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**Title:** Human longevity : crosstalk between the brain and periphery  
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1. Insulin, compared to glucose, may be a stronger indicator of micro-structural brain integrity in normo-glycemic older adults (this thesis).

2. Intranasal insulin selectively increases cortical and thalamic brain perfusion (this thesis).

3. Resting energy metabolism is not a major determinant of familial longevity (this thesis).

4. Although thyroid hormones influence brain function, subclinically elevated TSH does not associate with cognitive impairment in the elderly (this thesis).

5. A higher heart rate variability marks younger age, but not familial longevity (this thesis).


8. Since all the parts of our body—from the major structures to the tiny molecules—are constantly replaced or repaired, wear and tear does not fully explain ageing (Why Do We Grow Old? Awake! 5/06 pp. 4-6).

9. Gray hair is a crown of beauty (Proverbs 16:31, New World Translation).

10. Ageing is a matter of the mind. If you don’t mind, it doesn’t matter (Anonymous researcher, Schenectady Gazette, Researchers Say Heredity Affects Ageing, Schenectady, New York, 1968).

11. Life is not measured by the number of breaths that we take but the moments that take our breath away. – Vicki Corona, Tahitian Choreographies, 1989.