

ADIPOSE TISSUE AND THE KNEE

Role of inflammation on joint degeneration and cartilage repair

1. Unlike subcutaneous adipose tissue the infrapatellar fat pad is not influenced by obesity. *(this thesis)*
2. The infrapatellar fat pad of diseased joints secretes factors that negatively influence the knee environment for successful cartilage repair. *(this thesis)*
3. Macrophages play an important role in infrapatellar fat pad inflammation and can be modulated by medication. *(this thesis)*
4. Systemic metabolic and inflammatory changes in obesity do not always lead to cartilage damage. *(this thesis)*
5. Resistance to development of obesity-related metabolic and inflammatory changes is linked to cartilage repair. *(this thesis)*
6. In the long term, we would like to avoid surgery altogether and, instead, inject cells to repair the damaged knee.
7. From 'orthobiology' perspective, the surgeon should be more like a gardener rather than a carpenter. *Menetrey J, J. Knee Surg Sports Traumatol Arthrosc (2010)18: 1443*
8. Although technology can completely operate a process plant, human operators are still necessary to supervise the operation and to deal with the uncertainties and beyond the design situations. *Adapted from dr.ir. Wei ZG, "Mental load and performance at different automation levels", PhD Thesis, 1997*
9. What is now proved was once imagined. *William Blake*
10. Having a normal knee would make life much easier. *Andy Murray*
11. Be like the stem cell, differentiate yourself from other stem cells.