

Epidemiology of microscopic colitis

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Propositions belonging to this thesis

Epidemiology of microscopic colitis: exploring leads for pathophysiological mechanisms

1. An improved awareness instead of a higher prevalence, is responsible for the increasing MC incidence rates in the Netherlands. *This thesis*
2. Although NSAID / PPI exposure increases the risk of MC, there is insufficient evidence to consider MC a primarily drug-induced disease. *This thesis*
3. A direct inhibitory effect of NSAIDs and PPIs on the paracellular permeability of the colon is unlikely to be a primary underlying mechanism of drug-induced MC. *This thesis*
4. Considering the strong association between smoking and MC, the performance of additional studies that explore the association between exposure to ambient air pollution and MC is justified. *This thesis*
5. Healthcare providers should be fully aware of the influence of proton pump inhibitors (PPIs) on the gut microbiome. (*Imhann, Gut 2015*)
6. Honey lavage should be considered as an alternative to antibiotic treatment in therapy-resistant *Clostridium difficile* infections. (*Giles, Int. J. Antimicrob. Agents 2017*)
7. Not gluten, but fermentable oligo-, di-, monosaccharides and polyols (FODMAPs) induce symptoms in patients with so-called self-reported, non-celiac, gluten sensitivity. (*van Gils, Nutrients 2016*)
8. Better understanding of risk factors and underlying pathophysiological mechanisms will lead to preventive strategies and targeted treatments on the long-term, eventually improving MC outcomes. *This thesis*
9. The eye only sees what the mind is prepared to comprehend. (*Henri Bergson*)
10. Scientific research is largely dependent on trust and honesty.

Bas Verhaegh
Maastricht, 10 January 2018