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Hsp70 machinery vs protein aggregation

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Stellingen

Horend bij het proefschrift:

Hsp70 machinery vs protein aggregation

The role of chaperones in cellular protein homeostasis

Despina Serlidaki

1. Hsp70 chaperones are not interchangeable. They might be "siblings that look alike" but they can have different partners that provide them with different functionalities. (*This thesis*)
2. Protein aggregation is not only a cause but also a consequence of protein homeostasis imbalance, leading to the chicken or the egg dilemma about which one comes first. (*This thesis*)
3. There are currently different arguments in the field about whether aggregates are toxic or protective. However, the bottom line of these arguments is that the events leading to protein aggregation should be avoided on the first place. It is better to avoid a war than try to win it, as there will always be collateral damage.
4. Protein aggregation is a process involved in numerous different diseases (*Chiti, F & Dobson CM. Annual review of biochemistry 86 (2017): 27-68.*). Hence understanding and controlling it could improve the quality of lives of millions of people.
5. "Although systemic diseases take the biggest toll on human health and well-being, increasingly, a failing brain is the arbiter of a death preceded by a gradual loss of the essence of being." (*Wyss-Coray, T. Nature 539.7628 (2016): 180.*)
6. Caloric restriction is more and more associated with slowed aging, improved health and increased lifespan in various animal models (*Balasubramanian, P et al. EBioMedicine 21 (2017): 37-44*). Although aging is a multifactor event, there are indications that caloric restriction may be beneficial for humans as well (*Redman, LM et al. Cell metabolism 27.4 (2018): 805-815*).
As I always feared, I should consider start dieting.
7. I always believed that you should keep trying until you succeed. Research, however, taught me the importance of understanding when to stop – mainly to maintain your sanity.
8. "It's tempting to invest in rapid development at the cost of slow and steady (basic) research. [...] But unless we plant seeds today, there will be little fruit to harvest down the line. And as any biologist will tell you, fruit exists to ensure the existence of future generations – not as an end in itself." (*New Scientist 233.3113 (2017): 5*).
9. The most beautiful aspect of research is at the same time the most frustrating one: it never ends; for every question answered, multiple new questions arise.
10. A good thing about being a scientist is that you do not need to worry about finding other hobbies.
11. 2500 years ago, Pythagoras and Aristotle were already able to determine that the earth was round. Bearing this in mind, the increasing number of "flat-earth supporters" in 2019 should warn us there is something deeply wrong with some of our modern education systems.
12. "In the midst of the (Dutch) winter, I finally learned there was in me an invincible (Cretan) summer". (*Adapted from Camus, A "Retour à Tipasa." L'été (1954)*).