

Kostas Tsintzas

List of Publications by Year in descending order

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Version: 2024-02-01

71
papers

2,413
citations

218677

26
h-index

214800

47
g-index

71
all docs

71
docs citations

71
times ranked

3090
citing authors

#	ARTICLE	IF	CITATIONS
1	The causal role of breakfast in energy balance and health: a randomized controlled trial in obese adults. <i>American Journal of Clinical Nutrition</i> , 2016, 103, 747-756.	4.7	170
2	The causal role of breakfast in energy balance and health: a randomized controlled trial in lean adults. <i>American Journal of Clinical Nutrition</i> , 2014, 100, 539-547.	4.7	166
3	Circulating Fibroblast Growth Factor 21 Is Induced by Peroxisome Proliferator-Activated Receptor Agonists But Not Ketosis in Man. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2009, 94, 3594-3601.	3.6	128
4	Ingestion of a high-glycemic index meal increases muscle glycogen storage at rest but augments its utilization during subsequent exercise. <i>Journal of Applied Physiology</i> , 2005, 99, 707-714.	2.5	124
5	Human Muscle Glycogen Metabolism During Exercise. <i>Sports Medicine</i> , 1998, 25, 7-23.	6.5	121
6	Going Back to the Biology of FGF21: New Insights. <i>Trends in Endocrinology and Metabolism</i> , 2019, 30, 491-504.	7.1	98
7	Carbohydrate-electrolyte ingestion during intermittent high-intensity running. <i>Medicine and Science in Sports and Exercise</i> , 1999, 31, 1280-1286.	0.4	91
8	Transcriptomic analyses reveal rhythmic and CLOCK-driven pathways in human skeletal muscle. <i>ELife</i> , 2018, 7, .	6.0	87
9	Differential regulation of metabolic genes in skeletal muscle during starvation and refeeding in humans. <i>Journal of Physiology</i> , 2006, 575, 291-303.	2.9	80
10	Lipid-Induced Insulin Resistance Is Associated With an Impaired Skeletal Muscle Protein Synthetic Response to Amino Acid Ingestion in Healthy Young Men. <i>Diabetes</i> , 2015, 64, 1615-1620.	0.6	80
11	Two weeks of early time-restricted feeding (eTRF) improves skeletal muscle insulin and anabolic sensitivity in healthy men. <i>American Journal of Clinical Nutrition</i> , 2020, 112, 1015-1028.	4.7	64
12	An exploratory study of physical activity and perceived barriers to exercise in ambulant people with neuromuscular disease compared with unaffected controls. <i>Clinical Rehabilitation</i> , 2009, 23, 746-755.	2.2	62
13	Carbohydrate Availability and Muscle Energy Metabolism during Intermittent Running. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, 96-103.	0.4	59
14	Elevated Free Fatty Acids Attenuate the Insulin-Induced Suppression of PDK4 Gene Expression in Human Skeletal Muscle: Potential Role of Intramuscular Long-Chain Acyl-Coenzyme A. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2007, 92, 3967-3972.	3.6	58
15	PPAR γ agonism induces a change in fuel metabolism and activation of an atrophy programme, but does not impair mitochondrial function in rat skeletal muscle. <i>Journal of Physiology</i> , 2007, 583, 381-390.	2.9	57
16	Is breakfast the most important meal of the day?. <i>Proceedings of the Nutrition Society</i> , 2016, 75, 464-474.	1.0	56
17	A randomized controlled trial to isolate the effects of fasting and energy restriction on weight loss and metabolic health in lean adults. <i>Science Translational Medicine</i> , 2021, 13, .	12.4	56
18	FGF21 Is an Insulin-Dependent Postprandial Hormone in Adult Humans. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2017, 102, 3806-3813.	3.6	54

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19	IL-15 promotes human myogenesis and mitigates the detrimental effects of TNF α on myotube development. <i>Scientific Reports</i> , 2017, 7, 12997.	3.3	53
20	Carbohydrate-rich breakfast attenuates glycaemic, insulinaemic and ghrelin response to <i>ad libitum</i> lunch relative to morning fasting in lean adults. <i>British Journal of Nutrition</i> , 2015, 114, 98-107.	2.3	51
21	Exercise under hyperinsulinaemic conditions increases whole-body glucose disposal without affecting muscle glycogen utilisation in type 1 diabetes. <i>Diabetologia</i> , 2007, 50, 414-421.	6.3	41
22	Obese subcutaneous adipose tissue impairs human myogenesis, particularly in old skeletal muscle, via resistin-mediated activation of NF κ B. <i>Scientific Reports</i> , 2018, 8, 15360.	3.3	41
23	Impact of Muscle Glycogen Availability on the Capacity for Repeated Exercise in Man. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 123-131.	0.4	38
24	Increased Carbohydrate Oxidation after Ingesting Carbohydrate with Added Protein. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, 903-912.	0.4	34
25	Antibody-Mediated Inhibition of the FGFR1c Isoform Induces a Catabolic Lean State in Siberian Hamsters. <i>Current Biology</i> , 2015, 25, 2997-3003.	3.9	31
26	Vaspin promotes insulin sensitivity in elderly muscle and is upregulated in obesity. <i>Journal of Endocrinology</i> , 2019, 241, 31-43.	2.6	30
27	Fish oil omega-3 fatty acids partially prevent lipid-induced insulin resistance in human skeletal muscle without limiting acylcarnitine accumulation. <i>Clinical Science</i> , 2014, 127, 315-322.	4.3	29
28	Involvements of long noncoding RNAs in obesity-associated inflammatory diseases. <i>Obesity Reviews</i> , 2021, 22, e13156.	6.5	28
29	Phosphocreatine degradation in type I and type II muscle fibres during submaximal exercise in man: effect of carbohydrate ingestion. <i>Journal of Physiology</i> , 2001, 537, 305-311.	2.9	27
30	Increased Expression of Hepcidin and Toll-Like Receptors 8 and 10 in Viral Keratitis. <i>Cornea</i> , 2011, 30, 899-904.	1.7	26
31	Bath Breakfast Project (BBP) - Examining the role of extended daily fasting in human energy balance and associated health outcomes: Study protocol for a randomised controlled trial [ISRCTN31521726]. <i>Trials</i> , 2011, 12, 172.	1.6	24
32	Independent and combined effects of acute physiological hyperglycaemia and hyperinsulinaemia on metabolic gene expression in human skeletal muscle. <i>Clinical Science</i> , 2013, 124, 675-686.	4.3	22
33	Molecular adaptations of adipose tissue to 6 weeks of morning fasting vs. daily breakfast consumption in lean and obese adults. <i>Journal of Physiology</i> , 2018, 596, 609-622.	2.9	18
34	Reduced skeletal muscle protein balance in paediatric Crohn's disease. <i>Clinical Nutrition</i> , 2020, 39, 1250-1257.	5.0	17
35	Recent advances and future avenues in understanding the role of adipose tissue cross talk in mediating skeletal muscle mass and function with ageing. <i>GeroScience</i> , 2021, 43, 85-110.	4.6	17
36	Dual effects of fibroblast growth factor 21 on hepatic energy metabolism. <i>Journal of Endocrinology</i> , 2015, 227, 37-47.	2.6	16

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37	Influence of Post-Exercise Carbohydrate-Protein Ingestion on Muscle Glycogen Metabolism in Recovery and Subsequent Running Exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2016, 26, 572-580.	2.1	15
38	Postprandial Metabolism and Appetite Do Not Differ between Lean Adults that Eat Breakfast or Morning Fast for 6 Weeks. <i>Journal of Nutrition</i> , 2018, 148, 13-21.	2.9	14
39	Intermittent fasting, energy balance and associated health outcomes in adults: study protocol for a randomised controlled trial. <i>Trials</i> , 2018, 19, 86.	1.6	14
40	Effect of acute and short-term dietary fat ingestion on postprandial skeletal muscle protein synthesis rates in middle-aged, overweight, and obese men. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2020, 318, E417-E429.	3.5	14
41	Photoperiodic regulation of FGF21 production in the Siberian hamster. <i>Hormones and Behavior</i> , 2014, 66, 180-185.	2.1	13
42	Eccentric exercise increases circulating fibroblast activation protein \pm but not bioactive fibroblast growth factor 21 in healthy humans. <i>Experimental Physiology</i> , 2018, 103, 876-883.	2.0	13
43	Effect of acute hypohydration on glycemic regulation in healthy adults: a randomized crossover trial. <i>Journal of Applied Physiology</i> , 2019, 126, 422-430.	2.5	13
44	Intramyocellular lipid content and lipogenic gene expression responses following a single bout of resistance type exercise differ between young and older men. <i>Experimental Gerontology</i> , 2017, 93, 36-45.	2.8	12
45	Whole-body and adipose tissue-specific mechanisms underlying the metabolic effects of fibroblast growth factor 21 in the Siberian hamster. <i>Molecular Metabolism</i> , 2020, 31, 45-54.	6.5	12
46	Reduced adiposity attenuates FGF21 mediated metabolic improvements in the Siberian hamster. <i>Scientific Reports</i> , 2017, 7, 4238.	3.3	11
47	Six Weeks of Morning Fasting Causes Little Adaptation of Metabolic or Appetite Responses to Feeding in Adults with Obesity. <i>Obesity</i> , 2019, 27, 813-821.	3.0	11
48	Exploring mechanisms of fatigue during repeated exercise and the dose dependent effects of carbohydrate and protein ingestion: study protocol for a randomised controlled trial. <i>Trials</i> , 2014, 15, 95.	1.6	9
49	Metabolic and molecular changes associated with the increased skeletal muscle insulin action 24-48h after exercise in young and old humans. <i>Biochemical Society Transactions</i> , 2018, 46, 111-118.	3.4	9
50	Chronic effects of high-intensity interval training on postprandial lipemia in healthy men. <i>Journal of Applied Physiology</i> , 2019, 127, 1763-1771.	2.5	9
51	Effects of intermittent (5:2) or continuous energy restriction on basal and postprandial metabolism: a randomised study in normal-weight, young participants. <i>European Journal of Clinical Nutrition</i> , 2022, 76, 65-73.	2.9	9
52	Effect of exercise mode on blood glucose disposal during physiological hyperinsulinaemia in humans. <i>European Journal of Applied Physiology</i> , 2003, 89, 217-220.	2.5	8
53	Antibody-Mediated Targeting of the FGFR1c Isoform Increases Glucose Uptake in White and Brown Adipose Tissue in Male Mice. <i>Endocrinology</i> , 2017, 158, 3090-3096.	2.8	8
54	Displacing Sedentary Behaviour with Light Intensity Physical Activity Spontaneously Alters Habitual Macronutrient Intake and Enhances Dietary Quality in Older Females. <i>Nutrients</i> , 2020, 12, 2431.	4.1	8

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55	The Effects of Displacing Sedentary Behavior With Two Distinct Patterns of Light Activity on Health Outcomes in Older Adults (Implications for COVID-19 Quarantine). <i>Frontiers in Physiology</i> , 2020, 11, 574595.	2.8	8
56	Carbohydrate Ingestion Prior to Exercise Augments the Exercise-Induced Activation of the Pyruvate Dehydrogenase Complex in Human Skeletal Muscle. <i>Experimental Physiology</i> , 2000, 85, 581-586.	2.0	6
57	Metabolic Responses to Exercise after Carbohydrate Loads in Healthy Men and Women. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 1721-1727.	0.4	6
58	Effect of gender on fuel utilization during exercise at different intensities in untrained Thai individuals. <i>European Journal of Applied Physiology</i> , 2009, 107, 645-651.	2.5	6
59	Minimizing sedentary behavior (without increasing medium-to-vigorous exercise) associated functional improvement in older women is somewhat dependent on a measurable increase in muscle size. <i>Aging</i> , 2020, 12, 24081-24100.	3.1	6
60	Muscle Glycogen Utilization during Exercise after Ingestion of Alcohol. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 211-217.	0.4	4
61	Sarcopenic obesity is associated with telomere shortening: findings from the NHANES 1999-2002. <i>International Journal of Obesity</i> , 2022, 46, 437-440.	3.4	4
62	FGF21 contributes to metabolic improvements elicited by combination therapy with exenatide and pioglitazone in patients with type 2 diabetes. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2022, 323, E123-E132.	3.5	4
63	Exercise Metabolism in Nonobese Patients with Type 2 Diabetes Following the Acute Restoration of Normoglycaemia. <i>Journal of Diabetes Research</i> , 2017, 2017, 1-8.	2.3	3
64	Skeletal muscle anabolic and insulin sensitivity responses to a mixed meal in adult patients with active Crohn's disease. <i>Clinical Nutrition ESPEN</i> , 2021, 41, 305-313.	1.2	3
65	Skeletal Muscle Metabolic Gene Expression Is Not Affected by Dichloroacetate-Mediated Modulation of Substrate Utilisation. <i>Annals of Nutrition and Metabolism</i> , 2011, 58, 19-24.	1.9	2
66	Effect of carbohydrate-protein supplementation on endurance training adaptations. <i>European Journal of Applied Physiology</i> , 2020, 120, 2273-2287.	2.5	2
67	Acute effects of prior dietary fat ingestion on postprandial metabolic responses to protein and carbohydrate co-ingestion in overweight and obese men: A randomised crossover trial. <i>Clinical Nutrition</i> , 2022, 41, 1623-1635.	5.0	2
68	Post-Exercise Protein Trial: Interactions between Diet and Exercise (PEPTIDE): study protocol for randomized controlled trial. <i>Trials</i> , 2014, 15, 459.	1.6	1
69	OTH-003...Paediatric crohn's disease patients in remission have a reduced skeletal muscle protein balance after feeding. , 2018, , .		0
70	Endocrine and Metabolic Responses to Exercise. , 2012, , 1-28.		0
71	Lipid-induced insulin resistance is associated with impaired muscle protein synthetic response to amino acid ingestion in healthy young men (1168.2). <i>FASEB Journal</i> , 2014, 28, 1168.2.	0.5	0