

Children with Dilated Cardiomyopathy

Towards predicting outcome and optimizing treatment

1. Genetic testing is a valuable tool in risk stratification in children with dilated cardiomyopathy and should be incorporated in clinical care of *all* children with DCM, regardless of presumed disease etiology
(this thesis)
2. Unlike adult dilated cardiomyopathy, no up-regulation of compliant titin takes place in cardiomyocytes derived from children with end stage dilated cardiomyopathy - this might be a reflection of their limited capability to adapt to increased wall stress *(this thesis)*
3. Serial measurement of known risk factors for death or heart transplantation in children with dilated cardiomyopathy can identify children at the highest risk for adverse outcome *(this thesis)*
4. Despite a low early heart transplantation rate in the Dutch pediatric transplantation program, mortality on the waiting list is in line with international standards, and outcome after transplantation is favorable
(this thesis)
5. Children with dilated cardiomyopathy of 6 years and older show more depressive and anxiety problems than the Dutch norm population, therefore psychological evaluation should be standard of care
(this thesis)
6. Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way
Victor E. Frankl, psychiatrist and psychotherapist, 1905-1997
7. Art can contribute to the development of tolerance of ambiguity and the enhancement of empathy, both essential qualities of good doctors
M. Ethel et al, BMC Medical Education 2017
8. Isn't it funny how day by day nothing changes, but when you look back, everything is different
C.S. Lewis, Prins Caspian
9. There is a positive effect of physical activity in an alpine environment on mental health beyond that of physical activity itself
C. Ower et al, European Archives of Psychiatry and Clinical Neuroscience 2019
10. The secret of the care of the patient is in caring for the patient
Francis W. Peabody, physician, 1881-1927
11. Klimmen is een prachtige metafoor voor het leven - pas wanneer je vallen als wezenlijk onderdeel accepteert, is ware groei mogelijk
T. Meijer