

Stellingen

De rol diëtair kalium in tubulaire remodelling en niergezondheid

by Turgay Saritas

1. Body potassium homeostasis relies almost exclusively on tubule function – *this thesis*
2. Optical tissue clearing revealed tubule remodeling in three dimensions upon low dietary potassium intake – *this thesis*
3. Cullin 3 is critical for proper potassium handling and cell cycle within the tubule – *this thesis*
4. Higher adherence to potassium-rich dietary patterns associates with better kidney function and fewer comorbidities in patients with chronic kidney disease – *this thesis*
5. Low dietary intake of potassium is common in patients with adverse lifestyle factors and is associated with “unhealthy” biomarker profile – *this thesis*
6. Low dietary intake of potassium and hypokalemia are modifiable risk factors for chronic kidney disease
7. "Potassium is found in bananas and has long been associated with good health and vitality." – *Humphry Davy (1778-1829)*, discovered potassium
8. "Superficially, it might be said that the function of the kidneys is to make urine; but in a more considered view one can say that the kidneys make the stuff of philosophy itself." – *Homer W Smith (1985-1962)*
9. "Let food be thy medicine and medicine be thy food." – *Hippocrates*
10. "The greatest wealth is health." – *Virgil, ancient Roman poet*
11. "Life is like riding a bicycle. To keep your balance, you must keep moving." – *Albert Einstein (1879-1955)*