Universiteit Leiden
The Netherlands

Apo-calypse now? Apolipoprotein profiling to reduce residual cardiovascular disease

Reijnders, E.

Stellingen behorende bij het proefschrift getiteld

APO-CALYPSE NOW?

Apolipoprotein Profiling to Reduce Residual Cardiovascular Disease

1. Although we possess potent and effective new medications for controlling hypertension and hypercholesterolemia, even in the best of circumstances—the controlled clinical trial—most cardiovascular events still occur. (Libby, 2005)
2. As modern society faces increasing challenges from lifestyle and environmental factors, defining a truly "healthy" individual has become increasingly complex, since nearly everyone carries some degree of disease risk. In practice, a "healthy" individual may be someone who has not yet been properly diagnosed. (this thesis)
3. Current treatment targets are based on the perfect average patient archetype; a Caucasian male between 40 and 60 years old and with only one health condition, while we are all aware that this average patient is not representative for the whole group of patients. (this thesis)
4. Cardiovascular disease in women remains understudied, underrecognised, underdiagnosed, and undertreated. (this thesis and Vogel et al., 2021)
5. In this precision medicine era, we should diagnose, treat, and monitor patients as individuals, not as an average male person, underscoring the potential of mass spectrometry to enable personalized medicine. (this thesis)
6. A paradigm shift towards molecular defined measurands is needed, as understanding what we measure is essential for refining diagnoses and tailoring treatments, thereby contributing to precision diagnostics that accounts for the patient's phenotype and interindividual variation. (this thesis)
7. Given the history of LDL-C, the reluctance to let it go is understandable, but history should not overrule science. (Sniderman et al., 2021)
8. The question is no longer what apolipoproteins add to the lipid panel, but whether the lipid panel adds anything to apolipoproteins. (this thesis)
9. It is difficult to make predictions, especially about the future. (often attributed to Niels Bohr) Even the best predictions sometimes prove incorrect.
10. Je moet in feite gewoon niet te diep nadenken en dan klopt alles.
11. Promoveren is evenzeer een intellectuele prestatie als een persoonlijke beproeving van uithoudingsvermogen en doorzettingsvermogen.
12. Overmatige aandacht voor detail levert zelden inhoudelijke diepgang op, maar vaak slechts marginale verbeteringen tegen disproportionele inspanning.