

# Short chain fatty acids and colonic health

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# Stellingen

Behorende bij het proefschrift:

## Short chain fatty acids and colonic health

1. Niet alleen butyraat, maar ook de korte keten vetzuren, propionaat, valeraat en caproaat hebben een effect op de secretie van cytokines *in vitro*. (dit proefschrift)
2. Butyraat verhoogt de concentratie van het antioxidant glutathion in de colonmucosa van gezonde vrijwilligers. (dit proefschrift)
3. De effecten van butyraat op de antioxidant capaciteit van de darm zijn afhankelijk van de mate van ontsteking en de staat van de epitheelcellen. (dit proefschrift)
4. Toediening van butyraat heeft geen effect op de expressie van de mucus-gerelateerde genen MUC2 en TFF3 in biopten van de mucosa van het colon in gezonde vrijwilligers en patiënten met colitis ulcerosa in remissie. (dit proefschrift)
5. Probiotica verminderen het risico op antibiotica-geassocieerde diarree door beïnvloeding van de samenstelling van de intestinale microbiota.
6. Our existence is critically dependent on the presence of more than 1000 bacterial species living in and on us, that represent an additional 2 to 4 million mostly uncharacterized genes. Until the synergistic activities between humans and their commensals have been elucidated, the understanding of human biology will remain incomplete. (Julian Davies, Science 2001)
7. De samenstelling van de intestinale microbiota beïnvloedt de voedselvoorkeur, voedselinname en energieopname uit voeding. Daarom moet het mogelijk zijn probiotica te ontwikkelen als middel tegen obesitas.
8. The best offence is a good defence. (Daniel Podolsky, Am J Physiol. 1999)
9. The important thing in science is not so much to obtain new facts as to discover new ways of thinking about them. (William Lawrence Bragg)
10. Als een hamer het enige gereedschap is waarover je beschikt, ben je geneigd ieder probleem als een spijker te zien. (Maslov)
11. Life is short, eat dessert first! (Jacques Torres)

Henrike M. Hamer  
Maastricht, 11 september 2009