STELLINGEN

behorend bij het proefschrift

Cold cure for type 2 diabetes
Role of brown adipose tissue and skeletal muscle in glucose metabolism

1. Fasting-induced insulin resistance impairs glucose uptake into brown adipose tissue during cold exposure (this thesis)
2. Short-term cold acclimation improves insulin sensitivity in patients with type 2 diabetes (this thesis)
3. Brown adipose tissue can be regarded as an important team player in improved glucose metabolism upon cold acclimation, but in adults skeletal muscle is the key player in this respect (this thesis)
4. South Asians have low oxidative capacity in skeletal muscle compared to Caucasians (this thesis)
5. In order to counteract obesity, the challenge is not only to recruit brown adipose tissue, but to activate it and keep it activated (adapted from Von Essen & Nedergaard, DIABAT annual meeting, 2015)
6. In virtually all head-to-head comparisons of various diet plans, the average long-term results have invariably been quite similar — mediocre all around (Abigail Zuger, New York Times, 2010)
7. In a shared decision-making approach, clinician and diabetes patient act as partners, mutually exchanging information and deliberating on options, in order to reach a consensus on the therapeutic course of action. Engaging patients in health care decisions will enhance adherence to therapy (Inzucchi et al., Diabetes Care, 2012)
8. Reducing the use of heating and air-conditioning can relatively easily be achieved, and could not only help reducing obesity levels but also have added benefits (e.g. less use of fossil fuels) (adapted from Keith et al., International Journal of obesity, 2006)
9. Some people see things as they are and say, why? Others dream things that never were and say, why not? (Robert F. Kennedy, 1968)
10. Als het gaat om lichaamsbeweging ter bevordering van de gezondheid maakt het niet uit wat je doet, als je maar iets doet
11. Blief derin geluive, en alles kump good (Kartoesj & Mark Hanssen)