

THE FINAL LAUNCH

UNDERSTANDING A CHANGED BETA CELL DYNAMICS IN T2D THROUGH INSULIN SYNTHESIS MEASUREMENTS *IN VIVO*

- 1) Human *in vivo* insulin synthesis is detectable with stable isotope labelled amino acids (*this thesis*).
- 2) In contrast to the glucose toxicity theory, insulin synthesis is increased in individuals with T2D (*this thesis*).
- 3) In-depth beta cell phenotyping for pathogenetic research will make T2D related GWAS great again (*this thesis*).
- 4) The concept that insulin resistance is primary, causing hyperinsulinemia, is fake news: it's the beta cells, stupid! (*this thesis*).
- 5) All beta cell and insulin sensitivity indices ever derived from plasma during a 75g OGTT do not need a recalculation round, as the accompanying but generally overlooked renal loss of glucose appears to have negligible impact on the overall numbers (*this thesis*).
- 6) Migrant South Asians seem to be more insulin resistant than white Europeans across the life course and potentially experience beta cell exhaustion at a younger age (*Lancet Diabetes Endocrinol. 2015 Dec;3(12):1004-16*).
- 7) The SPRINT study did not make the determination of the ideal systolic blood pressure a simple walkover.
- 8) The sky should not be the limit for artificial sweeteners.
- 9) A Feringa made nanocar does not drive on the designated highways of the cardiovascular disease continuum.
- 10) Compassion is the only reason why physicians are not replaced by computers yet.
- 11) Logic is the beginning of wisdom, not the end (*Mr. Spock, Star Trek VI: The Undiscovered Country*).