

# Skeletal muscle fatty acid handling in insulin resistance : the effect of dietary fatty acids

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## Stellingen



Behorend bij het proefschrift:

### **Skeletal muscle fatty acid handling in insulin resistance: The effect of dietary fatty acids**

1. Replacing SFA in the meal with PUFA acutely increases insulin sensitivity. This may be explained by a reduced muscle triglyceride extraction and an increased muscle lipid turnover. *(this thesis)*
2. Isocaloric modulation of dietary fat quality may affect muscle fatty acid handling and insulin sensitivity in the long term but the heterogeneity in phenotypes may mask this effect. *(this thesis)*
3. Research has to be directed towards responders and non-responders to dietary intervention in order to increase the intervention success by implementing a more personalized dietary approach. *(this thesis)*
4. The composition of the intramuscular lipid fractions and lipid turnover are more important than the absolute lipid content in skeletal muscle insulin resistance. *(this thesis)*
5. 'It is not the strongest of species that survive, nor the most intelligent, but the one most adaptable to change'. *(Charles Darwin)*
6. Statistisch significant is niet noodzakelijk fysiologisch relevant.
7. Minds are like parachutes: they function optimally when open. *(adapted from Thomas Dewar)*
8. Als we wisten wat we deden, zou het geen onderzoek heten. *(Albert Einstein)*
9. Nobody said it was easy... *(Coldplay, The Scientist)*
10. Respect is als een glimlach, het kost niets en iedereen stelt het op prijs!
11. Smile! Het leven is mooi!



Anneke Jans, 27 april 2012