

Propositions accompanying the thesis:

Lifestyle in Cardiovascular Disease

1. Mind-body practices are popular and may be potentially useful in the primary prevention of CVD. - this thesis
2. Mindfulness training can be used in patients with structural heart disease to improve physical functioning. - this thesis
3. The measurement of long-term cortisol levels in hair can be used as a biomarker for chronic stress in patients with structural heart disease. - this thesis
4. The overwhelming burden of hypertension in low-and middle income countries can be targeted by lifestyle interventions as a first step in the prevention of cardiovascular disease. - this thesis
5. As with all interventions, lifestyle interventions need thorough methodological evaluation to investigate their effectiveness prior to widespread implementation in cardiovascular care. - this thesis
6. Trials that are not double blinded should not automatically be deemed inferior. - *Rothwell, Lancet 2002;359:696-700*
7. Stress management seems to have a favorable impact on cardiovascular health, but effects are difficult to disentangle from other lifestyle modifications that often occur at the same time. - *Steptoe, Nat Rev Cardiol 2012;9:360-370*
8. "The doctor of the future will give no medicines, but will interest his patients in the care of the human frame, in diet, and in the causes and prevention of disease."
- *Thomas Edison*
9. In cardiology, complaints of stress take on special prominence because the links between brain and heart are so obvious. - *Dimsdale - J Am Coll Cardiol 2008;51:1237-46*
10. "The good physician treats the disease; the great physician treats the patient who has the disease." - *Sir William Osler*
11. "It is what we make out of what we have, not what we are given, that separates one person from another." - *Nelson Mandela*