

Indicators of energy balance and risk of epigenetic instability in colorectal cancer

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PROPOSITIONS
belonging to the thesis entitled

**Indicators of energy balance and risk of
epigenetic instability in colorectal cancer**

Laura Hughes
May 19, 2011

1. Overweight and obesity increase the risk of colorectal cancer (*this thesis*).
2. Severe energy restriction early in life may protect against colorectal cancer (*this thesis*).
3. Measures of regular long-term physical activity are best for predicting colorectal cancer risk (*this thesis*).
4. Molecular pathological epidemiology is a promising approach to elucidate potential mechanisms of colorectal cancer development (*this thesis*).
5. Timing of environmental exposure may be important for establishing epigenetic mechanisms that later influence colorectal cancer risk (*this thesis*).
6. With no clear definition of the CpG island methylator phenotype (CIMP) in colorectal cancer, pooling data and comparing results between populations is a challenge (*this thesis*).
7. Studies such as those described in this thesis can only contribute to the prevention of cancer if epidemiologists and media work together to accurately and efficiently communicate risk to the general public.
8. Modern medicine will become really scientific only when physicians and their patients have learned to manage the forces of the body and mind that operate via *vis medicatrix naturae* [the healing power of nature] (*Réne Dubos*).
9. Compared to the Dutch, Canadians have a much different perception of time and distance.
10. Working in a foreign country is invaluable for one's personal and professional development.
11. Not all those who wander are lost (*J.R.R. Tolkien*).