

University of Groningen

## Opportunities for improvement of cardiovascular risk management in patients with type 2 diabetes and chronic kidney disease

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## Opportunities for improvement of cardiovascular risk management in patients with type 2 diabetes and chronic kidney disease

### Integrated assessment of lifestyle habits and pharmacological intervention in routine clinical care

1. Integrated assessment of lifestyle and pharmacological treatment with respect to achieving treatment targets is important. *(This thesis)*
2. High magnesium intake, particularly magnesium derived from vegetables, might be protective of myocardial infarction in type 2 diabetes. *(This thesis)*
3. Objective assessment of physical activity provides remarkably different results compared to subjective assessment of physical activity, and is therefore of utmost importance for mapping lifestyle in routine clinical care. *(This thesis)*
4. Mineralocorticoid receptor antagonism may reduce future cardiovascular events by counteracting pro-inflammatory and pro-fibrotic effects of aldosterone, particularly in men and patients with renal function decline. *(This thesis)*
5. Patients with type 2 diabetes and renal function impairment likely have an increased intracellular cortisol exposure due to dysregulation of  $\beta$ -hydroxysteroid dehydrogenase enzymes. *(This thesis)*
6. No act of kindness, no matter how small, is ever wasted. *(Aesop)*
7. We are afraid to care too much, for fear that the other person does not care at all. *(Eleanor Roosevelt)*
8. A little nonsense now and then, is cherished by the wisest men. *(Roald Dahl)*
9. Success consists of going from failure to failure without loss of enthusiasm. *(Winston Churchill)*
10. Do not reward yourself with food, you are not a dog.