

Fatty acid metabolism in the metabolic syndrome : effects of dietary fat quantity and quality

Citation for published version (APA):

van Hees, A. M. J. (2011). *Fatty acid metabolism in the metabolic syndrome : effects of dietary fat quantity and quality*. [Doctoral Thesis, Maastricht University]. Universitaire Pers Maastricht.
<https://doi.org/10.26481/dis.20111111ah>

Document status and date:

Published: 01/01/2011

DOI:

[10.26481/dis.20111111ah](https://doi.org/10.26481/dis.20111111ah)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain.
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Stellingen behorend bij het proefschrift

Fatty acid metabolism in the metabolic syndrome

Effects of dietary fat quantity and quality

1. Isoenergetic exchange of dietary saturated fat for unsaturated fat or high-complex carbohydrates has no substantial effects on skeletal muscle fatty acid handling in the metabolic syndrome. (this thesis)
2. Disturbances in TAG rather than FFA metabolism play a central role in the aetiology of insulin resistance and the metabolic syndrome. (this thesis)
3. Impairments in skeletal muscle fatty acid handling are more important than lipid overflow in the development of whole body insulin resistance. (this thesis)
4. The relationship between intramyocellular lipid accumulation and skeletal muscle insulin resistance can be explained by the composition rather than the absolute content of lipid fractions. (this thesis)
5. Until more research is completed, clinicians should evaluate and treat all cardiovascular disease and diabetes risk factors without regard to whether a patient meets all the criteria for the diagnosis of the metabolic syndrome. (*based on Kahn R et al. Diabetes Care 2005; 28(9):2289-304*)
6. Warning! Stable isotope data may cause severe and contagious stomach upset if taken alone. To prevent upsetting reviewers' stomachs and your own, take stable isotope data with a healthy dose of other metabolic information. Then, you will find stable isotope data very beneficial. (*based on Fretwell's Law, M.O. Fretwell, 1983*)
7. Ieder wetenschappelijk project, groot of klein, verdient de expertise van een statisticus.
8. *In vivo veritas.*
9. Let food be thy medicine, let it not be a pathogen. (*based on Hippocrates*)
10. It does not matter how slowly you go so long as you do not stop. (*Confucius*)
11. Gekken en dwazen verdedigen op 11-11-11 hun proefschrift en vullen tevreden hun glazen; horeca est!