Propositions
belonging to the thesis

Adipose tissue metabolism and cardiometabolic health in obesity
Effects of pharmacological and lifestyle interventions

1. Sacubitril/valsartan, compared to amlodipine, significantly improved peripheral insulin sensitivity in obese hypertensive patients – This thesis

2. The sacubitril/valsartan-induced improvement in peripheral insulin sensitivity is not mediated by alterations in the adipose tissue metabolic phenotype and substrate oxidation – This thesis

3. A 12-week exercise training program does not affect the adipose tissue metabolic profile in obese individuals, irrespective of their baseline metabolic status – This thesis

4. Exercise-induced abdominal subcutaneous adipose tissue lipolysis is mainly determined by non-adrenergic pathways – This thesis

5. Given the complex nature of the underlying pathophysiology of type 2 diabetes, it should not be unexpected that more than a single therapeutic agent may be required to effectively manage this metabolic disorder – Zinman B, Am J Med, 124 (1 Suppl):S19-34, 2011


7. In light of the important role the adipocyte exerts on all processes related to systemic metabolic homeostasis, adipose tissue remains a prominent target for new antidiabetic therapeutics – Kusminski C, Nat Rev Drug Discov, 15 (9):639-60, 2016

8. Only by embracing a more personalized approach to health can we move forward as a field – Hunger J, Int. J. Obes. (Lond), 40 (8):1334, 2016.

9. In scientific researches, there are no unsuccessful experiments; every experiment contains a lesson – Alexander Graham Bell (1847 – 1922)

10. Great things are done by a series of small things brought together – Vincent Van Gogh (1853 – 1890)

11. Keep walking – Johnnie Walker

Rudi Stinkens, 5 Oktober 2017