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Lifestyle, heart rate and cardiovascular disease

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Stellingen behorende bij het proefschrift:

Lifestyle, heart rate and cardiovascular disease:

Novel insights from genomics and big data

1. Television watching captures a modality of sedentary behavior that is associated with an increased odds of developing coronary artery disease (this thesis).
2. Drinking coffee or tea does not appear to be linked to development of coronary artery disease or type 2 diabetes, although cautious interpretation is warranted as absence of evidence does not equal evidence of absence (this thesis).
3. Heart rate at rest, its variability, its increase during exercise, and its recovery after exercise, are not likely on the causal pathway to mortality, but reflect confounders or reversed causation instead (this thesis).
4. Higher genetically predicted resting heart rate decreases risk of atrial fibrillation, ischemic stroke and cardio-embolic stroke (this thesis).
5. Pleiotropic effects of resting heart rate associated variants on pulse pressure and atrial fibrillation likely underlie the association of genetically predicted resting heart rate with ischemic and cardio-embolic stroke, respectively (this thesis).
6. The predictive value of time-domain measurements of heart rate variability on mortality is largely driven by their dependency on resting heart rate (this thesis).
7. Measuring an individual's fitness level by assessing heart rate recovery as early as 10 seconds after exercise is superior to later time intervals (this thesis).
8. The genetic architecture of heart rate increase during exercise and recovery after exercise suggests the autonomic nervous system underlies the biology of intra-individual differences (this thesis).
9. Dutch probably have a heritable interest in the ECG given Einthoven's initial description in 1893 (Dr. Sek Kathiresan).
10. Genes load the gun, the environment pulls the trigger (Dr. George Bray).
11. Better Man (Paolo Nutini).
12. Kiek'n wat 't wordt (Tweets gezegde).

Yordi Jeroen van de Vegte