

Physical activity, sedentary behaviour and markers of cardiovascular and brain diseases

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Physical activity, sedentary behaviour and markers of cardiovascular and brain diseases

Does one size fit all?

Evelien Jozef Vandercappellen

Maastricht, 3 juli 2023

1. Meer fysieke activiteit gaat in het algemeen gepaard met minder risicofactoren voor hart vaat- en hersenziektes (thesis)
2. Bij mensen met type 2 diabetes is het verband tussen fysieke activiteit en markers voor cardiovasculaire ziektes vaak sterker dan bij mensen zonder type 2 diabetes (thesis)
3. Het verband tussen fysieke activiteit en cerebrale microbloedingen wijst erop dat fysieke activiteit ook nadelige gevolgen kan hebben (thesis)
4. Mensen bewegen tot leefstijlveranderingen blijft een grote uitdaging (thesis)
5. In de statistiek hebben continue data meer waarde dan categoriale data (discipline)
6. Intensieve inspanningen van de onderzoeker zijn geen garantie voor succes van een trial
7. Wetenschap is leidend voor richtlijnen en behandelingen, een niet-pluisgevoel is onmisbaar in de zorg
8. Fysieke activiteit blijft een belangrijke pijler bij de behandeling van type 2 diabetes en de gezondheid van de algehele populatie (impact paragraph)
9. Science and every day life cannot and should not be separated (Rosalind Franklin)
10. De meest onverwachte dingen in het leven leveren de mooiste momenten