

# The Musculoskeletal System in Pompe disease

## *Pathology, consequences and treatment options*

1. Pompe patients with an advanced state of disease seem to have a greater proportion of type 2x muscle fibers than less severely affected patients. *(this thesis)*
2. Since low bone mineral density is a frequent finding in patients with Pompe disease, bone mineral status should be monitored at regular intervals. *(this thesis)*
3. Patients with Pompe disease have a lower lean body mass than healthy individuals. *(this thesis)*
4. The combination of aerobic, strength and core stability training, 3 times a week, is feasible and can be performed safely in mildly affected patients with Pompe disease. *(this thesis)*
5. Exercise training has a positive effect on endurance, muscle strength, core stability, fatigue, pain and mental health in mildly affected Pompe disease patients. *(this thesis)*
6. Het onderzoeken van predictoren is een belangrijke volgende stap om te komen tot een persoonlijk behandelplan bij de ziekte van Pompe.
7. What is spoken of as a “clinical picture” is not just a photograph of a man sick in bed; it is an impressionistic painting of the patient surrounded by his home, his work, his relations, his friends, his joys, sorrows, hopes and fears. *(Francis. W. Peabody, The Care of the Patient, JAMA 1927)*
8. Doelmatigheid in de zorg zal enkel worden verkregen door samenwerking, niet door concurrentie. *(mr.dr. E.H. Hulst, NRC Opinie 2010)*
9. Those who think they have no time for exercise will sooner or later have to find time for illness. *(Edward Stanley)*
10. The Ventoux is a god of Evil, to which sacrifices must be made. It never forgives weakness and extracts an unfair tribute of suffering. *(Roland Barthes)*
11. Shoot for the moon. Even if you miss, you'll land among the stars. *(Norman Vincent Peale)*

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