

**Tissue-specific insulin resistance in human obesity**

A physiological approach to lipid metabolism

1. Skeletal muscle insulin resistance is accompanied by an increased postprandial VLDL-TAG extraction, despite a similar TAG supply – *Dit proefschrift*

2. Intramuscular lipid composition rather than the absolute lipid content is more important with respect to skeletal muscle insulin resistance – *Dit proefschrift*

3. Plasma concentrations of the putative LPL inhibitor ANGPTL4 are not related to skeletal muscle and adipose tissue LPL activity after a high-saturated fatty acid mixed-meal – *Dit proefschrift*

4. A worse hepatic insulin resistance is positively associated with plasma di- and triacylglycerols in women but not in men – *Dit proefschrift*

5. The oral glucose tolerance test-indexes MISI and HIRI may provide a relatively easy and cheap method to classify and identify tissue-specific insulin resistant phenotypes – *Dit proefschrift*

6. Lipid metabolic pathways represent potential therapeutic targets to prevent or delay the onset and progression of metabolic disease – *Meikle & Summers, Nat Rev Endocrinol, 2017*

7. Statistically significant is not necessarily physiologically relevant

8. Conducting data analysis is like drinking a nice beer. It is important to swirl and sniff the beer, to taste the complex flavours and to appreciate the experience. Gulping the beer doesn’t work; if you do so, it will leave you with a headache – *Adapted from Wright, Br J Educ Psychol, 2003*

9. Sometimes the questions are complicated and the answers are simple, but in biology it is usually the other way around – *Adapted from dr. Seuss*

10. There are things known and things unknown and in between are the doors – *Jim Morrison*

11. Wielrennen in Zuid-Limburg is een goede oefening voor de wetenschap: meestal is het leuk, soms zie je er als een berg tegenop; en als je doorzet, kun je verder kijken dan voorheen

*Birgitta van der Kolk, 3 mei 2018*