1. The current diagnostic methods for heart failure fall short in identifying cardiac dysfunction in individuals with obesity. *This thesis*

2. In patients with obesity, left ventricular global longitudinal strain and left atrial strain are more sensitive markers for cardiac dysfunction than conventional echocardiographic parameters. *This thesis*

3. Guidelines should recommend height squared as the preferred method of scaling left atrial volume in individuals with obesity, as the current standard, scaling left atrial volume to body surface area, leads to overcorrection of left atrial size. *This Thesis*

4. Future research should focus on investigating the diagnostic utility of biomarkers that are related to inflammation and fibrosis and their role in early identification of cardiac dysfunction in individuals with obesity. *This thesis*

5. Bariatric surgery improves cardiac function in patients with obesity without known cardiovascular disease. *This thesis*

6. A health care system has to care for the maintenance of individuals' wellbeing and reduce the number of times individuals become patients. *(European Journal of Preventive Cardiology, 2022)*

7. Mental stress and environmental stressors (e.g. climate change, air pollution, noise pollution), rather than classical risk factors (e.g. hypertension, high cholesterol, diabetes) are the cardiovascular risk factors of the future. *(Cardiovascular Research, 2021)*

8. People with obesity commonly face a pervasive, resilient form of social stigma. *(Nature Medicine, 2020)*

9. Both implicit and explicit bias may affect the objective evaluation of a scientific manuscript. *(Mayo Clinic Proceedings, 2019)*

10. The practice of yoga and mindfulness improves cardiovascular risk factors and should be recommended to patients with cardiovascular disease. *(Brain Sciences, 2021)*

11. Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women. - *Maya Angelou*