

Non-Alcoholic Fatty Liver Disease. From patient to population.

1. Non-alcoholic fatty liver disease, diagnosed by ultrasonography, is present in one third of Dutch elderly individuals and is strongly associated with presence of the metabolic syndrome (this thesis).
2. Very low levels of serum alanine aminotransferase and aspartate aminotransferase are associated with higher all-cause mortality in older adults (this thesis).
3. The Fatty Liver Index identifies non-alcoholic fatty liver disease more accurately than single liver enzymes (this thesis).
4. Liver stiffness increases with age in older adults without common causes of chronic liver disease (this thesis).
5. Adiponectin may play an important role in the progression of non-alcoholic fatty liver disease. However, it has low clinical utility for distinguishing patients within the various spectra of disease (this thesis).
6. Non-alcoholic fatty liver disease will become the most common indication for liver transplantation between 2020 and 2025 (Gastroenterology. 2011;141(4):1249-53).
7. Policy interventions for obesity should be directed at the environment (helping to make healthy choices easier) rather than the individual (compelling to take healthy choices). (Lancet. 2011;378(9793):804-14)
8. A healthy lifestyle may counteract gene related risks (Arch Int Med. 2008;168(16):1791-7).
9. Drinking 3 cups of coffee a day may keep the NASH away (Hepatology. 2012; 55(2):429-36).
10. It is not the strongest of a species that survives, nor the most intelligent, but rather the one most adaptable to change (interpretation of Charles R. Darwin in Origin of Species (1859) by Leon C. Megginson. Southwestern Social Science Quarterly. 1963; 44(1): 3-13)
11. Non scholae, sed vitae discimus ('*We do not learn for the school, but for life*') (inversion from Seneca, Epistula CVI)