

Branching-out

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Stellingen behorende bij het proefschrift

Branching-out: the role of branched-chain amino acid catabolism in insulin resistance and type 2 diabetes

1. Boosting BCAA catabolism can be seen as a new potential strategy to treat T2D (*This thesis, chapter 5*)
2. Low mitochondrial oxidation of BCAA is a plausible underlying factor that contributes to higher plasma BCAA levels (*This thesis, chapter 3*)
3. Boosting BCAA catabolism exerts beneficial effects on glucose metabolism in patients with T2D (*This thesis, discussion*)
4. Exploring the connection between BCAA metabolism and insulin resistance unveils a new frontier in metabolic research (*This thesis, impact*)
5. Branched-chain amino acids emerge as predictors of the future development of diabetes (*adapted from Wang, 2011, Nature Medicine*)
6. “Despite the availability of oral hypoglycaemic agents for nearly 30 years, their precise mode of action and role in the management of diabetes mellitus remains poorly defined and controversial” (*Asmal, 1984, Drugs*)
7. “Effects that show up in small samples are big effects” (*Button, 2013, Nature Reviews Neuroscience*)
8. “The goal is not simply to ‘work hard, play hard’. The goal is to make our work and our plays indistinguishable” (*Simon Sinek*)
9. “Running and science draw on similar traits – stamina, ambition, patience, and the ability to overcome limits” (*Wolfgang Ketterle*)

Frankje Vanweert