

# PROPOSITIONS ACCOMPANYING THIS THESIS

## GLANDULA THYREOIDEA ET SENESCENS

1. Current definition of thyroid dysfunction, based on the distribution of its laboratory measurements in the general population, should be reevaluated. An alternative health-based approach should be considered (this thesis)
2. Cardiovascular risk factors do not seem to mediate associations of thyroid function with cardiovascular or atherosclerotic disease; alternative pathways need to be identified (this thesis)
3. Thyroid-relevant adverse health outcomes are not restricted to cardiovascular disease and expand to brain health and other diseases of older age (this thesis)
4. FT4 serum concentrations rather than TSH serum concentrations are associated with clinically important end-points, including cardiovascular disease and cancer risk, suggesting a complimentary role for FT4 in thyroid health definition next to TSH (this thesis)
5. Questions answered by RCTs may be limited and results poorly generalizable. In thyroid research, individual participant data meta-analyses often form the best available scientific evidence (this thesis)
6. Categorizing thyroid function markers TSH and FT4 in etiological research has no added value unless biological relevance is evident
7. Meta-analyses of individual participant data should ideally be informed by a rigorous systematic review that searches for both published and unpublished studies (Ahmed I et al, BMJ, 2011)
8. "Can this number be interpreted as a causal effect?" is a key question for scientists and decision makers (Hernan MA, Ann Epidemiology, 2016)
9. Environmental factors influence organisms to develop new characteristics to ensure survival, thus transforming into new species. Animals that survive to breed can pass on their successful characteristics to offspring (Abu Uthman al-Jahith, 781-869)
10. Of course we don't know what we're doing, that's why it's called research (Albert Einstein)
11. My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style (Maya Angelou)