

Propositions

Connecting social health and the brain in older age:
a population perspective to biological mechanisms in dementia etiology

1. Good perceived social support is associated with better brain health in older age. (*This thesis*)
2. Understanding sex differences in both social health and brain health is fundamental to understanding the role of social health in dementia pathophysiology. (*This thesis*)
3. Volumetric changes in limbic brain structures beyond the hippocampus are associated with dementia risk. (*This thesis*)
4. Pets helped to alleviate loneliness and perceived social isolation during the COVID-19 pandemic. (*This thesis*)
5. The nature of marital status as a lifetime exposure allows for the interpretation of cross-sectional associations with brain health and immunity as longitudinal ones. (*This thesis*)
6. There has been a shift in physicians' expectations of their career, with medical schools producing graduates who tend to be more focused on achieving an acceptable work-life balance, not just because of a more balanced gender mix, but because society and successive generations have placed a higher value on work-life balance. -- *Harvey SB et al. Lancet. 2021;398(10303):920-930.*
7. Relational concepts don't translate into bubbled answer sheets -- *Brené Brown*
8. Efforts to 'join the club' are challenged through comments which betray the assimilative nature of this socializing culture. It is unknown whether those who attend [academic social events involving alcohol] but do not drink are considered as members of the 'club' or not? -- *Ramadan I. Gender and Education. 2022, 34(1), 33-48.*
9. Thesis writing significantly contributes to acute and chronic psychosocial stress, with ramifications on the HPA-axis and immune function of the candidate.
10. Receiving a diagnosis of an incurable disease lacking effective symptomatic therapy has profound effects on the patient's mental and social health, which are often overlooked by health professionals, though these may supersede any current physical health complaints.
11. You don't have to choose between being scientific and being compassionate -- *Robert Sapolsky*