Stellingen

behorend bij het proefschrift:

Lipid accumulation in skeletal muscle, big deal?!
Mechanisms underlying the development of insulin resistance

1. Exercise is a cornerstone in the treatment of type 2 diabetes, and should be the primary choice of treatment in type 2 diabetes patients.

2. Exercise training completely restores metabolic flexibility in type 2 diabetic subjects towards the level of normoglycaemic age- and BMI-matched control subjects.

3. Restoring mitochondrial function is not the Holy Grail with respect to therapeutic intervention in diabetes.

4. High oxidative capacity protects against lipid-induced insulin resistance.

5. Enthusiasm is a magical thing. It draws the line between mediocrity and success!

6. Muscle oxidative capacity is a better predictor of insulin sensitivity than lipid status. (Bruce et al., JCEM. 2003 Nov;88(11):5444-51)

7. Providing metabolic relief by directing fat away from one tissue seems a sound approach for the treatment of obesity-related disorders such as insulin resistance. However, the major unanswered question of clinical relevance is whether the ultimate fate would be a compensatory storage in other tissues and the induction of secondary complications. In the end, such a therapeutic approach would be just a classic case of robbing Peter to pay Paul. (Watt et al., Diabetes. 2009 Jan;58(1):16-7)

8. One of the major hurdles that one has to overcome when one visits Australia is that created by the weird jargon that passes for English in this country,... mate.

9. Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. Quitting however, lasts forever. (Lance Armstrong)

10. If you want to take everything out of life, you should be careful that life doesn’t take everything out of you.

Ruth C.R. Meex, 8 September 2011