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## Advances in treatment of pediatric arrhythmias

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## STELLINGEN

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# ADVANCES IN TREATMENT OF PEDIATRIC ARRHYTHMIAS

1. Smaller diagnostic and ablation catheters with good steerability need to be developed, to be able to routinely ablate supraventricular arrhythmias in younger children. *(This thesis)*
2. The electrophysiological model we have created to understand the mechanisms causing arrhythmias, needs to be finetuned continuously to be able to ablate the most complex substrates. *(This thesis)*
3. A high burden of premature ventricular complexes in children with a structural normal heart does not need treatment, if the patient has no symptoms and cardiac function is normal. *(This thesis)*
4. Flecainide is superior to metoprolol in the treatment of frequent premature ventricular complexes in children. *(This thesis)*
5. Flecainide is highly effective in subgroup of patients, suggesting that premature ventricular complexes are caused by different underlying electrophysiological mechanisms. *(This thesis)*
6. Implantable cardioverter defibrillator therapy is a last-line treatment for ventricular arrhythmias, and unnecessary shocks should be prevented as much as possible through high VF zone programming and remote monitoring. *(This thesis)*
7. “Life is not and cannot be free of risk” *(Ralph Keeney)* – But risks can be reduced as much as possible.
8. “Understanding and treating pediatric arrhythmias is not only about saving lives; it’s about giving children the chance to live to their fullest potential.” *(Unknown source)*  
– The psycho-social impact of (undiagnosed) arrhythmias should not be underestimated.
9. “At a cardiac arrest, the first procedure is to take your own pulse.” *(Samuel Shem)*  
– The same accounts for performing medical research.
10. Medical Research Regulations should be designed in such a way that they stimulate scientific research in children, instead of obstructing it.
11. “Simple, clear purpose and principles give rise to complex and intelligent behavior. Complex rules and regulations give rise to simple and stupid behavior.” *(Dee Hock)*  
– Health care and research need to be deregulated urgently.