

Vascular function and insulin sensitivity in the brain and periphery

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Propositions

Belonging to the thesis

“Vascular function and insulin sensitivity in the brain and periphery: Effects of dietary intervention strategies in adults”

1. Consuming a healthy diet throughout life helps to prevent age-related non-communicable disorders, including type 2 diabetes, cardiovascular diseases, and cognitive decline – *World Health Organization*.
2. Region-specific alterations in cerebral blood flow in response to intranasal insulin administration show differences in brain insulin sensitivity between healthy and diseased populations – *This thesis, Chapter 2*.
3. Dietary interventions have the potential to improve insulin sensitivity in brain regions involved in metabolic and cognitive processes – *This thesis, Chapter 3*.
4. Longer-term mixed nut consumption improves brain vascular function in frontal and parietal regions and memory performance in older adults – *This thesis, Chapter 4*.
5. Daily consumption of 5 g egg-protein hydrolysate for 27 days does not affect arterial stiffness in patients with metabolic syndrome– *This thesis, Chapter 5*.
6. Incorporating healthy food products into the diet is not only a successful strategy for disease prevention, but also reduces the socio-economic and environmental consequences of age-related non-communicable diseases – *Impact of this thesis*.
7. Targeting brain insulin sensitivity is a promising preventive and therapeutic strategy for metabolic and cognitive disorders – *Kellar, The Lancet Neurology, 2020*.
8. No disease that can be treated by diet should be treated with any other means – *Maimonides*.
9. In the simplicity of a mediocre cup of coffee lies the charm of a perfect morning ritual, fueling the brain for a day filled with potential.
10. With the mind as your compass and determination as your guide, success becomes an inevitable destination – *Alexander the Great, adapted*.