Vitamin D in insulin sensitivity and obesity

Propositions accompanying this doctoral thesis

Vitamin D in Insulin Sensitivity and Obesity: Fact or Fiction?

1. Body mass index, but not tissue specific insulin resistance is associated with circulating vitamin D 25(OH)D in human obesity – this thesis

2. Expression of the vitamin D receptor in the abdominal subcutaneous adipose tissue (SAT) is associated with adipose tissue insulin sensitivity in human obesity – this thesis

3. A blunted catecholamine induced lipolysis coincides with a blunted vitamin D release (active metabolite) from the SAT in obese compared to lean men – this thesis

4. Genetic variation in the VDR is associated with obesity phenotypes and adipose tissue insulin resistance, but not with muscle or hepatic insulin resistance – this thesis

5. VDR genetic variants have no major effect on the SAT transcriptome – this thesis

6. Vitamin D supplementation is effective to increase systemic vitamin D levels but has no effect on whole-body or tissue-specific insulin sensitivity – this thesis

7. Understanding metabolism is key to the treatment of many diseases, notably diabetes, as well as underpinning clinical nutritional support – Evans & Heather, Surgery, 2019

8. Can we say what diet is best for health? – Katz & Meller, Annu Rev Publ Health, 2014

9. There is no growth in comfort zone, and there is no comfort in growth zone – Steve Clark

10. Let our advance worrying become advance thinking and planning — Winston Churchill

11. No two things have been combined better than knowledge and patience – Muhammad (peace be upon him)

Adriyan Pramono, 28 August 2020