(Genetic) Epidemiology of Inflammation, Age-related Pathology and Longevity

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Propositions accompanying the dissertation entitled

(Genetic) Epidemiology of Inflammation, Age-related Pathology and Longevity

By Arthur A. Sas

1) A longitudinal study on inflammatory markers (rather than a crosssectional study) should be the standard in studying the stability of genetic and environmental factors over time (Chapter 3).

2) Publishing positive findings is much easier than publishing negative (non-significant) findings, because significant findings have a higher "news value". If this was not the case, fewer (retrospectively falsified) studies would be submitted (and accepted…) (Chapter 4).

3) The link between neuroticism and low-grade inflammation is not causal (Chapter 4).

4) Mathematical formulas describing survival curves are a useful tool to study biological principles and properties of ageing (Chapters 5 and 6).

5) The "tail" of the survivorship curves represents a subpopulation of healthier "average John and Jane" individuals (Gompertz Law, Chapters 5 and 6).

6) Population survival curves show that women live longer than men. This means that women are healthier than men (Chapters 5 and 6).

7) Low-grade inflammation is more predictive of longevity than markers like, for example telomere-length (Arai et al., EBioMedicine, 2015).

8) Markers of inflammation are useful targets for anti-aging therapy (Ridker et al., The Lancet, 2017).

9) Low-grade inflammation is a consequence, but not the cause, of the development of cardiovascular disease (Prins et al. Plos Med, 2016).

10) Kids who eat dirt stay healthier in later life (McDade, PNAS, 2012).

11) Based on my own experience as a physician, getting people to take anti-ageing medication will be as big of a challenge as developing new medication (Arthur Sas, 2019).

12) Being a surgeon is much easier than being a scientist (if something is unclear we ask the radiologist and if something is broken we fix it) (Arthur Sas, 2019).

13) Finishing a MD/PhD project before starting as a resident (arts-assistent) is essential for the progress and, ultimately finishing the project (Arthur Sas, 2019), because

14) Time and thus ageing makes everything go slower… (Salvador Dali, The persistence of memory. 1931; Arthur Sas, 2019).