

Propositions

1. Current smokers have >1 g/L lower serum immunoglobulin G levels than never smokers, while in former smokers serum immunoglobulin G levels approximate levels of never smokers, implying that smoking may be regarded as modifiable risk factor for low immune system status (this thesis)
2. At middle and older age, higher levels of serum immunoglobulin A and G, predominantly within the reference range, are associated with an increased risk of pulmonary and cardiovascular events, which may indicate that higher levels of these immunoglobulins denote chronic low-grade inflammation (this thesis)
3. Serum immunoglobulin A and G are associated with an increased risk of cardiovascular disease independent of classic cardiovascular risk factors and serum C-reactive protein, which may imply that these immunoglobulins could be regarded as novel cardiovascular risk factor (this thesis)
4. Detectable levels of thyroid peroxidase antibodies are associated with increased risks of all-cause and cause-specific mortality and may therefore be a marker of chronic low-grade inflammation in an older general population (this thesis)
5. Serum immunoglobulins are not associated with the incidence of stroke and dementia which may imply differential involvement of immunoglobulins in the pathophysiology of cerebral outcomes compared to cardiovascular outcomes (this thesis)
6. More studies are needed to unravel the association between immune system and risk of age-related diseases in the general population
7. Properly conducted observational studies can provide evidence for causal inference (Tyler J. VanderWeele, JAMA Psychiatry, 2021)
8. A fact acquires its true and full value only through the idea which is developed from it (Justus von Liebig)
9. Science never solves a problem without creating ten more (George Bernard Shaw)
10. In adherence to the principle of “primum non nocere”, all physicians should contribute to reducing the carbon footprint of the healthcare industry
11. Rivers know this: there is no hurry. We shall get there some day (A.A. Milne, Winnie the Pooh)