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Metabolic inflammation in hepatic and vascular disorders

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Metabolic inflammation in hepatic and vascular disorders

Strategies to attenuate disease development

1. Although metabolic overload is typically thought to be the result of caloric excess, dietary composition is also an important determinant of the metabolic inflammatory response, even when energy intake is not excessive (*this thesis*).
2. In order to draw meaningful conclusions from pre-clinical research it is critical that an experimental disease model reflects human pathogenesis and disease aetiology rather than merely reflecting the observed pathology.
3. Inflammation caused by metabolic overload is a promising target for the treatment of metabolic disease, especially when a sustainable reduction in metabolic overload cannot be achieved (*this thesis*).
4. Approaches that categorise dietary components as universally ‘good’ or ‘bad’ based on their average beneficial or detrimental health effect in the population may have limited utility for an individual (*Zeevi et al., Cell 2015*).
5. Statistical significance is an arbitrary convention that is frequently misused as a measure of publication worthiness.
6. Ask someone what constitutes a healthy diet, and 99 out of a 100 people will give you a clear-cut answer. The one person that is not sure is probably a nutrition scientist (adapted from: *Martijn Katan, Wat is nu gezond?*).