

University of Groningen

## Environmental and Genetic Origins of Hypertension

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Propositions accompanying the thesis

## **Environmental and Genetic Origins of Hypertension**

### **a life course perspective**

1. Hypertension has its origins in prenatal life and early childhood. (This thesis)
2. The biology of blood pressure is highly complex and influenced by thousands of genetic variants. (This thesis)
3. Genetic factors play an important role in blood pressure changes during puberty. (This thesis)
4. Adult-based genetic risk scores can be applied at an early age. (This thesis)
5. Couple-based prevention and intervention strategies may offer promise for hypertension management. (This thesis)
6. Increasing sample sizes will continue to yield discovery of additional loci and also improve genetic risk prediction for hypertension. (This thesis)
7. Genetic data can inform the risk for multiple diseases and help to guide personalized prevention and intervention strategies such as lifestyle modifications.
8. Alone we can do so little; together we can do so much. (Helen Keller)
9. Education is not an affair of telling and being told, but an active and constructive process. (John Dewey)
10. 路漫漫其修远兮，吾将上下而求索 (Long, long had been my road and far, far was the journey; I would go up and down to seek my heart's desire). (Chinese poem by Qu Yuan)

Tian Xie

Groningen, March 2022