

University of Groningen

Obesity and Muscle

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Stellingen Proefschrift

1. Despite the global rise in obesity, there's a notable absence of validated methods to accurately (and easily) measure body composition and muscle mass in patients living with obesity. (this thesis)
2. Obesity is not just about excess weight, it's also about what makes up that weight. Focusing on body composition should be at the heart of understanding obesity. (this thesis)
3. In obesity, ultrasound is a promising low-cost and easy-to-use tool to measure body composition and better than current methods, such as bioelectrical impedance analysis and skin-fold thickness. (this thesis)
4. Low muscle mass is an important determinant of type 2 diabetes, however, the association of muscle mass with type 2 diabetes loses strength with increasing BMI, suggesting a detrimental role for fat mass. (this thesis)
5. Sarcopenic obesity is an emerging topic within obesity research. Guidelines for this condition are lacking in a population of people referred to a bariatric center. (this thesis)
6. In our approach to tackle obesity, we've become fixated on losing weight rather than prioritizing the reduction of fat content in the body. Preserving as much muscle mass as possible during weight loss should be one of the aims of the treatment of obesity. (this thesis)
7. "The current BMI classification system is misleading about the effects of body fat mass on mortality rates." – AMA Council on Science and Public Health 2023
8. "Obesity is not more special, but neither is it less special than our other chronic diseases" – Carel W. Le Roux
9. "Without data, you're just another person with an opinion" – W. Edwards Deming
10. "Do not be followed by its commonplace appearance. Like so many things, it is not what is outside, but what is inside that counts." - Aladdin