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Opportunities for improvement of cardiovascular risk management in patients with type 2 diabetes and chronic kidney disease

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Opportunities for improvement of cardiovascular risk management in patients with type 2 diabetes and chronic kidney disease

Integrated assessment of lifestyle habits and pharmacological intervention in routine clinical care

1. Integrated assessment of lifestyle and pharmacological treatment with respect to achieving treatment targets is important. *(This thesis)*
2. High magnesium intake, particularly magnesium derived from vegetables, might be protective of myocardial infarction in type 2 diabetes. *(This thesis)*
3. Objective assessment of physical activity provides remarkably different results compared to subjective assessment of physical activity, and is therefore of utmost importance for mapping lifestyle in routine clinical care. *(This thesis)*
4. Mineralocorticoid receptor antagonism may reduce future cardiovascular events by counteracting pro-inflammatory and pro-fibrotic effects of aldosterone, particularly in men and patients with renal function decline. *(This thesis)*
5. Patients with type 2 diabetes and renal function impairment likely have an increased intracellular cortisol exposure due to dysregulation of β -hydroxysteroid dehydrogenase enzymes. *(This thesis)*
6. No act of kindness, no matter how small, is ever wasted. *(Aesop)*
7. We are afraid to care too much, for fear that the other person does not care at all. *(Eleanor Roosevelt)*
8. A little nonsense now and then, is cherished by the wisest men. *(Roald Dahl)*
9. Success consists of going from failure to failure without loss of enthusiasm. *(Winston Churchill)*
10. Do not reward yourself with food, you are not a dog.