

PROPOSITIONS

pertaining to the thesis 'Prognostic factors for clinical outcomes in patients with primary biliary cholangitis'

1. The patient characteristics of patients with PBC, along with clinical outcomes, have evolved over the past decades, consistent with an increase in age, milder disease stage, and improved clinical outcomes. (*this thesis*)
2. In order to optimize transplant-free survival of patients with PBC, the goals of treatment should be bilirubin below 0.6 times the upper limit of normal or ALP normalization. (*this thesis*)
3. Fibrosis stage should be considered during risk stratification for the need of second-line therapies for PBC as patients with biochemical response to UDCA and advanced fibrosis have diminished transplant-free survival. (*this thesis*)
4. While increased patient age is associated with improved response to UDCA and a lesser deviation from survival to that of the general population, male sex is not independently associated with either of these outcomes and thus not an inherent risk factor in PBC. (*this thesis*)
5. There is a need for simple risk stratification tools for patients with PBC to be used in non-expert settings and to determine the need for referral, for which the ABA assessment tool may be considered. (*this thesis*)
6. An apple a day may not keep the doctor away but is linked to reduced prescription use. (*Davis et al. JAMA Internal Medicine, 2015*)
7. Mobile technology could be considered as a means to improve medication adherence, particularly in chronic diseases. (*Thakkar et al. JAMA Internal Medicine, 2016*)
8. Academic achievement requires self-control, focusing on the long-term goals in the wake of momentary distractions. (*Duckworth et al. Annual Review of Psychology, 2019*)
9. Overall sleep patterns of quality and duration have an impact on academic performance. (*Okano et al. npj Science of Learning, 2019*)
10. Global shifts towards an energy-balanced and predominantly plant-based diet can reduce environmental impact and improve sustainability, particularly in high-income and middle-income countries. (*Springmann et al. The Lancet Planetary Health, 2018*)
11. Music is the universal language.