

# Protein supplementation as a dietary strategy to improve glycemic control in type 2 diabetes

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## **Stellingen**

behorende bij het proefschrift

*Protein supplementation as a dietary strategy to improve glycemic control in type 2 diabetes*

Ralph Manders, 14 November 2008

1. The defects in the postprandial insulin response in type 2 diabetes patients is mainly attributed to a reduced sensitivity of the pancreatic  $\beta$ -cell to glucose, and not to an overall defect in the capacity to produce and secrete insulin. *(dit proefschrift)*
2. The branched chain amino acid leucine is a compound of special interest as it can stimulate endogenous insulin release and might also help to enhance  $\beta$ -cell function through the maintenance of  $\beta$ -cell mass. *(dit proefschrift)*
3. Postprandial hyperglycemia is an underestimated problem in type 2 diabetes. *(dit proefschrift)*
4. Current standard determinants of glycemic control do not accurately assess the prevalence of hyperglycemia. *(dit proefschrift)*
5. The statement that: "Diabetes can be cured within 12 hours" although bold, underlines the pivotal role that nutrition can play in the treatment of type 2 diabetes.  
*(Frank Q. Nuttall & Mary C. Gannon. J Am Coll Nutr 26:83-04, 2007)*
6. Hyperglycemia interferes with many daily activities of people with type 2 diabetes by its adverse effects on cognitive function and mood.  
*(Adapted from: Andrew J. Sommerfield et al. Diabetes Care 27:2335-2340, 2004)*
7. The historical pattern of famine occurrence is incompatible with the central premise of the thrifty gene hypothesis. *(John R. Speakman. Diabetes Vasc Dis Res 3:7-11, 2006)*
8. Schrijven is schrappen - Schrappen doet pijn - Schrijven is pijn. *(F.M. van Cassel)*
9. The most exciting phrase to hear in science, the one that heralds new discoveries, is not 'Eureka!' but 'That's funny ...' *(Isaac Asimov)*
10. The trouble with the rat race is that even if you win you are still a rat! *(Lilly Tomlin)*
11. De medische wetenschap werkt, vanuit een Darwinistisch oogpunt, niet in het voordeel van de soort.