

## **Electronic Dissertation Oscar H. Franco Duran**

1. Faculty: FGG
2. Title: Cardiovascular Disease Prevention: from meta-analyses to life expectancies
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5. Stellingen:
  1. Physical activity not only prolongs total life expectancy but also life expectancy free of cardiovascular disease. (this thesis)
  2. Economic analyses need to increase transparency to reduce vulnerability to bias and increase reproducibility. (this thesis)
  3. A cost-effective pharmacological strategy to prevent cardiovascular disease should start with smoking-cessation for smokers and aspirin for men aged 45 and over with moderate and high risk. (this thesis)
  4. Although the Polypill theoretically is a highly effective intervention, the costs of the medication could be its caveat for implementing it in the primary prevention of cardiovascular disease. (this thesis)
  5. Pharmacological ways are not the first option in cardiovascular disease prevention. A healthy lifestyle, including a good diet and exercise, should be promoted first. (this thesis)
  6. If Jesus Christ would come back in the 21<sup>st</sup> century one of His central teachings would probably be the keystone of cardiovascular disease prevention: adoption of a healthy lifestyle.
  7. The recommendation for a healthy heart may one day be exercise, eat right and laugh a few times a day. (Michael Miller, MD, F.A.C.C., Centre for Preventive Cardiology at the University of Maryland Medical Centre)
  8. Let each of your acts be your last battle on earth. Only under those conditions will your acts have their rightful power. (Don Juan, Lord George Gordon Byron, 1788-1824)
  9. Imagination is more important than knowledge. Knowledge is limited whereas imagination embraces the entire world... stimulating progress, giving birth to evolutions. (Albert Einstein 1879-1955)
  10. All the knowledge I possess everyone else can acquire, but my heart is all my own. (The Sorrows of Young Werther, Johann Wolfgang von Goethe, 1749-1832)
  11. The shortest and most realistic formula of luck (L) results from a simple combination of faith (F) and hard work (HW). [L=F\*HW]