

Exercise and training in NAFLD and insulin resistance

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Hepatic, skeletal muscle and adipose tissue insulin sensitivity are impaired to a similar extent in people with NAFL as in patients with type 2 diabetes. (This thesis, chapter 3, p. 73)

Exercise training decreases intrahepatic lipid content without alterations in hepatic insulin sensitivity. (This thesis, chapter 5, p. 120)

An exercise training induced reduction in fasting plasma glucose in patients with type 2 diabetes requires an improvement in insulin sensitivity. (This thesis, chapter 8, p. 189)

Combined aerobic and resistance training decreases blood pressure in the absence of changes in arterial stiffness. (This thesis, chapter 7, p. 162)

At present, there are significant gaps in our knowledge regarding the diagnosis, natural history, and treatment of non-alcoholic fatty liver disease. (AASLD Practice guideline 2012)

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. (Plato, Greek philosopher)

Approximately 80 % of heart disease, stroke, and type 2 diabetes, and 40 % of cancer could be avoided through healthy diet, regular physical activity and avoidance of tobacco use. (Robert Beaglehole, Director WHO, Department of chronic diseases and health promotion)

Treatment for metabolic complications should already start in people with non-alcoholic fatty liver. (This thesis, valorization, p. 230)

You can't put a limit on anything. The more you dream, the farther you get. (Michael Phelps, swimmer, most successful Olympian of all time)

C'est loin de ses parents qu'un homme apprend à vivre. (Pierre Corneille, French tragedian)

May your choices reflect your hopes, not your fears. (Nelson Mandela, South-African revolutionary and politician)