortisolism lead to multisystem morbidity and mortality (*this thesis*).
2. Resolution of clinical hypercortisolism reduces, but not completely abrogates, the increased risk of mortality, morbidity, and impaired quality of life associated with Cushing's syndrome (*this thesis*).
3. Post-surgical adrenal insufficiency is the most sensitive sign of remission of Cushing's syndrome, whereas adrenal crisis is the most feared long-term potential complication (*this thesis*).
4. More than a century after the first transsphenoidal pituitary surgery in 1907, Cushing's disease should still be treated by transsphenoidal surgery unless proven otherwise (*this thesis*).
5. International collaborations can and should never replace high-quality single center studies (*this thesis*).
6. Although considered the highest level of evidence, a meta-analysis can never compensate for the low quality of the included studies (*Dekkers, Res Pract Thromb Haemost 2018*).
7. Doctors should be aware of the clear mismatch in patients' self-perceived understanding of the disease and objectively tested knowledge when educating patients to prevent complications, such as adrenal crisis (*Notter, Swiss Med Wkly 2018*).
8. Patient registries should adopt a more appealing automatic entry of the data, which increases the value for clinicians and patients (*Ali, Eur J Endocrinol 2018*).
9. Until consistent definitions of disease, disease related conditions and outcomes are in use for clinical research and patient care, all research efforts may be considered futile (*Allolio, Eur J Endocrinol 2015*).
10. The STOPP/START criteria for appropriate drug use in the elderly, including use of corticosteroids, should be extended for prescription and withdrawal of corticosteroids in all patients (*O'Mahony, Age Ageing 2015*).
11. From an environmental point of view, flight tickets should not be as cheap as train tickets to Berlin (*Else Meijer, Consumentengids, January 2019*).
12. Buying a house is only a long-term lucrative investment if the house is built at least three meters above average sea level, considering the predicted rise in sea level due to global warming (*Cor Speksnijder, De Volkskrant, 19 September 2018*).

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