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Thyroid axis challenges in Leiden Longevity Study

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Propositions

Belonging to the thesis

Thyroid axis challenges in Leiden Longevity Study

By Ana Žutinić

1. Healthy older individuals likely have similar pharmacodynamics of 0.1mg/ml recombinant human thyroid stimulating hormone and 100mcg triiodothyronine as younger and middle aged individuals (this thesis).
2. Members of long-lived families have a lower thyroidal responsivity to 0.1mg/ml recombinant human thyroid stimulating hormone than controls (this thesis).
3. Following oral administration of 100 micrograms triiodothyronine, members of long-lived families have similar circulating thyroid hormone levels as controls (this thesis).
4. Following intramuscular administration of 0.1mg/ml recombinant human thyroid stimulating hormone, members of long-lived families have a similar response of bone markers CTX and P1NP as controls (this thesis).
5. Studying participants of Leiden Longevity Study in sub-studies where strict health screening criteria must be met, may lead to selection bias due to the selection of the healthiest controls; thereby comparing members of long-lived families with controls enriched for health and longevity.
6. Healthy ageing might be defined as maintained regenerative capacity of tissues.
7. “Today, chronic disease affects 50% of the population, and its care consumes more than 85% of health care costs. It has become an epidemic.” (The relation of the chronic disease epidemic to the health care crisis. Halstad R. Holman, Stanford Health Policy, ACR Rheumatology, 2019). Investigating healthy ageing and thereby prevention of chronic diseases is an urgent and pressing matter in current health care and society.
8. Quality of life is at least as important as length of life.
9. Healthy ageing and longevity are probably strongly correlated.