

**Environmental Exposures and Maternal and Child Health**  
***Focus on bisphenols, phthalates and smoking***

1. Adverse lifestyle related factors are associated with higher maternal concentrations of bisphenols and phthalates during pregnancy. (This thesis)
2. Preconception supplementation of methyl donors such as folic acid may counteract negative effects from bisphenols and phthalates on fecundability. (This thesis)
3. Maternal exposure to bisphenols and phthalates may induce subclinical changes in placental function. (This thesis)
4. Maternal exposure to bisphenols might reduce gestational weight gain, while phthalates seem to be associated with increased weight gain in the long-term. (This thesis)
5. Population strategies on smoking prevention should focus on both parents and start before, rather than during, pregnancy. (This thesis)
6. Environmental chemicals cannot be avoided completely. An attempt to avoid environmental chemicals could even be detrimental due to a potential non-monotonic dose-response relationship.
7. Pooling of multiple individual samples from each subject will likely decrease bias from measurement error in analyses of associations between phthalate biomarker concentrations and health outcomes. (Shin HM et al., 2019)
8. Education on healthy lifestyle behavior, especially during the preconception period, pregnancy and in early childhood, is the key to prevent non-communicable diseases.
9. Since modern lifestyle plays a crucial role in the etiology of non-communicable diseases, lifestyle medicine needs to be an integral part of our strategies to tackle the huge health threats we face today. (Pijl H, 2018)
10. PhD students might experience cognitive benefits from listening to music, but the type of music should accommodate the specific task.
11. The important thing is not to stop questioning. (Albert Einstein)

**Elise Philips**  
*12 januari 2021*