

Public health implications of the Mediterranean Diet : its interaction with active and passive smoking

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Propositions

belonging to the thesis

Public health implications of the Mediterranean diet; Its interaction with active and passive smoking

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Maastricht, May 2010

1. The potential risk for the development of CVD among farmers from Crete has significantly changed over the past 45 years with current farmers found to have a higher BMI, higher cholesterol levels and lower levels of physical activity. *(this thesis)*
2. The Mediterranean diet is slowly disappearing even in its initial strongholds, such as Crete, while a more Westernised diet is being adopted. *(this thesis)*
3. The lifestyle of the farmers in Crete has an impact on their intake of essential micronutrients and vitamins, which may alter their capacity to combat the oxidative stress caused by active and passive smoking. *(this thesis)*
4. Adhering to fasting rituals of the Greek Orthodox Church has a positive impact on dietary influenced cardiovascular risk factors, such as serum lipids. *(this thesis)*
5. Obesity, smoking and the lack of physical activity are the main threats to public health in Greece. If we were to tackle these issues we would be saving lives, by the thousands.
6. If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health. *(Hippocrates 460-370 BC)*
7. Leave your drugs in the chemist's pot if you can heal the patient with food. *(Hippocrates 460-370 BC)*
8. It is better to prevent than to cure. *(Hippocrates 460-370 BC)*
9. What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others. *(Pericles 495-429 BC)*
10. The only true wisdom is in knowing you know nothing. *(Socrates 469-399 BC)*