

Lipid accumulation in skeletal muscle; big deal?! : mechanisms underlying the development of insuline resistance

Citation for published version (APA):

Meex, R. C. R. (2011). *Lipid accumulation in skeletal muscle; big deal?! : mechanisms underlying the development of insuline resistance*. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20110908rm>

Document status and date:

Published: 01/01/2011

DOI:

[10.26481/dis.20110908rm](https://doi.org/10.26481/dis.20110908rm)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Stellingen

behorend bij het proefschrift:

Lipid accumulation in skeletal muscle, big deal?! Mechanisms underlying the development of insulin resistance

1. Exercise is a cornerstone in the treatment of type 2 diabetes, and should be the primary choice of treatment in type 2 diabetes patients.
2. Exercise training completely restores metabolic flexibility in type 2 diabetic subjects towards the level of normoglycaemic age- and BMI-matched control subjects.
3. Restoring mitochondrial function is not the Holy Grail with respect to therapeutic intervention in diabetes.
4. High oxidative capacity protects against lipid-induced insulin resistance.
5. Enthusiasm is a magical thing. It draws the line between mediocrity and success!
6. Muscle oxidative capacity is a better predictor of insulin sensitivity than lipid status. (Bruce et al., JCEM. 2003 Nov;88(11):5444-51)
7. Providing metabolic relief by directing fat away from one tissue seems a sound approach for the treatment of obesity-related disorders such as insulin resistance. However, the major unanswered question of clinical relevance is whether the ultimate fate would be a compensatory storage in other tissues and the induction of secondary complications. In the end, such a therapeutic approach would be just a classic case of robbing Peter to pay Paul. (Watt et al., Diabetes. 2009 Jan;58(1):16-7)
8. One of the major hurdles that one has to overcome when one visits Australia is that created by the weird jargon that passes for English in this country,... mate.
9. Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. Quitting however, lasts forever. (Lance Armstrong)
10. If you want to take everything out of life, you should be careful that life doesn't take everything out of you.

Ruth C.R. Meex, 8 September 2011