

Cerebrovascular and peripheral vascular function in adults

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PROPOSITIONS

Belonging to the thesis

Cerebrovascular and peripheral vascular function in adults: Effects of exercise training, soy nuts and inorganic nitrate

1. A healthy lifestyle, consisting of sufficient physical activity and a healthy diet, is a cornerstone to prevent or attenuate age-related health problems, such as cardiovascular disease and cognitive impairment, which are important causes of morbidity and mortality worldwide. (World Health Organization)
2. Non-invasive perfusion arterial spin labeling is a sensitive non-invasive method to detect lifestyle-induced changes in cerebrovascular function. (This thesis, Chapter 2)
3. Physical exercise training increases regional blood flow in the anterior cingulate cortex but does not affect global cerebral blood flow. (This thesis, Chapters 3 and 4)
4. Exercise-induced changes in cerebrovascular function and peripheral vascular function are not associated. (This thesis, Chapter 4 and 5)
5. Longer-term soy nut consumption improves regional cerebral blood flow and psychomotor speed in older males and females. (This thesis, Chapter 6)
6. Improving peripheral glucose metabolism is not a prerequisite to change cerebral blood flow. (This thesis, Chapter 6)
7. Inorganic nitrate acutely increases in abdominally obese men regional insulin action in brain regions that are involved in the regulation of various metabolic and cognitive processes, as well as in processes underlying food intake. (This thesis, Chapter 7)
8. What's good for the heart is good for the brain. (Global Council on Brain Health, 2020)
9. Effects of a healthy lifestyle are not only important from an individual's perspective, but also contribute to the reduction of the health, social, and economic burden of cardiovascular disease and cognitive impairment. (Impact of this thesis)
10. Improving brain insulin action represents a therapeutic option for people at an increased risk of developing metabolic and cognitive diseases. (Kullmann et al., *Lancet Diabetes Endocrinol.* 2020; 8: 524–34)
11. Whoever is always seated and does no physical exercise - even if he eats only healthy food and follows medical advice - will always be sickly and weak. (Maimonides, medieval Jewish philosopher)