Propositions of this thesis:

Novel Risk Markers for Type 2 Diabetes

Inflammation, Body Fat and Sex Hormones

1. Both pro-inflammatory and anti-inflammatory markers are associated with the progression from normoglycemia to type 2 diabetes and need for insulin therapy in a phase-specific manner. (This thesis)

2. High overall antioxidant capacity of diet may lead to lower levels of pro-inflammatory adipocytokines and higher levels of anti-inflammatory adipocytokines. (This thesis)

3. Serum apoCIII levels as well as apoCIII-to-apoA1 ratio are associated with incident type 2 diabetes, independent of known risk factors. (This thesis)

4. Combined metabolic indices that include anthropometric and laboratory measures are strong risk markers associated with incident type 2 diabetes. (This thesis)

5. Dehydroepiandrosterone may have implications in preventive interventions for type 2 diabetes. (This thesis)

6. Markers of inflammation and immunity enable differentiation between the early preclinical and clinical phases of the disease, disease complications, and progression. (Grossmann V. et al. Diabetes Care 2015;38:1356-1364)

7. Observationally, low levels of HDL cholesterol are consistently associated with increased risk of type 2 diabetes. (Hasse CL et al. Diabetes 2015;64:3328-3333)

8. Change in visceral adiposity independently predicts risk of developing type 2 diabetes over 10 years. (Wander PL. et al. Diabetes Care 2013;36:289-293)

9. A sufficient intake of antioxidants plays a role in type 2 diabetes prevention. (Montonen J. et al. Diabetes Care 2004;27:1845)

10. It is an integral part of good doctoring to ask not only, 'What is the diagnosis, and what is the treatment?' but also, 'Why did this happen, and could it have been prevented?' (Rose G. Int J Epidemiol 1985;14:32-38)

11. Nobody has ever measured, not even poets, how much the heart can hold. (Zelda Fitzgerald)

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