

# Substrate metabolism in type 2 diabetes : an exercise and pharmacological approach

## Citation for published version (APA):

Boon, H. (2009). *Substrate metabolism in type 2 diabetes : an exercise and pharmacological approach*.

## Document status and date:

Published: 01/01/2009

## 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](http://www.umlib.nl/taverne-license)

## Take down policy

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

[repository@maastrichtuniversity.nl](mailto:repository@maastrichtuniversity.nl)

providing details and we will investigate your claim.

## Stellingen behorende bij het proefschrift

### *Substrate metabolism in type 2 diabetes - an exercise and pharmacological approach*

1. Acute *in vivo* AICAR administration decreases plasma FFA concentrations through an inhibition of adipose tissue lipolysis and may thus be an effective approach to decrease ectopic lipid accumulation and alleviate insulin resistance. (*dit proefschrift*)
2. Several years of endurance exercise training may induce an adipose tissue lipolytic response to an acute exercise bout that is different from the response seen after a short-term training program. (*dit proefschrift*)
3. It is a basic concept that obesity and obesity-associated metabolic diseases primarily result from excess energy intake and insufficient energy expenditure through lack of physical activity.
4. Diabetes is both a cause and consequence of a decreased quality of life.
5. The importance of the epigenome in the pathogenesis of modern chronic diseases such as type 2 diabetes may soon be more significant than that of the traditional genetic mutations.
6. If the human body was so simple we could understand it, we would be so simple that we couldn't. (*adapted from Lyall Watson*)
7. In life it is important not necessarily to be strong but to feel strong. (*Primo Levi*)
8. To know that we know what we know and that we do not know what we do not know, that is true knowledge. (*Henry David Thoreau*)
9. Vrouwenemancipatie eindigt bij een leuke fietsband.