Stellingen

1. A high serum cholesterol increases the risk of ischemic stroke.  
\textit{(this thesis)}

2. The lower-the-better is not the optimal strategy for blood pressure treatment in elderly hypertensives.  
\textit{(this thesis)}

3. Genetic susceptibility plays a role in the etiology of stroke.  
\textit{(this thesis)}

4. Smokers should be encouraged to eat more fruits and vegetables and even more to give up smoking.  
\textit{(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.”  
\textit{(Geoffrey Rose)}

9. The essence of teaching is not that students understand the teacher but that the teacher understands the students.

10. “Mountains are as high as man can climb.”  
\textit{(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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