Cold cure for type 2 diabetes

STELLINGEN

behorend bij het proefschrift

Cold cure for type 2 diabetes
Role of brown adipose tissue and skeletal muscle in glucose metabolism

1. Fasting-induced insulin resistance impairs glucose uptake into brown adipose tissue during cold exposure (*this thesis*)

2. Short-term cold acclimation improves insulin sensitivity in patients with type 2 diabetes (*this thesis*)

3. Brown adipose tissue can be regarded as an important team player in improved glucose metabolism upon cold acclimation, but in adults skeletal muscle is the key player in this respect (*this thesis*)

4. South Asians have low oxidative capacity in skeletal muscle compared to Caucasians (*this thesis*)

5. In order to counteract obesity, the challenge is not only to recruit brown adipose tissue, but to activate it and keep it activated (*adapted from Von Essen & Nedergaard, DIABAT annual meeting, 2015*)

6. In virtually all head-to-head comparisons of various diet plans, the average long-term results have invariably been quite similar — mediocre all around (*Abigail Zuger, New York Times, 2010*)

7. In a shared decision-making approach, clinician and diabetes patient act as partners, mutually exchanging information and deliberating on options, in order to reach a consensus on the therapeutic course of action. Engaging patients in health care decisions will enhance adherence to therapy (*Inzucchi et al., Diabetes Care, 2012*)

8. Reducing the use of heating and air-conditioning can relatively easily be achieved, and could not only help reducing obesity levels but also have added benefits (e.g. less use of fossil fuels) (*adapted from Keith et al., International Journal of obesity, 2006*)

9. Some people see things as they are and say, why? Others dream things that never were and say, why not? (*Robert F. Kennedy, 1968*)

10. Als het gaat om lichaamsbeweging ter bevordering van de gezondheid maakt het niet uit *wat* je doet, als je maar *iets* doet

11. Blief derin geluive, en alles kump good (*Kartoesj & Mark Hanssen*)