

Propositions accompanying the thesis:

### **Vitamin D and Cardio-metabolic Health in the Elderly, The Rotterdam Study**

1. Vitamin D3 supplementation is more effective in reducing mortality risk than supplementation with vitamin D2. (*this thesis*)
2. More than 15% of the elderly in Europe are severely deficient in vitamin D. (*this thesis*)
3. There is no evidence for a role of vitamin D in incidence of atrial fibrillation. (*this thesis*)
4. The association between vitamin D and serum lipids is probably bidirectional. (*this thesis*)
5. Future vitamin D research should focus on interaction between serum magnesium and vitamin D. (*this thesis*)
6. The major causes of vitamin D deficiency are lack of adequate vitamin D from dietary sources and avoidance of sensible sun exposure, amongst many others. (*Dr. Michael F. Holick*)
7. Humans make thousands of units of vitamin D within minutes of whole body exposure to sun light. From what we know of nature, it is unlikely such a system evolved by chance. (*Dr. John Cannell*)
8. Pharmacological ways are not the first option in cardiovascular disease prevention. A healthy lifestyle, including a good diet and exercise, should be promoted first. (*Dr. Oscar H. Franco*)
9. Everything in excess is opposed to nature. (*Hippocrates*)
10. There is only one way to avoid criticism: do nothing, say nothing, and be nothing. (*Aristotle*)
11. Every obstacle we face in our life is actually one more lesson to learn, an opportunity to grow and to become better version of ourselves. (*A. Vitezova*)