

Nutrition and disease course in inflammatory bowel disease

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Nutrition and disease course in inflammatory bowel disease

Studies on dietary intake and nutritional status

1. Habitual dietary patterns can impact disease course in patients with IBD. *(this thesis)*
2. Geographical differences in dietary intake between regions, even within countries, should be taken into account when the association between dietary intake and disease course is studied. *(this thesis)*
3. Screening for malnutrition is recommended for all IBD outpatients by assessing multiple nutritional status parameters. *(this thesis)*
4. The interaction between nutritional status and disease course in IBD is bidirectional. *(this thesis)*
5. A holistic approach of IBD care, by addressing lifestyle disease modifiers such as diet quality, exercise, and psychosocial risk factors, will contribute to better disease management and patient well-being. *(this thesis)*
6. In an era of pressure on healthcare capacities and rising incidence of IBD, telemedicine systems could be a valuable tool for reorganizing IBD care towards more personalized and value-based healthcare. *(De Jong et al., The Lancet, 2017)*
7. Machine learning approaches are valuable for patient stratification, prediction of disease progression and therapy responses for fine-tuning treatment options with positive impacts on cost, health and safety. *(Seyed Tabib et al., Gut, 2020)*
8. Nutritional epidemiology is far from being a perfect science, but with a thorough understanding of the discipline, valuable insights on diet and health outcomes can be obtained from free-living populations. *(Satija et al., Advances in Nutrition, 2015)*
9. Education is not the learning of facts, but the training of the mind to think. *(Albert Einstein)*
10. Dubio, ergo sum. *(Hans Fiolet)*
11. Whatever you decide to do, make sure it makes you happy. *(Paulo Coelho)*

Corinne Spooen, 29 april 2021