

Stellingen behorend bij het proefschrift

Caloric Restriction in Clinical Practice

Tailor-made preconditioning before surgery and chemotherapy

1. A low-calorie ketogenic diet contributes to weight loss and induces enhanced regression of hepatocellular adenomas. This selective population benefits from a tailor-made intervention, aimed at initiating weight loss to benefit their liver-related and overall health. ~ *This thesis*
2. Short-Term Fasting before living kidney donation does not unequivocally improve postoperative recovery. While not displaying the highly-anticipated benefits shown in animal models, it shows promises as it induces an improved recovery of kidney function. ~ *This thesis*
3. Randomised controlled trials investigating dietary interventions are vulnerable to bias. Incorporating an additional matching analysis with both historical and active controls enhances the representation of *no intervention* and supports more comprehensive epidemiological conclusions." ~ *This thesis*
4. Preoperative STF is safe, feasible and potentially beneficial in paediatric oncology care and justify studies with carefully tailor-made interventions. ~ *This thesis*
5. Treating colleagues to home-made brownies does not result in higher scores or higher appreciation of your presented findings on STF and Caloric Restriction. However, it is highly recommended and rewarding, as it boosts morale during long-term clinical studies. ~ *This thesis*
6. Consuming a diet high in plant-based foods and reducing intake of animal-derived and highly-processed foods confers benefits for both human health and environmental sustainability.
~ *Prof. Walter Willett, Harvard School of Public Health*
7. Simultaneous implementation of prehabilitation by physical exercise, reduced anaesthetic fasting times, and caloric restriction is highly feasible, has the potential to produce a synergistic effect and thereby improve postoperative recovery.
~ *Meißner et al (2023), Prehabilitation in elective surgical interventions – what must the general and abdominal surgeon know*
8. Mobile health applications and wearable devices are effective tools for promoting sustained behavior change, particularly in areas like physical activity and weight management, but their success is contingent on user engagement.
9. Data is like garbage. You'd better know what you are going to do with it before you collect it.
~ *Mark Twain*
10. Our greatest glory is not in never falling, but in rising every time we fall.
~ *Confucius*
11. The world is indeed full of peril, and in it there are many dark places; but still there is much that is fair, and though in all lands love is now mingled with grief, it grows perhaps the greater.
~ *J.R.R. Tolkien*