

PROPOSITIONS

1. Epigenetic signatures could serve as biomarkers for early diagnosis or disease progression in type 2 diabetes, and as novel targets for the design of new therapies (this thesis).
2. Sex-specific epigenetic changes may explain sex differences in cardiometabolic health (this thesis).
3. Statins treatment increase type 2 diabetes risk, which is partially mediated by methylation changes at gene *ABCG1* (this thesis).
4. The protective effect of coffee consumption against development of type 2 diabetes is partially explained by modulation of the inflammatory response (this thesis).
5. High uric acid levels are a risk factor for premature mortality and cardiovascular disease, especially for women and type 2 diabetes patients (this thesis).
6. A person's unique epigenome explains what genes alone cannot tell. Therefore, it should play a key role in precision medicine.
7. Through lifestyle changes, we have the power to lead our genes.
8. The observed health benefits of coffee consumption suggest that coffee should be a preferred beverage to take us throughout the day and to keep us healthy throughout life.
9. "Science and everyday life should not be separated." Rosalind Franklin, chemist who provided evidence of the molecular structure of DNA.
10. "There is no problem in science that can be solved by a man that cannot be solved by a woman." Vera Rubin, astrophysicist who discovered evidence of dark matter.
11. "Coming together is the beginning. Keeping together is progress. Working together is success." Henry Ford, developer of the assembly line technique of mass production.