

## **The Ins and Outs of Open-Angle Glaucoma: drugs, diet, and defecation**

1. Untreated diabetes mellitus increases the risk of open-angle glaucoma, while treatment with metformin decreases this risk, even below that of healthy individuals (*this thesis*).
2. Use of systemic calcium channel blockers is associated with a higher prevalence of glaucoma (*this thesis*).
3. A healthy diet is more important for open-angle glaucoma patients than previously anticipated (*this thesis*).
4. A higher abundance of butyrate-producing taxa in the gut is associated with lower prevalence of glaucoma (*this thesis*).
5. The incidence of open-angle glaucoma is higher in females with increased serum testosterone levels: a genetic predisposition may underlie this association (*this thesis*).
6. The most susceptible populations worldwide may not benefit from the knowledge that adherence to a healthy diet can decrease the risk of glaucoma, due to insufficient access to the proposed food components.
7. People with dentophobia may be more prone to develop eye diseases as oral health is associated with eye health.
8. The principle of “what goes in must come out” is a cornerstone of science, emphasizing the importance of the quality of the input in determining the accuracy and validity of the output.
9. Supporting science involves valuing the opinions of scientists, even when their insights may challenge your beliefs or confront you with uncomfortable truths.
10. Really, I’m not working. I don’t work - I play! I do what I like. It happens to be experiments and that isn’t work, that’s enjoyment (*Oliver Smithies*).
11. Wit beyond measure is man’s greatest treasure (*Joanne Rowling*).