

Promoting cardiovascular health through personalized supervised exercise therapy in intermittent claudication

Citation for published version (APA):

Jansen, S. C. P. (2022). *Promoting cardiovascular health through personalized supervised exercise therapy in intermittent claudication*. [Doctoral Thesis, Maastricht University]. Proefschriftenprinten.nl. <https://doi.org/10.26481/dis.20220211sj>

Document status and date:

Published: 01/01/2022

DOI:

[10.26481/dis.20220211sj](https://doi.org/10.26481/dis.20220211sj)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.



STELLINGEN
behorende bij het proefschrift

PROMOTING CARDIOVASCULAR HEALTH

through personalized supervised exercise therapy
in intermittent claudication

Sandra Catharina Petronella Jansen

1. Supervised exercise therapy has the potential to promote a healthier lifestyle and improves cardiovascular outcomes in patients with intermittent claudication. *This thesis*
2. An exercise-first strategy is feasible and effective in a real-world setting and saves more than 80% of patients from invasive treatment after 5-years of follow-up. *This thesis*
3. Patients with intermittent claudication benefit from supervised exercise therapy with regards to walking performance and health-related quality of life, irrespective of depression and anxiety. *This thesis*
4. Alternative modes of exercise may be as effective as walking in supervised exercise therapy for intermittent claudication. *This thesis*
5. Psychosocial factors (e.g. emotions, mindset, and social support) are just as important for cardiovascular health as the conventional physical factors (e.g. smoking and diet). *Behavioral Cardiology, A. Rozanski*
6. Mindfulness-based interventions should be considered as part of routine care in patients with chronic disease.
7. Gezien de overlap in onderliggende leefstijlfactoren, behandeling en comorbiditeit, ligt de doelstelling van de stichting Chronisch ZorgNet voor de hand: geïntegreerde, multidisciplinaire zorg organiseren voor meerdere chronische aandoeningen.
8. De optimale behandeling van claudicatio intermittens bestaat uit fysieke revalidatie gericht op duurzame leefstijlverandering onder begeleiding van gespecialiseerde zorgprofessionals, waarbij rekening wordt gehouden met persoonlijke behoeften en voorkeuren.
9. Assumption is the mother of all mistakes. *Eugene Lewis Fordsworth*
10. De belangrijkste resultaten van een promotietraject komen niet in het proefschrift te staan.
11. Earth provides enough to satisfy every man's needs, but not every man's greed. *Mahatma Ghandi*