

# The role of free fatty acids in ectopic lipid accumulation, insulin resistance and inflammation in humans.

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## Stellingen

Behorend bij het proefschrift:

### **'The role of free fatty acids in ectopic lipid accumulation, insulin resistance and inflammation in humans'**

*N.A. van Herpen – 26-04-2012*

1. Een verminderde mitochondriële functie na 60 uur vasten geeft aan dat mitochondriële dysfunctie eerder een gevolg is van insulineresistentie dan een oorzaak. *(dit proefschrift)*
2. Bij jonge gezonde volwassenen leidt een verhoging van de hoeveelheid vrije vetzuren in het bloed niet tot een verhoging van de hoeveelheid ontstekingsstoffen in het bloed. *(dit proefschrift)*
3. Het iso-energetisch uitwisselen van koolhydraten voor vet in de voeding gedurende 3 weken zorgt voor een verhoging van de hoeveelheid vet in de lever, maar heeft geen effect op insulinegevoeligheid. *(dit proefschrift)*
4. Het iso-energetisch uitwisselen van koolhydraten voor vet in de voeding zorgt voor een verminderde metabole flexibiliteit. *(dit proefschrift)*
5. The most incomprehensible thing about the world is that it is all comprehensible. *(Albert Einstein, 1879 - 1955)*
6. Statistics are like swim-wear: what they reveal is suggestive but what they conceal is vital. *(The Lancet 2007; 369: 1234)*
7. Even when all is known, the care of a man is not yet complete, because eating alone will not keep a man well; he must also take exercise. For food and exercise, while possessing opposite qualities, yet work together to produce health. *(Hippocrates ca. 460 v. Chr. – 370 v. Chr.)*
8. Tell me what you eat, and I will tell you what you are. *(Anthelme Brillat-Savarin, 1755 - 1826, The Physiology of Taste, 1825)*
9. The first law of dietetics seems to be if it tastes good, it is bad for you. *(Isaac Asimov, 1920 - 1992)*
10. Het geluid van een kus is niet zo hard als een kanonschot, maar de echo blijft veel langer hangen. *(Oliver Wendel Holmes 1841 - 1935)*
11. Sports do not build character. They reveal it. *(Heywood Broun, 1888 - 1939)*