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## The appropriateness of cholesterol-lowering medication in old age

Ploeg, M.A. van der

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Stellingen behorende bij dit proefschrift getiteld:

## **The appropriateness of cholesterol-lowering medication in old age**

1. Internationally, the subject of stopping statins in older adults is underexposed in guidelines on cardiovascular disease prevention in the general population. *(This thesis)*
2. There is considerable international variation in general practitioners' advice to stop statin treatment *(This thesis)*
3. The decision not to start cardiovascular preventive medication is fundamentally different from the decision to stop cardiovascular preventive medication. *(This thesis)*
4. According to older adults, it may sometimes be preferred not to change medication to maintain the internal balance. Knowing what you have is sometimes preferred over not knowing what you'll get. *(This thesis)*
5. The appropriateness of cholesterol-lowering medication for older adults can be assessed, by asking five questions related to the patient' individual context, life-expectancy, hindering side-effects, history of cardiovascular disease, and complexity of health problems. *(This thesis)*
6. Administering medicines correctly is not a skill of little importance. However, the ability to determine when to discontinue their use is an even more challenging and complex skill to acquire. *(adapted from Philippe Pinel, 1809)*
7. The assessment and management of older people with frailty and complex needs is a crucial skill that every healthcare provider in adult medicine should possess.
8. Achieving simplicity can often prove more challenging than dealing with complexity. It takes perseverance and a lot of mental effort to clarify your thoughts to make it simple. *(inspired by Steve jobs, Businessweek, 1998)*
9. Het zou de ouderengeneeskunde ten goede komen wanneer wij ons niet fixeren op wat meetbaar is, maar op dat wat telt, dat wat er écht toe doet. *(geïnspireerd door A.W. Prins, hoogleraar filosofie aan de Erasmus Universiteit Rotterdam)*
10. Het invoeren van een landelijk elektronisch patiëntendossier zou een significante kostenbesparing opleveren, de patiëntveiligheid bevorderen, en het werkplezier van de zorgprofessionals verhogen.
11. Het is goed om te beseffen dat een situatie onveranderd laten ook een keuze is: ' Je peux toujours choisir, mais je dois savoir que si je ne choisis pas, je choisis encore'. *(naar Jean-paul Sartre- l'existentialisme est un humanisme (1946)).*
12. De Nederlandse maatschappij is onvoldoende ingesteld op het natuurlijk ritme van 'de avond mens'.