

# Non-Adherence to Disease-Modifying Antirheumatic Drugs in Early Arthritis

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1. Non-adherence to DMARDs hampers reaching low disease activity as measured with the DAS28 in RA patients in the first 6 months of treatment. (dit proefschrift)
2. In the first 6 months of early arthritis treatment, no valid adherence measure exists. (dit proefschrift)
3. The key factor in improving adherence is the rheumatologist's way of communication and the patients' trust in the physician. (dit proefschrift)
4. Patients that participate in adherence studies are more adherent than the general population and therefore studies overestimate adherence. (dit proefschrift)
5. Non-adherence in the first 3 months of treatment can be predicted by the patient's adjustment to pain, information seeking and having positive expectations about the course of the disease. (dit proefschrift)
6. The sympathetic nervous system and immune system can be voluntarily influenced through practicing easy to learn techniques such as breathing exercises, meditation and repeated exposure to cold, which has important implications for the treatment of auto-immune diseases. (Kox et al, PNAS 2014)
7. De meest genoemde vorm van verspilling in de zorg is het overhouden van op recept verkregen medicatie. (Meldpunt verspilling, ministerie van VWS)
8. Non-adherence to medication might be prevented through involvement of the patient in the treatment decision making process from the start of treatment on. (Sandman, Med Health Care and Philos 2012)
9. 'In so far as we make use of our healthy senses, the human being is the most powerful and exact scientific instrument as possible' (Goethe)
10. Because the amount of global food waste is more than enough to feed all the hungry people in the world, solving the food waste problem is not only just an environmental and economical obligation (Melikoglu et al Central European Journal of Engineering 2013)
11. 'Creativity is the greatest rebellion in existence' (Osho)