

Cold and diet induced thermogenesis in humans; Implications for obesity

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Behorende bij het proefschrift

Cold and diet induced thermogenesis in humans

Implications for obesity

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Sander Wijers, 7 april 2011

1. The lower adaptive thermogenic response in obese relates to the susceptibility for obesity (this thesis)
2. The thermogenic responses to mild cold and to overfeeding share the same regulatory mechanism (this thesis)
3. Mitochondrial uncoupling in skeletal muscle tissue explains more than 50% of the interindividual differences in mild cold induced adaptive thermogenesis (this thesis)
4. Both brown adipose tissue and skeletal muscle are involved in adaptive thermogenesis (this thesis)
5. The sympathetic nervous system plays a major role in the regulation of adaptive thermogenesis (this thesis)
6. Corpulence in America is regarded along with narcotic addiction as something wicked, and I shall not be surprised if soon we have a prohibition against it in the name of national security (Astwood, 1963)
7. The most exciting phrase to hear in science, the one that heralds the most discoveries, is not "Eureka!" but "That's funny..." (Isaac Asimov)
8. Hoewel overgewicht wordt veroorzaakt door een teveel aan lichaamsvet, werkt bruin vet juist beschermend tegen overgewicht
9. Meten is weten als je weet wat je meet (resultaat van een thermoregulatie-brainstorm)
10. Het verbouwen van je eigen huis zorgt niet voor een snelle afronding van het proefschrift, maar wel voor het maken van stellingen
11. Het is beter om gewichtig te zijn dan gewichtig te doen