

Linking Gut to Skin

The Microbiome and Chronic Inflammatory Diseases

Hester Eppinga

1. Dysbiosis can either be the cause or consequence of chronic inflammation.
This thesis
2. Inflammatory bowel disease is a more severe disease when concurrent with psoriasis and/or hidradenitis suppurativa.
This thesis
3. It is known that inflammatory bowel disease, psoriasis and hidradenitis suppurativa have similar treatments, however multidisciplinary interventions are still lacking.
This thesis
4. Diet deserves more attention in inflammatory bowel disease research.
This thesis
5. There is no such thing as one inflammatory bowel disease-entity: identification of IBD-subsets is required and treatment needs to be individualised.
This thesis
6. The microbiome is equally as important to health as the immune system and genetic constitution.
7. The worsening health status of the microbiome is related to our modern lifestyle.
8. Self-care is the most vital health-care.
9. Linking Gut to Brain — Trust your gut feeling, it knows what your mind hasn't figured out yet.
10. The future belongs to those who can see opportunities before they get obvious.
Oscar Wilde
11. Just breathe.