

Stellingen behorende bij het proefschrift

Management and long-term outcome in obstructing colon cancer

1. Obstructing colon cancer patients have high postoperative mortality compared to patients without obstruction. (this thesis)
2. Obstructing colorectal cancer is a significant risk factor for development of metachronous distant metastases. (this thesis)
3. Patients with right-sided obstructing colon cancer have a worse 5-year overall survival (stage independent) compared to patients without obstruction. (this thesis)
4. Emergency resection is performed in the majority of Dutch patients presenting with right-sided obstructing colon cancer. (this thesis)
5. Optimisation prior to resection in patients presenting with obstructing colon cancer needs to be considered, while optimisation seems feasible and safe. (this thesis)
6. Prehabilitation while the patient is preparing to undergo surgery for colorectal carcinoma improves functional capacity; and might reduce postoperative overall complications. (Roberto Falz, J. Cancer Res Clin Oncol 2022)
7. Swimming, aerobics and racquet sports are associated with significantly reduced risk of all-cause and cardiovascular mortality. (Oja P, et al. Br J Sports Med 2017)
8. Try to learn something about everything and everything about something. (Thomas Huxley)
9. The covert observation of parking skills (COPS) of consultants showed that surgeons park fastest, followed by anaesthetists and radiologists, with physicians slowest. We would propose that if validated in similar studies, COPS could allow objective assessment of doctors in training and provide them with clear and unequivocal guidance to assist in specialty choice. (R. Scott McCain, BMJ 2010)
10. Success isn't about how much money you make; it's about the difference you make in people's lives. (Michelle Obama)
11. There is no way around the hard work. Embrace it. (Roger Federer)