1. Inflammatory profiles could predict the long-term postoperative outcome in lumbar disc hernia patients. (This thesis)

2. The intensity of pain is regulated in an opposite manner between TNFR1 and TNFR2; the former being related to elevated pain scores and the latter to a lower intensity or absence of pain. (This thesis)

3. An unbalance between TNF-α receptors could determine the severity of pain, not only in a temporal expression (acute or chronic) but also on the extension of the produced damage. (This thesis)

4. The inflammatory process responsible for pain in lumbar disc hernia patients is locally restricted to the intervertebral disc and adjacent structures in the spinal canal. (This thesis)

5. A poor recovery from pain behavior in rats coincides with an increased TNFR1/TNFR2 expression ratio; both can be reverted after early TNF-α synthesis blockage or peripheral inhibition. (This thesis)

6. To become a real scientist, you must affirm what you see and deny what you believe.

7. Working on a PhD project is like preparing yourself for a marathon, the greatest achievements occur when no one is watching.

8. Illness is the most heeded of doctors: to goodness and wisdom we only make promises; pain we obey. (Marcel Proust)

9. I would like to see the day when somebody would be appointed surgeon somewhere who had no hands, for the operative part is the least part of the work. (Harvey Cushing)

10. The aim of the wise is not to secure pleasure, but to avoid pain. (Aristotle)