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Pre-Donation Body Composition and Its Impact on Living Kidney Donor Outcomes

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Propositions

accompanying this thesis

Pre-Donation Body Composition and Its Impact on Living Kidney Donor Outcomes

Lisa Westenberg

Groningen 19 March 2025

1. Body mass index is not an accurate measure of body composition and may under- or overestimate health risk in living kidney donors. – This thesis
2. Accurate measures of body composition, such as in-depth radiological analyses, should be the main focus of body composition related research in living kidney donors.– This thesis
3. An unfavorable pre-donation body composition negatively impacts kidney outcomes after living kidney donation. – This thesis
4. In living kidney donors with a body mass index below 35 kg/m² prior to donation, relatively high body mass index and central body fat distribution are not associated with incidence and severity of peri- and postoperative complications following donor nephrectomy. – This thesis
5. Establishing reference and cut-off values for low muscle mass and myosteatosis is of importance for the identification of living kidney donors or transplant recipients with sarcopenia and myosteatosis. – This thesis
6. High pre-donation computed tomography scan-measured abdominal fat levels negatively impact kidney function both before and after living kidney donation. – This thesis
7. Long-term kidney function in kidney transplant recipients is not affected by body composition parameters of their living kidney donors if donor body mass index is below 35 kg/m² . – This thesis
8. Realize deeply that the present moment is all you have. Make the ‘now’ the primary focus of your life. – Eckhart Tolle
9. A diverse mix of voices leads to better discussions, decisions, and outcomes for everyone. – Sundar Pichai
10. Intelligence without ambition is a bird without wings. – Salvador Dali