

# Stefanos Kales

## List of Publications by Year in descending order

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Version: 2024-02-01

129  
papers

5,503  
citations

87888

38  
h-index

88630

70  
g-index

136  
all docs

136  
docs citations

136  
times ranked

5105  
citing authors

#	ARTICLE	IF	CITATIONS
1	Emergency Duties and Deaths from Heart Disease among Firefighters in the United States. <i>New England Journal of Medicine</i> , 2007, 356, 1207-1215.	27.0	448
2	Cardiovascular Disease in US Firefighters. <i>Cardiology in Review</i> , 2011, 19, 202-215.	1.4	327
3	A comprehensive meta-analysis on evidence of Mediterranean diet and cardiovascular disease: Are individual components equal?. <i>Critical Reviews in Food Science and Nutrition</i> , 2017, 57, 3218-3232.	10.3	325
4	The Prevalence of Overweight, Obesity, and Substandard Fitness in a Population-Based Firefighter Cohort. <i>Journal of Occupational and Environmental Medicine</i> , 2011, 53, 266-273.	1.7	224
5	Work-related COVID-19 transmission in six Asian countries/areas: A follow-up study. <i>PLoS ONE</i> , 2020, 15, e0233588.	2.5	186
6	Nut consumption on all-cause, cardiovascular, and cancer mortality risk: a systematic review and meta-analysis of epidemiologic studies. <i>American Journal of Clinical Nutrition</i> , 2015, 101, 783-793.	4.7	185
7	Firefighters and on-duty deaths from coronary heart disease: a case control study. <i>Environmental Health</i> , 2003, 2, 14.	4.0	165
8	Blood Pressure in Firefighters, Police Officers, and Other Emergency Responders. <i>American Journal of Hypertension</i> , 2009, 22, 11-20.	2.0	146
9	Acute Chemical Emergencies. <i>New England Journal of Medicine</i> , 2004, 350, 800-808.	27.0	143
10	Obesity and Cardiovascular Disease Risk Factors in Firefighters: A Prospective Cohort Study. <i>Obesity</i> , 2005, 13, 1756-1763.	4.0	132
11	COVID-19 symptoms predictive of healthcare workers' SARS-CoV-2 PCR results. <i>PLoS ONE</i> , 2020, 15, e0235460.	2.5	130
12	Predictors of On-Duty Coronary Events in Male Firefighters in the United States. <i>American Journal of Cardiology</i> , 2008, 101, 585-589.	1.6	119
13	The Obesity Epidemic and Future Emergency Responders. <i>Obesity</i> , 2009, 17, 1648-1650.	3.0	108
14	Extreme sacrifice: sudden cardiac death in the US Fire Service. <i>Extreme Physiology and Medicine</i> , 2013, 2, 6.	2.5	104
15	Firefighters' Physical Activity. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 1752-1759.	0.4	103
16	Nonadherence with Employer-Mandated Sleep Apnea Treatment and Increased Risk of Serious Truck Crashes. <i>Sleep</i> , 2016, 39, 967-975.	1.1	90
17	Sudden Cardiac Death Among Firefighters 45 Years of Age in the United States. <i>American Journal of Cardiology</i> , 2013, 112, 1962-1967.	1.6	87
18	Association between SARS-CoV-2 infection, exposure risk and mental health among a cohort of essential retail workers in the USA. <i>Occupational and Environmental Medicine</i> , 2021, 78, 237-243.	2.8	81

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19	Obesity and risk of job disability in male firefighters. <i>Occupational Medicine</i> , 2008, 58, 245-250.	1.4	80
20	Cardiovascular Strain of Firefighting and the Risk of Sudden Cardiac Events. <i>Exercise and Sport Sciences Reviews</i> , 2016, 44, 90-97.	3.0	77
21	Modified Mediterranean Diet Score and Cardiovascular Risk in a North American Working Population. <i>PLoS ONE</i> , 2014, 9, e87539.	2.5	73
22	Cardiorespiratory Fitness Predicts Cardiovascular Risk Profiles in Career Firefighters. <i>Journal of Occupational and Environmental Medicine</i> , 2011, 53, 1155-1160.	1.7	68
23	Employer-Mandated Sleep Apnea Screening and Diagnosis in Commercial Drivers. <i>Journal of Occupational and Environmental Medicine</i> , 2012, 54, 1017-1025.	1.7	68
24	The Relation of Emergency Duties to Cardiac Death Among US Firefighters. <i>American Journal of Cardiology</i> , 2019, 123, 736-741.	1.6	67
25	Metabolic Syndrome Is Inversely Related to Cardiorespiratory Fitness in Male Career Firefighters. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 2331-2337.	2.1	64
26	Healthy Lifestyle and Incidence of Metabolic Syndrome in the SUN Cohort. <i>Nutrients</i> , 2019, 11, 65.	4.1	63
27	Metabolomics and Microbiomes as Potential Tools to Evaluate the Effects of the Mediterranean Diet. <i>Nutrients</i> , 2019, 11, 207.	4.1	62
28	GNRI as a Prognostic Factor for Outcomes in Cancer Patients: A Systematic Review of the Literature. <i>Nutrition and Cancer</i> , 2021, 73, 391-403.	2.0	57
29	Correlates of Body Mass Index in Hazardous Materials Firefighters. <i>Journal of Occupational and Environmental Medicine</i> , 1999, 41, 589-595.	1.7	57
30	Association Between Push-up Exercise Capacity and Future Cardiovascular Events Among Active Adult Men. <i>JAMA Network Open</i> , 2019, 2, e188341.	5.9	55
31	Obstructive Sleep Apnea in North American Commercial Drivers. <i>Industrial Health</i> , 2014, 52, 13-24.	1.0	53
32	Recruit Fitness as a Predictor of Police Academy Graduation. <i>Occupational Medicine</i> , 2017, 67, 555-561.	1.4	52
33	Obstructive sleep apnea and psychomotor vigilance task performance. <i>Nature and Science of Sleep</i> , 2014, 6, 65.	2.7	50
34	Cancer Incidence and Mortality in Firefighters: A State-of-the-Art Review and Meta-Analysis. <i>Asian Pacific Journal of Cancer Prevention</i> , 2019, 20, 3221-3231.	1.2	50
35	Firefighter Heart Presumption Retirements in Massachusetts 1997-2004. <i>Journal of Occupational and Environmental Medicine</i> , 2006, 48, 1047-1053.	1.7	49
36	Mercury Exposure: Current Concepts, Controversies, and a Clinician's Experience. <i>Journal of Occupational and Environmental Medicine</i> , 2002, 44, 143-154.	1.7	48

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37	Law enforcement duties and sudden cardiac death among police officers in United States: case distribution study. <i>BMJ</i> , The, 2014, 349, g6534-g6534.	6.0	48
38	The Role of Collagen IX Tryptophan Polymorphisms in Symptomatic Intervertebral Disc Disease in Southern European Patients. <i>Spine</i> , 2004, 29, 1266-1270.	2.0	47
39	Soluble leptin receptor and leptin are associated with baseline adiposity and metabolic risk factors, and predict adiposity, metabolic syndrome, and glucose levels at 2-year follow-up: the Cyprus Metabolism Prospective Cohort Study. <i>Metabolism: Clinical and Experimental</i> , 2011, 60, 987-993.	3.4	41
40	Duty-related risk of sudden cardiac death among young US firefighters. <i>Occupational Medicine</i> , 2014, 64, 428-435.	1.4	41
41	Ambient temperature and subsequent COVID-19 mortality in the OECD countries and individual United States. <i>Scientific Reports</i> , 2021, 11, 8710.	3.3	41
42	Rationale and design of feeding America's bravest: Mediterranean diet-based intervention to change firefighters' eating habits and improve cardiovascular risk profiles. <i>Contemporary Clinical Trials</i> , 2017, 61, 101-107.	1.8	38
43	Circulating lipocalin 2 is associated with body fat distribution at baseline but is not an independent predictor of insulin resistance: the prospective Cyprus Metabolism Study. <i>European Journal of Endocrinology</i> , 2011, 165, 805-812.	3.7	36
44	Weight- perception in male career firefighters and its association with cardiovascular risk factors. <i>BMC Public Health</i> , 2012, 12, 480.	2.9	36
45	Circulating alanine transaminase (ALT) and Î³-glutamyl transferase (GGT), but not fetuin-A, are associated with metabolic risk factors, at baseline and at two-year follow-up: The prospective Cyprus Metabolism Study. <i>Metabolism: Clinical and Experimental</i> , 2014, 63, 773-782.	3.4	36
46	Firefighting and the Heart. <i>Circulation</i> , 2017, 135, 1296-1299.	1.6	35
47	Dietary Preferences and Nutritional Information Needs among Career Firefighters in the United States. <i>Global Advances in Health and Medicine</i> , 2015, 4, 16-23.	1.6	34
48	Mediterranean Diet and Workplace Health Promotion. <i>Current Cardiovascular Risk Reports</i> , 2014, 8, 416.	2.0	32
49	Pathoanatomic Findings Associated With Duty-Related Cardiac Death in US Firefighters: A Case-Control Study. <i>Journal of the American Heart Association</i> , 2018, 7, e009446.	3.7	31
50	A Survey of Stress Levels and Time Spent Across Law Enforcement Duties: Police Chief and Officer Agreement. <i>Policing (Oxford)</i> , 2014, 8, 109-122.	1.4	30
51	A retrospective analysis of cardiometabolic health in a large cohort of truck drivers compared to the American working population. <i>American Journal of Industrial Medicine</i> , 2018, 61, 103-110.	2.1	30
52	Low fitness is associated with exercise abnormalities among asymptomatic firefighters. <i>Occupational Medicine</i> , 2012, 62, 566-569.	1.4	29
53	Hematopoietic toxicity from lead-containing Ayurvedic medications. <i>Medical Science Monitor</i> , 2007, 13, CR295-8.	1.1	29
54	Effect of Body Mass Index on Left Ventricular Mass in Career Male Firefighters. <i>American Journal of Cardiology</i> , 2016, 118, 1769-1773.	1.6	28

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55	The Mediterranean lifestyle (MEDLIFE) index and metabolic syndrome in a non-Mediterranean working population. <i>Clinical Nutrition</i> , 2021, 40, 2494-2503.	5.0	25
56	Firefighters??? Blood Pressure and Employment Status on Hazardous Materials Teams in Massachusetts: A Prospective Study. <i>Journal of Occupational and Environmental Medicine</i> , 2002, 44, 669-676.	1.7	24
57	Incidence of Sudden Cardiac Death in a Young Active Population. <i>Journal of the American Heart Association</i> , 2015, 4, e001818.	3.7	24
58	Sociodemographic risk factors for coronavirus disease 2019 (COVID-19) infection among Massachusetts healthcare workers: A retrospective cohort study. <i>Infection Control and Hospital Epidemiology</i> , 2021, 42, 1473-1478.	1.8	23
59	Injuries Caused by Hazardous Materials Accidents. <i>Annals of Emergency Medicine</i> , 1997, 30, 598-603.	0.6	22
60	Firefightersâ€™ basal cardiac autonomic function and its associations with cardiorespiratory fitness. <i>Work</i> , 2019, 62, 485-495.	1.1	22
61	Return to work guidelines for the COVID-19 pandemic. <i>Occupational Medicine</i> , 2020, 70, 300-305.	1.4	22
62	Elevated Urine Arsenic: Un-Speciatied Results Lead to Unnecessary Concern and Further Evaluations. <i>Journal of Analytical Toxicology</i> , 2006, 30, 80-85.	2.8	21
63	Mediterranean diet â€“ promotion and dissemination of healthy eating: proceedings of an exploratory seminar at the Radcliffe institute for advanced study. <i>International Journal of Food Sciences and Nutrition</i> , 2022, 73, 158-171.	2.8	21
64	Carbon monoxide intoxication. <i>American Family Physician</i> , 1993, 48, 1100-4.	0.1	21
65	Obesity and Risk of LVH and ECG Abnormalities in US Firefighters. <i>Journal of Occupational and Environmental Medicine</i> , 2011, 53, 867-871.	1.7	17
66	Employer-mandated obstructive sleep apnea treatment and healthcare cost savings among truckers. <i>Sleep</i> , 2020, 43, .	1.1	17
67	Effects of universal masking on Massachusetts healthcare workersâ€™ COVID-19 incidence. <i>Occupational Medicine</i> , 2020, 70, 606-609.	1.4	17
68	Obstructive Sleep Apnea and Work Accidents: Time for Action. <i>Sleep</i> , 2016, 39, 1171-1173.	1.1	16
69	Survival Mediterranean Style: Lifestyle Changes to Improve the Health of the US Fire Service. <i>Frontiers in Public Health</i> , 2017, 5, 331.	2.7	16
70	A Mediterranean Lifestyle Is Associated With Lower Hypertension Prevalence and Better Aerobic Capacity Among New England Firefighter Recruits. <i>Journal of Occupational and Environmental Medicine</i> , 2020, 62, 466-471.	1.7	16
71	The Effects of a Mediterranean Diet Intervention on Targeted Plasma Metabolic Biomarkers among US Firefighters: A Pilot Cluster-Randomized Trial. <i>Nutrients</i> , 2020, 12, 3610.	4.1	16
72	Epidemiology of Hazardous Materials Responses by Massachusetts District HAZMAT Teams. <i>Journal of Occupational and Environmental Medicine</i> , 1996, 38, 394-400.	1.7	16

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73	Is There an Optimal Autonomic State for Enhanced Flow and Executive Task Performance?. <i>Frontiers in Psychology</i> , 2019, 10, 1716.	2.1	15
74	Understanding mindâ€“body disciplines: A pilot study of paced breathing and dynamic muscle contraction on autonomic nervous system reactivity. <i>Stress and Health</i> , 2019, 35, 542-548.	2.6	14
75	Association of the Modified Mediterranean Diet Score (mMDS) with Anthropometric and Biochemical Indices in US Career Firefighters. <i>Nutrients</i> , 2020, 12, 3693.	4.1	14
76	Evolving virulence? Decreasing COVID-19 complications among Massachusetts healthcare workers: a cohort study. <i>Pathogens and Global Health</i> , 2021, 115, 4-6.	2.3	14
77	The Effects of Fire Academy Training and Probationary Firefighter Status on Select Basic Health and Fitness Measurements. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 740-748.	0.4	14
78	The Association Between the Mediterranean Lifestyle Index and All-Cause Mortality in the Seguimiento Universidad de Navarra Cohort. <i>American Journal of Preventive Medicine</i> , 2020, 59, e239-e248.	3.0	13
79	Fitness for Duty Evaluations in Hazardous Materials Firefighters. <i>Journal of Occupational and Environmental Medicine</i> , 1998, 40, 925-931.	1.7	13
80	Sudden cardiac death in the fire service. <i>Occupational Medicine</i> , 2014, 64, 228-230.	1.4	12
81	Assessing Validity of Self-Reported Dietary Intake within a Mediterranean Diet Cluster Randomized Controlled Trial among US Firefighters. <i>Nutrients</i> , 2019, 11, 2250.	4.1	12
82	A Mediterranean lifestyle reduces the risk of cardiovascular disease in the â€œSeguimiento Universidad de Navarraâ€•(SUN) cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 1728-1737.	2.6	12
83	Obesity and health in the North American Fire Service: research points the way to positive culture change. <i>Occupational Medicine</i> , 2018, 68, 160-162.	1.4	10
84	Longitudinal trends in disaster-related insomnia among Fukushima nuclear plant workers: the Fukushima Nuclear Energy Workersâ€™ Support Project study. <i>Sleep</i> , 2019, 42, .	1.1	10
85	Medical Surveillance of Hazardous Materials Response Fire Fighters. <i>Journal of Occupational and Environmental Medicine</i> , 1997, 39, 238-247.	1.7	10
86	Barriers and solutions to improving nutrition among fire academy recruits: a qualitative assessment. <i>International Journal of Food Sciences and Nutrition</i> , 2019, 70, 771-779.	2.8	9
87	COVID-19 and healthcare workers: emerging patterns in Pamplona, Asia and Boston. <i>Occupational Medicine</i> , 2020, 70, 340-341.	1.4	9
88	Carboxyhemoglobin Levels in Patients With Cocaine-related Chest Pain. <i>Chest</i> , 1994, 106, 147-150.	0.8	7
89	Exercise-induced hypertension among healthy firefightersâ€”a comparison between two different definitions. <i>Journal of the American Society of Hypertension</i> , 2013, 7, 40-45.	2.3	7
90	Sleep and Transportation Safety. <i>Sleep Medicine Clinics</i> , 2019, 14, 499-508.	2.6	7

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91	Anthocyanin Intake and Physical Activity: Associations with the Lipid Profile of a US Working Population. <i>Molecules</i> , 2020, 25, 4398.	3.8	7
92	Long-term effect of continuous positive airway pressure therapy on blood pressure in patients with obstructive sleep apnea. <i>Scientific Reports</i> , 2021, 11, 19101.	3.3	7
93	Risk of Developing Metabolic Syndrome Is Affected by Length of Daily Siesta: Results from a Prospective Cohort Study. <i>Nutrients</i> , 2021, 13, 4182.	4.1	7
94	An Update and Review of Unconventional Metals Testing and Treatment. <i>Toxics</i> , 2014, 2, 403-416.	3.7	6
95	Recruit fitness and police academy performance: a prospective validation study. <i>Occupational Medicine</i> , 2019, 69, 541-548.	1.4	6
96	Focus groups to inform a nutrition intervention for career firefighters. <i>Clinical Nutrition and Metabolism</i> , 2018, 1, .	0.5	6
97	COVID-19 Symptoms Predictive of Healthcare Workersâ€™ SARS-CoV-2 PCR Results. <i>SSRN Electronic Journal</i> , 0, , .	0.4	6
98	Smoking Restrictions at Boston-Area Hospitals, 1990-1992. <i>Chest</i> , 1993, 104, 1589-1591.	0.8	5
99	SARS-CoV-2 antibody seroprevalence after the first wave among workers at a community healthcare system in the Greater Boston area. <i>Pathogens and Global Health</i> , 2021, 115, 331-334.	2.3	5
100	High hsCRP is associated with reduced lung function in structural firefighters. <i>American Journal of Industrial Medicine</i> , 2014, 57, 31-37.	2.1	4
101	Variants in ADIPOQ gene are linked to adiponectin levels and lung function in young males independent of obesity. <i>PLoS ONE</i> , 2020, 15, e0225662.	2.5	4
102	Sleep and Association With Cardiovascular Risk Among Midwestern US Firefighters. <i>Frontiers in Endocrinology</i> , 2021, 12, 772848.	3.5	4
103	Progression of chronic obstructive pulmonary disease after multiple episodes of an occupational inhalation fever. <i>Journal of Occupational Medicine</i> , 1994, 36, 75-8.	0.3	4
104	Effects of a healthy lifestyle intervention and COVID-19-adjusted training curriculum on firefighter recruits. <i>Scientific Reports</i> , 2022, 12, .	3.3	4
105	Continued effectiveness of COVID-19 vaccination among urban healthcare workers during delta variant predominance. <i>BMC Infectious Diseases</i> , 2022, 22, 457.	2.9	3
106	Risk of SARS-CoV-2 Infection Among Essential Workers in a Community-Based Cohort in the United States. <i>Frontiers in Public Health</i> , 2022, 10, .	2.7	3
107	A young woman concerned about mercury. <i>Cmaj</i> , 2016, 188, 133-134.	2.0	2
108	Cardiorespiratory fitness assessment among firefighters: Is the non-exercise estimate accurate?. <i>Work</i> , 2020, 67, 173-183.	1.1	2

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109	COVID-19 Vaccine Effectiveness in a Diverse Urban Health Care Worker Population. Mayo Clinic Proceedings, 2021, 96, 3180-3182.	3.0	2
110	Dietary patterns and their association with cardio-metabolic outcomes in US firefighters. European Journal of Public Health, 2020, 30, .	0.3	2
111	Pseudoelevation of carboxyhemoglobin levels in firefighters. Journal of Occupational Medicine, 1994, 36, 752-6.	0.3	2
112	Eating Habits among US Firefighters and Association with Cardiometabolic Outcomes. Nutrients, 2022, 14, 2762.	4.1	2
113	Pseudo-Latex Allergy Associated With Latex Paint Exposure: A Potential Cause of Iatrogenic Disability. Journal of Occupational and Environmental Medicine, 2006, 48, 83-88.	1.7	1
114	Composition of Human Gut Microbiota After a Mediterranean Diet Intervention Among Fire Fighters (OR23-05-19). Current Developments in Nutrition, 2019, 3, nzz040.OR23-05-19.	0.3	1
115	Association Between the COVID-19 Occupational Vulnerability Index and COVID-19 Severity and Sequelae Among Hospital Employees. Journal of Occupational and Environmental Medicine, 2021, 63, 895-900.	1.7	1
116	The Mediterranean Lifestyle (MEDLIFE) Index and Metabolic Syndrome in a US Working Population. Current Developments in Nutrition, 2021, 5, 1041.	0.3	1
117	Cardiovascular Risks of Firefighting. , 2016, , 175-189.		1
118	Fatigue in NTSB investigations 2013–2019: evidence of accidents and injuries. International Journal of Occupational Safety and Ergonomics, 2023, 29, 717-722.	1.9	1
119	Response to Obesity and Treadmill Exercise Duration in Hazmat Candidates Obesity, 2009, 17, 1981-1981.	3.0	0
120	Cardiac Rehabilitation in Firefighters. Baylor University Medical Center Proceedings, 2013, 26, 429-431.	0.5	0
121	Work-related COVID-19 transmission in six Asian countries/areas: A follow-up study. , 2020, 15, e0233588.		0
122	Work-related COVID-19 transmission in six Asian countries/areas: A follow-up study. , 2020, 15, e0233588.		0
123	Work-related COVID-19 transmission in six Asian countries/areas: A follow-up study. , 2020, 15, e0233588.		0
124	Work-related COVID-19 transmission in six Asian countries/areas: A follow-up study. , 2020, 15, e0233588.		0
125	COVID-19 symptoms predictive of healthcare workers' SARS-CoV-2 PCR results. , 2020, 15, e0235460.		0
126	COVID-19 symptoms predictive of healthcare workers' SARS-CoV-2 PCR results. , 2020, 15, e0235460.		0



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127	COVID-19 symptoms predictive of healthcare workersâ€™ SARS-CoV-2 PCR results. , 2020, 15, e0235460.		0
128	COVID-19 symptoms predictive of healthcare workersâ€™ SARS-CoV-2 PCR results. , 2020, 15, e0235460.		0
129	A Mediterranean Diet Nutrition Intervention Increases Adherence in Feeding Americaâ€™s Bravest: A Prospective, a Crossover Step-Wedge Cluster-Randomized Controlled Trial. Current Developments in Nutrition, 2022, 6, 366.	0.3	0