

**Hearing Function and Brain Health in the Elderly:  
Interrelations and Risk Factors**

1. Ageing effects play a greater role in the association between hearing loss and cognitive decline than previously appreciated. (*This thesis*)
2. A healthy diet, healthy body weight and optimal vitamin D status carry the promise to slow down age-related deterioration of hearing function and brain health. (*This thesis*)
3. Atherosclerosis in the carotid artery affects hearing abilities, predominantly in the right ear. (*This thesis*)
4. Poorer hearing is related to lower microstructural integrity of the temporal lobe, hippocampus, limbic tracts and the uncinate fasciculus. (*This thesis*)
5. Tinnitus does not play a role in the association between hearing loss and neurodegeneration. (*This thesis*)
6. It is important to determine effects of hearing aid use on brain- and psychosocial health, as it is a relatively easy and inexpensive intervention, possibly resulting in lower health care costs and lower rates of hospitalization.
7. The true costs of Brexit on science are grossly underestimated in the ambition of Boris Johnson to lead the UK out of the European Union “come what may”. (*Nature Mater., 2019*)
8. An open-plan office area is lousy for optimal concentration and scientific performance. Because it is extremely complex for the brain to filter out background noise, every impulse is distracting. (*Concentratie, 2018*)
9. A vegetarian or plant-based diet not only has the potential to save our planet, it also carries the promise of promoting healthy ageing. (*Neuroepidemiology 1993; 12:28-36*)
10. COVID-19 maakt pijnlijk duidelijk dat marktwerking in de gezondheidszorg dramatisch is voor de continuïteit van de zorg in tijden van een pandemie.
11. “Niemand is intelligent genoeg om zijn eigen domheid te bevatten.” (*Theo Maassen*)