

Body composition abnormalities in chronic respiratory disease

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PROPOSITIONS

belonging to the dissertation

Body composition abnormalities in chronic respiratory disease

Felipe V. C. Machado, 27 09 2022

1. There is a positive association between fat-free mass and exercise capacity and quality of life, mainly in patients with COPD with underweight. (*This dissertation*)
2. Lower muscle mass and sarcopenic obesity are associated with worse functional outcomes in patients with asthma referred for pulmonary rehabilitation. (*This dissertation*)
3. One-fourth of the patients with idiopathic pulmonary fibrosis with normal to obese body mass index presents with abnormally low phase angle, which was associated with worse lung function, exercise capacity and quality of life. (*This dissertation*)
4. Decline in fat-free mass in patients with COPD over two years of follow up is most pronounced in their legs and trunk. (*This dissertation*)
5. Apart from a detailed assessment of the pulmonary manifestations and their differential treatment, several extra-pulmonary features and comorbidities need to be considered in the individualised management of COPD patients. (*Vanfleteren. et al. Lancet Respir Med 2016*)
6. Individual body composition phenotypes must be used to characterize patients and target interventions. (*Bosy-Westphal et al. Obes Rev 2021*)
7. Sarcopenia does not impact on response to pulmonary rehabilitation, which can lead to a reversal of this syndrome (*Jones et al, Thorax 2015*)
8. The beautiful thing about learning is that nobody can take it away from you. (*Riley Ben King*)
9. In my walks, every man I meet is my superior in some way, and in that I learn from him. (*Ralph Waldo Emerson*)