

# Contemporary determinants of outcome after colorectal surgery

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## **Stellingen behorend bij het proefschrift:**

### **Contemporary determinants of outcome after colorectal surgery: adherence in enhanced recovery and visceral obesity**

1. Adherence to the ERAS program leads to a reduced length of hospital stay (LOS) and better outcomes in elective colonic cancer surgery (this thesis)
2. Specific measures can improve adherence to an ERAS program and thereby outcomes in colonic surgery for malignancy (this thesis)
3. Visceral obesity leads to a longer LOS, higher morbidity and longer operative time in elective colonic surgery (this thesis)
4. Visceral obesity has a higher influence on outcome after colon cancer surgery in patients with a BMI < 25 kg/m<sup>2</sup> (this thesis)
5. The nationwide introduction of the ERAS protocol has resulted in an unprecedented equalization of perioperative care for colorectal cancer patients, increasing the quality of multicenter scientific programs focusing on surgical outcome (valorization)
6. Metabolic risk profiling in elective colorectal surgery offers the opportunity to develop tailor-made intervention programs (valorization)
7. Laparoscopic cholecystectomy compared with percutaneous catheter drainage reduces the rate of major complications in high risk patients with acute cholecystitis (BMJ. 2018 Oct 8;363:k3965. doi: 10.1136/bmj.k3965.)
8. Among patients with stage II or III colorectal cancer, more frequently follow-up testing with computed tomography and carcinoembryonic antigen did not result in a reduction in 5-year overall mortality or colorectal cancer-specific mortality (JAMA. 2018;319(20):2095-2103. doi:10.1001/jama.2018.5623 )
9. Iemand die vergeet zich voor te bereiden, bereidt zich voor om vergeten te worden (Drs. L.H.J.M. van den Akker)
10. Nobody notices how you struggle with the waves, they only look if your boat reaches the destination (Tahir Cakir)
11. People forget how fast you did a job, but they remember how well you did (Howard W. Newton)