

# Bridging the gaps of microRNAs in obesity

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## **Bridging the gaps of microRNA in obesity**

### Propositions

1. Despite the fact that obesity could be a preventable condition it has remained a major contributor of the global burden of disease with concerning trends that necessitates novel approaches. (In this thesis)
2. The field of non-coding RNA represents a treasure box with powerful tools that could aid both at diagnostic level for the detection of metabolic exacerbations of obesity and the treatment level aiding in the containment of its comorbidities. (In this thesis)
3. Quantification of non-coding RNA present in the circulation provide an opportunity for non-invasive differentiation between metabolically healthy normal weight women and obese women containing metabolic alterations. (In this thesis)
4. MicroRNA biomarkers are powerful tools to differentiate between health and disease that hit a brick wall where translational hurdles are yet to be solved. (In this thesis)
5. We could benefit from the ability of MicroRNAs to modulate energy metabolism both in the periphery and centrally for counteracting obesity and related metabolic disorders. (In this thesis).
6. The power of epigenetics is emphasized by the discovery that a single cerebral microRNA, that emerged as a potent regulator of behavioral (central) and anti-inflammatory (peripheral) mechanisms, is capable of protecting against the harmful effects of obesity. (In this thesis)
7. Do the best you can until you know better. Then when you know better, do better. (Maya Angelou)
8. "Chiki pero potente" (a saying in Papiamentu)- "Klein maar fijn".
9. I have learned that courage was not the absence of fear, but the triumph over it. (Nelson Mandela)
10. It always seems impossible until its done. (Nelson Mandela)