

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	Fatigue in NTSB investigations 2013–2019: evidence of accidents and injuries. <i>International Journal of Occupational Safety and Ergonomics</i> , 2023, 29, 717-722.	1.9	1
2	Mediterranean diet – 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
3	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
4	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
5	Effects of a healthy lifestyle intervention and COVID-19-adjusted training curriculum on firefighter recruits. <i>Scientific Reports</i> , 2022, 12, .	3.3	4
6	A Mediterranean Diet Nutrition Intervention Increases Adherence in Feeding America’s Bravest: A Prospective, a Crossover Step-Wedge Cluster-Randomized Controlled Trial. <i>Current Developments in Nutrition</i> , 2022, 6, 366.	0.3	0
7	Eating Habits among US Firefighters and Association with Cardiometabolic Outcomes. <i>Nutrients</i> , 2022, 14, 2762.	4.1	2
8	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
9	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
10	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
11	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
12	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
13	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
14	Association Between the “COVID-19 Occupational Vulnerability Index” and COVID-19 Severity and Sequelae Among Hospital Employees. <i>Journal of Occupational and Environmental Medicine</i> , 2021, 63, 895-900.	1.7	1
15	The Mediterranean Lifestyle (MEDLIFE) Index and Metabolic Syndrome in a US Working Population. <i>Current Developments in Nutrition</i> , 2021, 5, 1041.	0.3	1
16	A Mediterranean lifestyle reduces the risk of cardiovascular disease in the “Seguimiento Universidad de Navarra” (SUN) cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 1728-1737.	2.6	12
17	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
18	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

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19	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
20	COVID-19 Vaccine Effectiveness in a Diverse Urban Health Care Worker Population. <i>Mayo Clinic Proceedings</i> , 2021, 96, 3180-3182.	3.0	2
21	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
22	Sleep and Association With Cardiovascular Risk Among Midwestern US Firefighters. <i>Frontiers in Endocrinology</i> , 2021, 12, 772848.	3.5	4
23	Employer-mandated obstructive sleep apnea treatment and healthcare cost savings among truckers. <i>Sleep</i> , 2020, 43, .	1.1	17
24	Anthocyanin Intake and Physical Activity: Associations with the Lipid Profile of a US Working Population. <i>Molecules</i> , 2020, 25, 4398.	3.8	7
25	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
26	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
27	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
28	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
29	Cardiorespiratory fitness assessment among firefighters: Is the non-exercise estimate accurate?. <i>Work</i> , 2020, 67, 173-183.	1.1	2
30	Work-related COVID-19 transmission in six Asian countries/areas: A follow-up study. <i>PLoS ONE</i> , 2020, 15, e0233588.	2.5	186
31	Return to work guidelines for the COVID-19 pandemic. <i>Occupational Medicine</i> , 2020, 70, 300-305.	1.4	22
32	COVID-19 symptoms predictive of healthcare workers' SARS-CoV-2 PCR results. <i>PLoS ONE</i> , 2020, 15, e0235460.	2.5	130
33	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
34	COVID-19 and healthcare workers: emerging patterns in Pamplona, Asia and Boston. <i>Occupational Medicine</i> , 2020, 70, 340-341.	1.4	9
35	Effects of universal masking on Massachusetts healthcare workers' COVID-19 incidence. <i>Occupational Medicine</i> , 2020, 70, 606-609.	1.4	17
36	Dietary patterns and their association with cardio-metabolic outcomes in US firefighters. <i>European Journal of Public Health</i> , 2020, 30, .	0.3	2

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37	Work-related COVID-19 transmission in six Asian countries/areas: A follow-up study. , 2020, 15, e0233588.		0
38	Work-related COVID-19 transmission in six Asian countries/areas: A follow-up study. , 2020, 15, e0233588.		0
39	Work-related COVID-19 transmission in six Asian countries/areas: A follow-up study. , 2020, 15, e0233588.		0
40	Work-related COVID-19 transmission in six Asian countries/areas: A follow-up study. , 2020, 15, e0233588.		0
41	COVID-19 symptoms predictive of healthcare workersâ€™ SARS-CoV-2 PCR results. , 2020, 15, e0235460.		0
42	COVID-19 symptoms predictive of healthcare workersâ€™ SARS-CoV-2 PCR results. , 2020, 15, e0235460.		0
43	COVID-19 symptoms predictive of healthcare workersâ€™ SARS-CoV-2 PCR results. , 2020, 15, e0235460.		0
44	COVID-19 symptoms predictive of healthcare workersâ€™ SARS-CoV-2 PCR results. , 2020, 15, e0235460.		0
45	Understanding mindâ€™body disciplines: A pilot study of paced breathing and dynamic muscle contraction on autonomic nervous system reactivity. Stress and Health, 2019, 35, 542-548.	2.6	14
46	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
47	Is There an Optimal Autonomic State for Enhanced Flow and Executive Task Performance?. Frontiers in Psychology, 2019, 10, 1716.	2.1	15
48	Recruit fitness and police academy performance: a prospective validation study. Occupational Medicine, 2019, 69, 541-548.	1.4	6
49	Assessing Validity of Self-Reported Dietary Intake within a Mediterranean Diet Cluster Randomized Controlled Trial among US Firefighters. Nutrients, 2019, 11, 2250.	4.1	12
50	Metabolomics and Microbiomes as Potential Tools to Evaluate the Effects of the Mediterranean Diet. Nutrients, 2019, 11, 207.	4.1	62
51	Firefightersâ€™ basal cardiac autonomic function and its associations with cardiorespiratory fitness. Work, 2019, 62, 485-495.	1.1	22
52	Longitudinal trends in disaster-related insomnia among Fukushima nuclear plant workers: the Fukushima Nuclear Energy Workersâ€™ Support Project study. Sleep, 2019, 42, .	1.1	10
53	Barriers and solutions to improving nutrition among fire academy recruits: a qualitative assessment. International Journal of Food Sciences and Nutrition, 2019, 70, 771-779.	2.8	9
54	Association Between Push-up Exercise Capacity and Future Cardiovascular Events Among Active Adult Men. JAMA Network Open, 2019, 2, e188341.	5.9	55

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55	Sleep and Transportation Safety. <i>Sleep Medicine Clinics</i> , 2019, 14, 499-508.	2.6	7
56	The Relation of Emergency Duties to Cardiac Death Among US Firefighters. <i>American Journal of Cardiology</i> , 2019, 123, 736-741.	1.6	67
57	Healthy Lifestyle and Incidence of Metabolic Syndrome in the SUN Cohort. <i>Nutrients</i> , 2019, 11, 65.	4.1	63
58	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
59	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
60	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
61	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
62	Focus groups to inform a nutrition intervention for career firefighters. <i>Clinical Nutrition and Metabolism</i> , 2018, 1, .	0.5	6
63	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
64	Firefighting and the Heart. <i>Circulation</i> , 2017, 135, 1296-1299.	1.6	35
65	Recruit Fitness as a Predictor of Police Academy Graduation. <i>Occupational Medicine</i> , 2017, 67, 555-561.	1.4	52
66	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
67	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
68	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
69	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
70	Obstructive Sleep Apnea and Work Accidents: Time for Action. <i>Sleep</i> , 2016, 39, 1171-1173.	1.1	16
71	Nonadherence with Employer-Mandated Sleep Apnea Treatment and Increased Risk of Serious Truck Crashes. <i>Sleep</i> , 2016, 39, 967-975.	1.1	90
72	A young woman concerned about mercury. <i>Cmaj</i> , 2016, 188, 133-134.	2.0	2

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73	Cardiovascular Risks of Firefighting. , 2016, , 175-189.		1
74	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
75	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
76	Incidence of Sudden Cardiac Death in a Young Active Population. <i>Journal of the American Heart Association</i> , 2015, 4, e001818.	3.7	24
77	Obstructive sleep apnea and psychomotor vigilance task performance. <i>Nature and Science of Sleep</i> , 2014, 6, 65.	2.7	50
78	Obstructive Sleep Apnea in North American Commercial Drivers. <i>Industrial Health</i> , 2014, 52, 13-24.	1.0	53
79	Mediterranean Diet and Workplace Health Promotion. <i>Current Cardiovascular Risk Reports</i> , 2014, 8, 416.	2.0	32
80	Sudden cardiac death in the fire service. <i>Occupational Medicine</i> , 2014, 64, 228-230.	1.4	12
81	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
82	Duty-related risk of sudden cardiac death among young US firefighters. <i>Occupational Medicine</i> , 2014, 64, 428-435.	1.4	41
83	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
84	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
85	Circulating alanine transaminase (ALT) and γ -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
86	An Update and Review of Unconventional Metals Testing and Treatment. <i>Toxics</i> , 2014, 2, 403-416.	3.7	6
87	Modified Mediterranean Diet Score and Cardiovascular Risk in a North American Working Population. <i>PLoS ONE</i> , 2014, 9, e87539.	2.5	73
88	Extreme sacrifice: sudden cardiac death in the US Fire Service. <i>Extreme Physiology and Medicine</i> , 2013, 2, 6.	2.5	104
89	Exercise-induced hypertension among healthy firefighters—a comparison between two different definitions. <i>Journal of the American Society of Hypertension</i> , 2013, 7, 40-45.	2.3	7
90	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

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91	Cardiac Rehabilitation in Firefighters. Baylor University Medical Center Proceedings, 2013, 26, 429-431.	0.5	0
92	Low fitness is associated with exercise abnormalities among asymptomatic firefighters. Occupational Medicine, 2012, 62, 566-569.	1.4	29
93	Employer-Mandated Sleep Apnea Screening and Diagnosis in Commercial Drivers. Journal of Occupational and Environmental Medicine, 2012, 54, 1017-1025.	1.7	68
94	Metabolic Syndrome Is Inversely Related to Cardiorespiratory Fitness in Male Career Firefighters. Journal of Strength and Conditioning Research, 2012, 26, 2331-2337.	2.1	64
95	Weight- perception in male career firefighters and its association with cardiovascular risk factors. BMC Public Health, 2012, 12, 480.	2.9	36
96	Cardiorespiratory Fitness Predicts Cardiovascular Risk Profiles in Career Firefighters. Journal of Occupational and Environmental Medicine, 2011, 53, 1155-1160.	1.7	68
97	Cardiovascular Disease in US Firefighters. Cardiology in Review, 2011, 19, 202-215.	1.4	327
98	The Prevalence of Overweight, Obesity, and Substandard Fitness in a Population-Based Firefighter Cohort. Journal of Occupational and Environmental Medicine, 2011, 53, 266-273.	1.7	224
99	Obesity and Risk of LVH and ECG Abnormalities in US Firefighters. Journal of Occupational and Environmental Medicine, 2011, 53, 867-871.	1.7	17
100	Firefighters' Physical Activity. Medicine and Science in Sports and Exercise, 2011, 43, 1752-1759.	0.4	103
101	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. Metabolism: Clinical and Experimental, 2011, 60, 987-993.	3.4	41
102	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. European Journal of Endocrinology, 2011, 165, 805-812.	3.7	36
103	Response to Obesity and Treadmill Exercise Duration in Hazmat Candidates. Obesity, 2009, 17, 1981-1981.	3.0	0
104	The Obesity Epidemic and Future Emergency Responders. Obesity, 2009, 17, 1648-1650.	3.0	108
105	Blood Pressure in Firefighters, Police Officers, and Other Emergency Responders. American Journal of Hypertension, 2009, 22, 11-20.	2.0	146
106	Predictors of On-Duty Coronary Events in Male Firefighters in the United States. American Journal of Cardiology, 2008, 101, 585-589.	1.6	119
107	Obesity and risk of job disability in male firefighters. Occupational Medicine, 2008, 58, 245-250.	1.4	80
108	Emergency Duties and Deaths from Heart Disease among Firefighters in the United States. New England Journal of Medicine, 2007, 356, 1207-1215.	27.0	448

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109	Hematopoietic toxicity from lead-containing Ayurvedic medications. <i>Medical Science Monitor</i> , 2007, 13, CR295-8.	1.1	29
110	Firefighter Heart Presumption Retirements in Massachusetts 1997-2004. <i>Journal of Occupational and Environmental Medicine</i> , 2006, 48, 1047-1053.	1.7	49
111	Pseudo-Latex Allergy Associated With Latex Paint Exposure: A Potential Cause of Iatrogenic Disability. <i>Journal of Occupational and Environmental Medicine</i> , 2006, 48, 83-88.	1.7	1
112	Elevated Urine Arsenic: Un-Speciatiated Results Lead to Unnecessary Concern and Further Evaluations. <i>Journal of Analytical Toxicology</i> , 2006, 30, 80-85.	2.8	21
113	Obesity and Cardiovascular Disease Risk Factors in Firefighters: A Prospective Cohort Study. <i>Obesity</i> , 2005, 13, 1756-1763.	4.0	132
114	Acute Chemical Emergencies. <i>New England Journal of Medicine</i> , 2004, 350, 800-808.	27.0	143
115	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
116	Firefighters and on-duty deaths from coronary heart disease: a case control study. <i>Environmental Health</i> , 2003, 2, 14.	4.0	165
117	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
118	Mercury Exposure: Current Concepts, Controversies, and a Clinic's Experience. <i>Journal of Occupational and Environmental Medicine</i> , 2002, 44, 143-154.	1.7	48
119	Correlates of Body Mass Index in Hazardous Materials Firefighters. <i>Journal of Occupational and Environmental Medicine</i> , 1999, 41, 589-595.	1.7	57
120	Fitness for Duty Evaluations in Hazardous Materials Firefighters. <i>Journal of Occupational and Environmental Medicine</i> , 1998, 40, 925-931.	1.7	13
121	Injuries Caused by Hazardous Materials Accidents. <i>Annals of Emergency Medicine</i> , 1997, 30, 598-603.	0.6	22
122	Medical Surveillance of Hazardous Materials Response Fire Fighters. <i>Journal of Occupational and Environmental Medicine</i> , 1997, 39, 238-247.	1.7	10
123	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
124	Carboxyhemoglobin Levels in Patients With Cocaine-related Chest Pain. <i>Chest</i> , 1994, 106, 147-150.	0.8	7
125	Pseudoelevation of carboxyhemoglobin levels in firefighters. <i>Journal of Occupational Medicine</i> , 1994, 36, 752-6.	0.3	2
126	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

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127	Smoking Restrictions at Boston-Area Hospitals, 1990-1992. Chest, 1993, 104, 1589-1591.	0.8	5
128	Carbon monoxide intoxication. American Family Physician, 1993, 48, 1100-4.	0.1	21
129	COVID-19 Symptoms Predictive of Healthcare Workersâ€™ SARS-CoV-2 PCR Results. SSRN Electronic Journal, 0, , .	0.4	6