Modification of nucleos(t)ide analogue treatment in chronic hepatitis B

1. The addition of pegylated interferon in HBeAg-positive patients treated with nucleos(t)ide analogue who are interferon-naïve results in more HBeAg seroconversion.
   *(Based on this thesis)*

2. Patients should undergo at least 3 years of consolidation treatment before considering nucleos(t)ide analogue treatment discontinuation.
   *(Based on this thesis)*

3. Quantitative anti-HBc testing is useful in the selection of patients suitable for nucleos(t)ide analogue discontinuation.
   *(Based on this thesis)*

4. Biochemical relapse is very common in patients with persistently high HBV DNA levels after nucleos(t)ide analogue cessation, and such patients should therefore be retreated.
   *(Based on this thesis)*

5. HBsAg seroclearance remains the safest endpoint for nucleos(t)ide analogue discontinuation.
   *(Based on this thesis)*

6. ALT flares during long-term entecavir treatment are uncommon and virus-related flares in this setting are related to drug resistance or treatment non-compliance.
   *(Based on this thesis)*

7. Adherence to clinical follow-up is generally good in patients treated with nucleos(t)ide analogues with young patients or those with a language barrier being most at risk for non-adherence.
   *(Based on this thesis)*

8. “We should then acknowledge that statistical significance testing in the report of a single study gives only a partial picture, without knowing how much testing has been done outside the report and in the relevant field at large.”
   -John Ioannidis, PloS ONE, 2005

9. “It is, of course, laudable that patient satisfaction has become a high priority, but sometimes window-dressing efforts like fancy coffee in the waiting room get priority over things that might have an actual effect on health care.”
   -Danielle Ofri, What Patients Say, What Doctors Hear, 2017

10. “But while the patient does bear some responsibility, I believe that the onus falls more heavily on the doctor to be attuned to the factors--cultural, ethnic, or just personal style--that influence how patients present their symptoms.”
    -Danielle Ofri, What Doctors Feel: How Emotions Affect the Practice of Medicine, 2013

11. There is an inverse linear relationship between the hours of sleep and coffee intake.