

# Cholesterol efflux as a measure of HDL functionality in humans

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Propositions  
Belonging to the thesis

**Cholesterol efflux as a measure of HDL functionality:  
impact of genetics, diet and weight loss**

1. SNPs located in key genes involved in the reverse cholesterol transport pathway (*ABCA1*, *ABCG1*, *LXR $\beta$*  and *CETP*) are associated with ABCA1-mediated cholesterol efflux. - *This thesis*
2. Theobromine consumption does not improve ABCA1-mediated cholesterol efflux. - *This thesis*
3. Three of the most abundant HDL-associated microRNAs, i.e. miR-92a, miR-223 and miR-135a, are not associated with ABCA1-mediated cholesterol efflux. - *This thesis*
4. To better understand the effects of interventions on the ability of HDL to stimulate cholesterol efflux, the involvement of others efflux transporters, i.e. ABCG1 and SR-BI, should be studied. - *This thesis*
5. Functional foods aiming at increasing HDL cholesterol efflux capacity are not yet available, but the development of such foods is urgently needed. - *Valorization of this thesis*
6. Your genetics load the gun. Your lifestyle pulls the trigger. - *Mehmet Oz*
7. The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease. - *Thomas Edison*
8. A human body is a conversation going on, both within the cells and between the cells, and they're telling each other to grow and to die; when you're sick, something's gone wrong with that conversation. - *Danny Hillis*
9. Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon. - *Doug Larson*
10. Dans la vie, y'a pas de grands, y'a pas de petits. La bonne longueur pour les jambes, c'est quand les pieds touchent par terre. (In life, no one is tall or small. The perfect length for the legs is when your feet touch the ground) - *Coluche*