

## **'Protein, Energy and Their Interaction in Critically Ill Children'**

1. Hyperglycemic critically ill newborn infants can effectively be treated according to a 'tight glucose control protocol', but require additional safety approaches. *(dit proefschrift)*
2. Acute stress' induced hyperglycemia in post-surgical infants can safely be prevented by a reduced glucose intake. *(dit proefschrift)*
3. The splanchnic uptake and utilization of the essential amino acid methionine differs with age in critically ill children. *(dit proefschrift)*
4. Both the quantity and quality of parenteral amino acid intakes currently provided to critically ill children of all age groups are inadequate. *(dit proefschrift)*
5. Insulin should not be used to induce anabolism in insulin resistant critically ill adolescents. *(dit proefschrift)*
6. From an evolutionary point of view, the 'non-essential' amino acids are in fact those which are truly essential.
7. The introduction of the '*journal of negative results*' emphasizes the underestimation of the importance of 'lack of effect' by other journals, which leads to an unrepresentative image of the truth.
8. The argument 'planet earth is incapable to feed its growing population' should not be used to explain the unacceptable high incidence of malnutrition (<http://www.fao.org>), while at the same time the incidence of overweight and obesity are even higher (<http://www.who.int/dietphysicalactivity/publications/facts/obesity>).
9. Efficient glucose and energy metabolism allow for nature's most impressive migrations. (*PLoS Biology* 2010;8(5);e10000362, *J Experimental Biology* 2010;213(17);3062-3073)
10. Stimulating Sinterklaas' popularity instead of Santa Claus' popularity in the Netherlands might be a valuable strategy to help prevent pediatric obesity. (*BMJ* 2009;339:1424-26, *J Pediatr Health Care* 1996;10:243-44)
11. Het nut van stellingen als proeve van bekwaamheid bij een proefschrift stammen uit de tijd waarin de mens nog maar vier smaken dacht te proeven.

'A life without travel is like reading a book without turning a page.'

(Augustinus, 354 – 430 AD)

I wish you all a nice journey

Sascha Verbruggen, 22 December 2010