

Human cholesterol metabolism

Citation for published version (APA):

Mashnafi, S. Q. (2023). *Human cholesterol metabolism: effects of aerobic exercise training, nutrition and inflammation*. [Doctoral Thesis, Maastricht University]. Maastricht University.
<https://doi.org/10.26481/dis.20230112mq>

Document status and date:

Published: 01/01/2023

DOI:

[10.26481/dis.20230112mq](https://doi.org/10.26481/dis.20230112mq)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

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PROPOSITIONS

Belonging to the thesis

Human cholesterol metabolism:

Effects of aerobic exercise training, nutrition and inflammation

1. Many metabolic disorders are associated with either a changed cholesterol absorption or a changed cholesterol synthesis, as reflected by cholesterol-standardized plasma levels of campesterol, sitosterol, cholestanol, desmosterol and lathosterol - *This thesis*
2. Aerobic exercise training for eight weeks did not strongly affect cholesterol absorption or endogenous cholesterol synthesis in older overweight and obese men - *This thesis*
3. Diet-induced weight loss increases cholesterol-standardized plasma levels of the cholesterol absorption marker cholestanol and decreases the cholesterol-standardized plasma levels of the synthesis marker lathosterol in abdominally obese men - *This thesis*
4. Lipopolysaccharide (LPS) infusion as a model for an acute inflammatory condition decreases cholesterol-standardized plasma levels of markers of endogenous cholesterol and bile acid synthesis in healthy young men - *This thesis*
5. The unfavorable effects on liver function of elevated plasma plant sterol concentrations due to the use of lipid emulsions for adult parenteral nutrition can be mitigated by omega-3 long-chain polyunsaturated fatty acids - *This thesis*
6. It is essential to better understand the relation between characteristics of cholesterol metabolism with different diseases before disease-related treatments related to these characteristics can be implemented - *Impact of this thesis*
7. The doctor of the future will give no medicine, but will involve patients in the proper use of food, fresh air and exercise - *Thomas A. Edison*
8. We tend to treat eating and diets as one size fits all. But the human body is very personalized - *Denise Morrison*
9. Time and health are two precious assets that we do not recognize and appreciate until they have been depleted - *Denis Waitley*
10. In the long run, our comfort zone becomes our uncomfortable zone - *Charles F. Glassman*
11. It is not befitting for anyone with knowledge to give up learning - *Prophet Mohammed*

Sultan Q. Mashnafi