## Stellingen

- 1. A high serum cholesterol increases the risk of ischemic stroke. (this thesis)
- The lower-the-better is not the optimal strategy for blood pressure treatment in elderly hypertensives.
   (this thesis)
- Genetic susceptibility plays a role in the etiology of stroke. (this thesis)
- Smokers should be encouraged to eat more fruits and vegetables and even more to give up smoking. (this thesis)
- 5. Events that would not occur can not be prevented.
- 6. The word validation is often abused and seldom defined.
- 7. Regression-towards-the-mean is a great friend of physicians, and a great challenge for researchers.
- 8. "It is better to be healthy than ill or dead. This is the beginning and the end of the real argument for preventive medicine. It is sufficient." (Geoffrey Rose)
- The essence of teaching is not that students understand the teacher but that the teacher understands the students.
- "Mountains are as high as man can climb." (Jana Huisman)
- 11. Holland is not flat.
- 12. A thesis is a small step for mankind, but a giant leap for a man.

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