NUTRITION, IMMUNITY, INFECTION AND METABOLIC HEALTH IN ECUADOR

1. Zinc supplementation in children with low height-for-age Z score improves their DTH response and reduces the incidence of respiratory infections. The benefit reverses when the supplementation is stopped.  
   This thesis

2. Zinc supplements as an adjunct to the standard treatment does not have an effect on the clinical evolution of severe pneumonia in children.  
   This thesis

3. Children with a better zinc status resolve severe pneumonia faster.  
   This thesis

4. Metabolic syndrome (MetS) is highly prevalent in older Ecuadorian subjects, mainly in women.  
   This thesis

5. MetS is associated with vitamin C and vitamin E deficiency, but not with zinc deficiency, in older Ecuadorian subjects.  
   This thesis

6. The hypothalamic dysregulation of energy balance by overnutrition involves a neuron-specific, non-cytokine program through IKKβ/NF-κB.  

7. IL-6 has a homeostatic role in limiting obesity-associated insulin resistance and inflammation and defines a novel mechanism in the control of macrophage polarization.  
8. Major Histocompatibility Complex class II molecules are highly expressed on large adipocytes, this expression being linked to activation of the JNK-STAT1 pathway.  

9. Elderly women from low-income areas of Quito with a high BMI and waist circumference have higher serum hepcidin and CRP levels as compared to their lean counterparts.  

10. Adipose iNKT cells have an anti-inflammatory action on the function of macrophages.  

11. Brevity is the soul of wit.  
Shakespeare, Hamlet

Fernando Sempértegui Ontaneda  
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