

# Stellingen

Behorende bij het proefschrift

## Patient Specific Insights into Thoracic Aortic Disease

1. It is essential to explain both the positive and negative effects of exercise to patients with thoracic aortic disease, and not just impose restrictions. – This thesis
2. Quality of life assessment is crucial in order to improve counselling and guidance needed for patients with (hereditary) thoracic aortic disease and their families. – This thesis
3. Biomarkers are an emerging readily available tool in risk prediction for patients with thoracic aortic disease. – This thesis
4. Although mortality and morbidity does not seem to be different in males and females with thoracic aortic dissection, there are clear differences in presentation, warranting male-female specific research. – This thesis
5. Reluctance towards performing elective aortic surgery in elderly patients might be overdone. – This thesis
6. The purpose of a doctor, or any human in general, should not be to simply delay the death of the patient, but to increase the person's quality of life. – Patch Adams
7. Resilient professionals can adapt to cultural and generational differences and new developments. – Paulo Freire
8. In clinical research males and females should be assessed separately, since they experience and report physical symptoms, quality of life and psychosocial burden differently.
9. Measuring all aspects determining quality of life is an impossible task.
10. Conquer yourself rather than the world. – René Descartes
11. Een blaar op je hersenen levert meer op dan 10 blaren op je handen. – Theo Peulen (Opa)