Less is more: effectiveness and feasibility of a fasting-mimicking diet programme in persons with type 2 diabetes in primary care

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Stellingen behorende bij het proefschrift getiteld

LESS IS MORE

Effectiveness and feasibility of a fasting-mimicking diet programme in persons with type 2 diabetes in primary care

Elske van den Burg

1. Following a fasting-mimicking diet programme can improve the management of type 2 diabetes as it addresses the underlying disease mechanisms, such as obesity, reduced insulin sensitivity, and fat accumulation in the liver, and should therefore be considered as a therapeutic option. (*This thesis, chapters 6-8*)
2. As following a fasting-mimicking diet programme reduces the percentage of liver fat in patients with type 2 diabetes, it may also reduce the risk of cardiovascular and liver disease. *(This thesis, chapter 7)*
3. Experiencing positive health effects of following the fasting-mimicking diet not only facilitates adherence but also motivates additional self-initiated lifestyle changes. (*This thesis, chapters 9 and 10*)
4. It is concerning how rarely outcomes such as 'quality of life' and 'treatment satisfaction' are included in dietary intervention research. (*This thesis, chapter 2*)
5. When outcomes mutually influence each other, it requires an approach that looks beyond conventional clinical outcome measures and focusses on what constitutes a successful outcome for the patient.
6. Integrating qualitative research into a randomised controlled trial enriches the interpretation of the outcomes by capturing patient experiences, and yields insights for future implementation. (*Adapted from Richards et al, BMJ Open, 2019*).
7. When interpreting a cost-effectiveness analysis for clinical practice, it is essential to consider the specific context and patient population. *(Adapted from Michelly Gonçalves Brandão et al, Medicine, 2023)*.
8. Although patients increasingly request weight-reducing drugs, clinicians should emphasize that the most effective approach to lose weight involves a combination of strategies, with pharmacotherapy integrated alongside interventions aimed at healthier eating and increasing physical activity. *(Adapted from Galindo et al, BMJ medicine, 2023).*
9. In an ideal world, children would grow up in a health-promoting environment, lowering their risk of obesity and chronic diseases such as type 2 diabetes.
10. The combination of scientific research and undertaking general practice training (in Dutch: AIOTO huisartsgeneeskunde) enhances the quality of both: be prepared, it's a marathon, not a sprint.
11. "The moment you doubt whether you can fly, you cease forever to be able to do it." (*from Peter Pan by James M. Barrie, 1904*). Luckily, the opposite seems to be the case in the context of a PhD trajectory.
12. If you suffer a shipwreck and end up on an uninhabited island, it's definitely better to be with two.

Stellingen behorende bij het proefschrift getiteld

LESS IS MORE

Effectiveness and feasibility of a fasting-mimicking diet programme in persons with type 2 diabetes in primary care

Marjolein Schoonakker

1. A fasting-mimicking diet can improve type 2 diabetes management by addressing core disease mechanisms, including insulin resistance and fat accumulation, and should be regarded as a viable therapeutic approach. (*This thesis, chapters 6-8*)
2. Alterations in both visceral adipose tissue and subcutaneous adipose tissue are associated with alterations in BMI, HbA1c, fasting glucose and insulin sensitivity. (*This thesis, chapter 8*)
3. Comparability between lifestyle intervention studies is difficult due to heterogeneity in macronutrient composition, study designs, primary outcomes, and study durations. (*This thesis, chapter 2 and 4*)
4. Intermittent energy restriction induces improvements in weight, fat mass, visceral fat and glucose control in diabetic animals and humans, though it was not shown to be superior to continuous energy restriction in this context. (*This thesis, chapter 3*)
5. While carbohydrate intake should be managed in type 2 diabetes, strict low-carb diets may be detrimental to health by reducing beneficial gut bacteria and short chain fatty acid levels. (*Adapted from Westman et al, Frontiers in Nutrition, 2021 and this thesis, chapter 3*)
6. Fasting induces a metabolic switch from glucose utilization to fat mobilization, and the cyclical pattern of fasting and re-feeding promotes systemic and cellular adaptations that enhance physical and mental performance as well as disease resistance. (*Adapted from Anton et al, Obesity (Silver Spring), 2018*)
7. Individual experiences with lifestyle interventions are often underexplored in program evaluations. Placing greater emphasis on feasibility could enhance these interventions and allow them to be more effectively tailored to patients' specific needs. (*Adapted from Deslippe et al, Int J Behav Nutr Phys Act, 2023*)
8. Physical and psychological or behavioural factors influence lifestyle intervention success; combining them may allow personalized strategies to boost adherence and outcomes. (*Adapted from Siebert et al, Obesity (Silver Spring), 2021*)
9. There would be significant benefit if a statistician could be an integral, continuous member of the research team during the planning, execution, and analysis of a randomised controlled trial.
10. "Our greatest glory is not in never falling, but in rising every time we fall." (*by Oliver Goldsmith*). A PhD project is rarely flawless - but that's what makes it a learning experience.
11. "Success is the sum of small efforts - repeated day in and day out." (*by Robert Collier*). At the end of a busy PhD day, it is often difficult to recognize tangible progress; however, over time, the cumulative results become evident.
12. Less is more—but when it comes to PhD students on a project, two is infinitely more than one.