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Body composition, nutritional status and clinical outcomes in end-stage liver disease

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Citation

Bot, D. (2025, October 29). *Body composition, nutritional status and clinical outcomes in end-stage liver disease*. Retrieved from <https://hdl.handle.net/1887/4281117>

Version: Publisher's Version

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Stellingen behorende bij het proefschrift getiteld "Body composition, nutritional status and clinical outcomes in end-stage liver disease"

1. Early determination of body composition is important to identify patients at risk for longer hospital stay and 1-year mortality after liver transplantation. (this thesis)
2. Myosteatosis has a significant relationship with physical fitness in patients on the waiting list for liver transplantation. (this thesis)
3. The current accessibility and implementation of body composition measurements in patients with chronic liver disease are insufficient. (this thesis)
4. To provide dietary advice to patients with end-stage liver cirrhosis energy expenditure should be measured. (this thesis)
5. Determining nutritional status using body composition is a better predictor of waiting list mortality than nutritional intake.
6. Measuring muscle quality and muscle mass should be included in the standard evaluation of patients screened for liver transplantation.
7. Semaglutide not only offers benefits for the treatment of post-transplant diabetes mellitus, but may also improve the general health of patients after liver transplantation for metabolic dysfunction–associated steatotic liver disease/metabolic dysfunction–associated steatohepatitis.
8. Nutritional assessment should be made accessible for all patients in every stage of the disease to improve clinical outcome in patients with end-stage liver cirrhosis.
9. The nearness of fast food restaurants around schools contributes to the increased prevalence of obesity among young people, by promoting unhealthy eating habits.
10. In our food environment, the quote "We must all face the choice between what is right and what is easy" (J.K. Rowling, Harry Potter and the Goblet of Fire) holds more truth than ever,

as choosing healthy food requires conscious effort against convenience, temptation, and marketing.