

Stellingen behorende bij het proefschrift:

Pregnancy and Inflammatory Bowel Disease

perspectives from bench and bedside

1. Pregnancy hormones positively modulate the intestinal epithelial lining. *This thesis*
2. IBD-associated dysbiosis as assessed by microbial diversity disappears during middle and late pregnancy. *This thesis*
3. Immunological parameters improve in patients with IBD on pregnancy. *This thesis*
4. A lower rate of relapses is seen in the 4 years after delivery compared to the 3 years prior to a first pregnancy. *This thesis*
5. Having IBD during pregnancy has no effect on the health-related quality of life of children in the first 5 years of life. *This thesis*
6. IBD patients exhibited a less diverse gut microbiome compared to healthy individuals. *Tauqeer Alam et al. Gut Pathog 2020*
7. The complex interplay between the microbiota, the intestinal mucosa, and the immune system highlights the importance of a comprehensive approach to unravel the mechanisms underlying intestinal dysbiosis. *Aldars-García et al. Int J Mol Sci 2021*
8. Pregnancy constitutes a unique physiological state in which immune and microbial changes prepare the female body for fetal implantation, growth and nourishment. *Mor et al. Nat Rev Immunol 2017*
9. Heuristics and biases are impacting the clinical decision-making process. *Nelson-Piercy et al. BMC Health Services Research 2019*
10. Focusing on emotional control can and will lead to improved performance. *Lane et al. Endurance Performance in Sport 2019*
11. Everything is going to be fine in the end. If it's not fine, it's not the end. *Oscar Wilde*