

Propositions accompanying the thesis:

Endogenous and Exogenous Glucocorticoids in Obesity and Stress-Related Diseases

Mesut Savaş

1. Effective obesity management should start with proper screening of underlying obesogenic factors. *(this thesis)*
2. Locally administered corticosteroids, in particular the inhaled administration forms, are associated with systemic glucocorticoid-related adverse events such as adiposity, metabolic syndrome, and cognitive as well as neuropsychiatric disorders. *(this thesis)*
3. Glucocorticoid receptor polymorphisms associated with relative glucocorticoid resistance or hypersensitivity could play a role in adverse cardiometabolic effects in users of corticosteroids. *(this thesis)*
4. Combined lifestyle intervention with cognitive behavioral therapy is related to beneficial improvements in anthropometric measurements and a decrease in long-term cortisol levels in individuals with obesity. *(this thesis)*
5. Scalp hair cortisol and cortisone are promising biomarkers in screening for endogenous Cushing's syndrome. *(this thesis)*
6. Sometimes a stressor can be the failure to provide something essential, and the absence of touch is seemingly one of the most marked developmental stressor that we can suffer. *(Robert Sapolsky in "Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping")*
7. Overweight and obesity are linked to more deaths worldwide than underweight. *(World Health Organization, fact sheet "Obesity and overweight", 2020)*
8. Even the most effective interventions will not be sufficient to reverse the obesity epidemic individually. Solutions need to be multifaceted, with initiatives throughout governments and across several sectors. *(Gortmaker et al., Lancet, 2011)*
9. Nothing in this world that is worth having comes easy. *("Dr. Bob Kelso" in Scrubs)*
10. Sabır acıdır, meyvesi tatlıdır. // Patience is bitter, but its fruit is sweet. *(Turkish proverb)*
11. Uzun ince bir yoldayım. Gidiyorum gündüz gece. Bilmiyorum ne haldeyim. Gidiyorum gündüz gece. // I am on a long and narrow road. I walk day and night. I do not know what state I am in. I walk day and night. *(Âşık Veysel Şatıroğlu)*