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Short-term pre-operative dietary restriction in vascular surgery

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Citation

Kip, P. (2022, February 3). *Short-term pre-operative dietary restriction in vascular surgery*. Retrieved from <https://hdl.handle.net/1887/3257108>

Version: Publisher's Version

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Stellingen behorend bij het proefschrift getiteld: Pre-operative Dietary Restriction in Vascular Surgery

1. In current surgical practice and Enhanced Recovery After Surgery (ERAS) protocols, not enough thought is given to the preoperative time-period as a window of opportunity to optimize postoperative recovery and outcome. (*This thesis*)
2. Proper dietary restriction during the pre-operative window can improve general metabolic fitness and resistance to stress. (*This thesis*)
3. The perivascular adipose tissue is an important mediator of beneficial therapeutic effects of dietary restriction preceding vein graft surgery. (*This thesis*)
4. The “no-touch” technique for harvesting and implanting vein grafts in bypass surgery deserves a second look based on the interaction between diets and perivascular adipose tissue phenotype. (*This thesis*)
5. A solution containing free hydrogen sulfide is the ideal organ and vein graft preservation fluid during transplant/bypass procedures.
6. On surgical wards, more attention should be given to tighter glucose control during the perioperative period. (*de Vries et al., Br J Surg, 2017*)
7. The human body’s ability to feel pain is perhaps a surgeon’s greatest gift. (*C. Keith Ozaki, 2021*)
8. Short-term dietary restriction should be tested beyond vascular surgery in all medical areas where there is a window available to precondition a patient for a “planned stress” event.
9. De mate van tevredenheid en geluk in je leven hangt af van de kwaliteit van je gedachten. (*vrij naar Marcus Aurelius, circa 170-180 AD.*)
10. Er zijn weinig zaken voorstelbaar die minder zinvol en bijdragend zijn dan klagen over het weer.
11. Het is zaak het absurdisme van het leven in te zien, en het is de kunst om hier niet cynisch van te worden.
12. Je moet nooit achteruit de toekomst in lopen.