

# Intervention strategies in the glycation pathway with methylglyoxal as the primary target

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**Intervention strategies in the glycation pathway**

**with methylglyoxal as the primary target**

Mathias Van den Eynde

Maastricht, 26 maart 2024

1. Dicarbonyl stress is elevated in abdominal obesity and can be normalized by weight loss. *(this thesis)*
2. Weight loss by caloric restriction is an efficient way to improve metabolic health and glycemic control and to reduce dicarbonyl stress. *(this thesis)*
3. Increased physical activity in older individuals does not lead to a reduction in glycation markers. *(this thesis)*
4. Both quercetin and pyridoxamine reduce methylglyoxal. *(this thesis)*
5. Pyridoxamine reduces markers of glycation and endothelial dysfunction, but does not affect insulin sensitivity or vascular function. *(this thesis)*
6. Pyridoxamine is a good alternative to existing vitamin B6 treatments based on pyridoxine. *(this thesis)*
7. An ounce of prevention is worth a pound of cure. *(Benjamin Franklin)*
8. To be a scientist is to be naïve. *(HBO, Chernobyl)*
9. Een robuuste onderzoeksopzet vormt de ruggengraat van klinische trials, maar de kunst zit in het evenwicht bewaren tussen wetenschappelijke ambitie en praktische haalbaarheid.
10. Onderwijs en zorg zijn fundamenten van de maatschappij; scholen en ziekenhuizen zouden paleizen moeten zijn.