

Stellingen behorende bij het proefschrift

1. Sertoli cell dysfunction is more prevalent in males with Silver-Russell syndrome and could cause impaired reproductive function, thus gonadal function should be assessed during pubertal development and in early adulthood. (this thesis)
2. Combined treatment with growth hormone (GH) and 2 years of gonadotropin-releasing hormone agonist (GnRHa) in subjects born small for gestational age (SGA) has no long-term negative effects on cognition, health-related quality of life, self-perception and problem behaviour in early adulthood. (this thesis)
3. Additional 2 years of GnRHa treatment to GH treatment has no unfavorable effects on metabolic profile and bone health in early adulthood in subjects born SGA. (this thesis)
4. Adults born SGA with postnatal catch-up to a normal stature have at age 21- and 32-years insulin resistance, higher fat mass with central adiposity and an adverse lipid profile compared to age-matched adults born appropriate for gestational age (AGA), indicating a persistently unhealthy metabolic profile. (this thesis)
5. Long-term GH treatment in children born SGA has no adverse effects on metabolic and cardiovascular health up to 12 years after GH-cessation at age 30 years compared to appropriate, age-matched controls born SGA or AGA. (this thesis)
6. Rapid weight gain in the first 3 months of life is associated with an unfavorable cardiovascular and metabolic profile in early adulthood. (Leunissen et al., *JAMA*, 2009)
7. Adults with short stature are reported to be more likely to experience difficulties in areas of education, employment, relationships and friendships than adults with normal height. (Hensley et al., *Psychological reports*, 1987)
8. Educational systems that support the cognitive and behavioral skills of children – self-reliance, decision making, anxiety management, communication, and assertiveness – will enable them to thrive. (adapted from *Lancet*, 2021)
9. Clear exceptions for physical activity in nationwide lockdowns should allow for safe performance of outdoor physical activities and thus prevent the COVID-19 pandemic from generating unfavourable cardiovascular consequences due to acute cessation of physical activity. (Lippi et al., *European Journal of Preventive Cardiology*, 2020)
10. Confidence that one is of value and significance as a unique individual, is one of the most precious possessions which anyone can have. (A. Storr, *Solitude: A Return to the Self*, 1988)
11. When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking. (A. Conan Doyle)