Propositions accompanying this thesis

Epidemiology of Diabetes: Risk Factors and Adverse Outcomes

1.   Obesity increases the risk of developing diabetes earlier in life and the amount of years individuals live with diabetes. As long as the obesity epidemic continues, we will observe more individuals living with diabetes and for a longer period of time *(this thesis)*.

2.   Sex hormones may play important role in diabetes development *(this thesis)*.

3.   Further studies with a longitudinal design are suggested to explore the potential value of bilirubin in diabetes prevention *(this thesis)*.

4.   The observational association between gamma glutamyl transferase (GGT) levels and type 2 diabetes might be due to confounding or reverse causation *(this thesis)*.

5.   Epigenetic features of type 2 diabetes and its risk factors (such as obesity, inflammation ect), together with other genomics and genetic data, offer new opportunities to understand the causes of diabetes *(this thesis)*.

6.   Differential methylation in *SLC7A11* (cg06690548), a gene involved in lipid metabolism as we experimentally have shown, is associated with GGT levels *(this thesis)*.

7.   A unique peripheral blood derived DNA methylation signature is associated with liver fat and may represent attractive therapeutic targets for liver steatosis *(this thesis)*.

8.   Achieving high value for patients through value-based medicine is a paradigm change necessary in diabetes management, and overall healthcare *(this thesis)*.

9.   Causal inference is a core task of science. The more we discuss the C-Word, the less dirty it sounds. *(Hernan MA, AJPH, 2018)*.

10. We need less research, better research, and research done for the right reasons *(Altman, BMJ, 1994)*.

11. I alone cannot change the world, but I can cast a stone across the waters to create many ripples *(Mother Theresa)*.

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