

# Elina Sillanpää

## List of Publications by Year in descending order

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Version: 2024-02-01

50  
papers

2,187  
citations

218381

26  
h-index

243296

44  
g-index

57  
all docs

57  
docs citations

57  
times ranked

3697  
citing authors

#	ARTICLE	IF	CITATIONS
1	Heterogeneity in resistance training-induced muscle strength and mass responses in men and women of different ages. <i>Age</i> , 2016, 38, 10.	3.0	151
2	Body composition, fitness, and metabolic health during strength and endurance training and their combination in middle-aged and older women. <i>European Journal of Applied Physiology</i> , 2009, 106, 285-296.	1.2	133
3	Genome-wide Association Analysis in Humans Links Nucleotide Metabolism to Leukocyte Telomere Length. <i>American Journal of Human Genetics</i> , 2020, 106, 389-404.	2.6	118
4	Telomere length in circulating leukocytes is associated with lung function and disease. <i>European Respiratory Journal</i> , 2014, 43, 983-992.	3.1	103
5	Individual Responses to Combined Endurance and Strength Training in Older Adults. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 484-490.	0.2	99
6	Muscle and bone mass in middle-aged women: role of menopausal status and physical activity. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2020, 11, 698-709.	2.9	95
7	Body Composition and Fitness during Strength and/or Endurance Training in Older Men. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, 950-958.	0.2	92
8	Genome-wide association studies identify 137 genetic loci for DNA methylation biomarkers of aging. <i>Genome Biology</i> , 2021, 22, 194.	3.8	90
9	Body composition in 18- to 88-year-old adults" comparison of multifrequency bioimpedance and dual-energy X-ray absorptiometry. <i>Obesity</i> , 2014, 22, 101-109.	1.5	82
10	Effects of combined endurance and strength training on muscle strength, power and hypertrophy in 40- to 67-year-old men. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2011, 21, 402-411.	1.3	81
11	The Impact of Different Diagnostic Criteria on the Prevalence of Sarcopenia in Healthy Elderly Participants and Geriatric Outpatients. <i>Gerontology</i> , 2015, 61, 491-496.	1.4	71
12	The Older Finnish Twin Cohort " 45 Years of Follow-up. <i>Twin Research and Human Genetics</i> , 2019, 22, 240-254.	0.3	68
13	Associations between muscle strength, spirometric pulmonary function and mobility in healthy older adults. <i>Age</i> , 2014, 36, 9667.	3.0	64
14	Effects of strength, endurance and combined training on muscle strength, walking speed and dynamic balance in aging men. <i>European Journal of Applied Physiology</i> , 2012, 112, 1335-1347.	1.2	63
15	Short telomere length is associated with impaired cognitive performance in European ancestry cohorts. <i>Translational Psychiatry</i> , 2017, 7, e1100-e1100.	2.4	61
16	Diagnostic measures for sarcopenia and bone mineral density. <i>Osteoporosis International</i> , 2013, 24, 2681-2691.	1.3	58
17	Diagnostic criteria for sarcopenia and physical performance. <i>Age</i> , 2014, 36, 275-285.	3.0	57
18	Plantarflexor Muscle " Tendon Properties are Associated With Mobility in Healthy Older Adults. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2015, 70, 996-1002.	1.7	54

#	ARTICLE	IF	CITATIONS
19	Physiological and functional evaluation of healthy young and older men and women: design of the European MyoAge study. <i>Biogerontology</i> , 2013, 14, 325-337.	2.0	50
20	Effects of strength and endurance training on antioxidant enzyme gene expression and activity in middle-aged men. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2007, 17, 595-604.	1.3	48
21	Effects of strength and endurance training on metabolic risk factors in healthy 40–65-year-old men. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2009, 19, 885-895.	1.3	46
22	Combined Strength and Endurance Training Improves Health-Related Quality of Life in Healthy Middle-Aged and Older Adults. <i>International Journal of Sports Medicine</i> , 2012, 33, 981-986.	0.8	39
23	Neuromuscular function and balance of prepubertal and pubertal blind and sighted boys. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2006, 95, 1277-1283.	0.7	34
24	Leisure-time physical activity and DNA methylation age—a twin study. <i>Clinical Epigenetics</i> , 2019, 11, 12.	1.8	34
25	Promoting safe walking among older people: the effects of a physical and cognitive training intervention vs. physical training alone on mobility and falls among older community-dwelling men and women (the PASSWORD study): design and methods of a randomized controlled trial. <i>BMC Geriatrics</i> , 2018, 18, 215.	1.1	31
26	Leisure-Time and Occupational Physical Activity Associates Differently with Epigenetic Aging. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 487-495.	0.2	28
27	Serum Basal Hormone Concentrations, Nutrition and Physical Fitness During Strength and/or Endurance Training in 39–64-Year-Old Women. <i>International Journal of Sports Medicine</i> , 2010, 31, 110-117.	0.8	27
28	Body composition changes by DXA, BIA and skinfolds during exercise training in women. <i>European Journal of Applied Physiology</i> , 2013, 113, 2331-2341.	1.2	27
29	Cohort Differences in Maximal Physical Performance: A Comparison of 75- and 80-Year-Old Men and Women Born 28 Years Apart. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2021, 76, 1251-1259.	1.7	24
30	Strength, Endurance or Combined Training Elicit Diverse Skeletal Muscle Myosin Heavy Chain Isoform Proportion but Unaltered Androgen Receptor Concentration in Older Men. <i>International Journal of Sports Medicine</i> , 2009, 30, 879-887.	0.8	22
31	Biological clocks and physical functioning in monozygotic female twins. <i>BMC Geriatrics</i> , 2018, 18, 83.	1.1	22
32	Effects of physical and cognitive training on gait speed and cognition in older adults: A randomized controlled trial. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 1518-1533.	1.3	20
33	Does the epigenetic clock GrimAge predict mortality independent of genetic influences: an 18-year follow-up study in older female twin pairs. <i>Clinical Epigenetics</i> , 2021, 13, 128.	1.8	17
34	Maintenance of high quality of life as an indicator of resilience during COVID-19 social distancing among community-dwelling older adults in Finland. <i>Quality of Life Research</i> , 2022, 31, 713-722.	1.5	16
35	Blood and skeletal muscle ageing determined by epigenetic clocks and their associations with physical activity and functioning. <i>Clinical Epigenetics</i> , 2021, 13, 110.	1.8	15
36	Do Epigenetic Clocks Provide Explanations for Sex Differences in Life Span? A Cross-Sectional Twin Study. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2022, 77, 1898-1906.	1.7	15

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37	Does telomere length predict decline in physical functioning in older twin sisters during an 11-year follow-up?. <i>Age</i> , 2016, 38, 34.	3.0	14
38	Inter-individual variation in response to resistance training in cardiometabolic health indicators. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 1040-1053.	1.3	14
39	Living alone vs. living with someone as a predictor of mortality after a bone fracture in older age. <i>Aging Clinical and Experimental Research</i> , 2020, 32, 1697-1705.	1.4	14
40	Polygenic Score for Physical Activity Is Associated with Multiple Common Diseases. <i>Medicine and Science in Sports and Exercise</i> , 2021, Publish Ahead of Print, .	0.2	14
41	Polygenic Risk Scores and Physical Activity. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 1518-1524.	0.2	13
42	Factors affecting service innovations in FM service sector. <i>Facilities</i> , 2012, 30, 517-530.	0.8	12
43	The Association Between Epigenetic Clocks and Physical Functioning in Older Women: A 3-Year Follow-up. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2022, 77, 1569-1576.	1.7	11
44	Serum Basal Hormone Concentrations and Muscle Mass in Aging Women: Effects of Strength Training and Diet. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2006, 16, 316-331.	1.0	10
45	Genetic and Environmental Effects on Telomere Length and Lung Function: A Twin Study. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2016, 72, glw178.	1.7	8
46	Mortality Risk Among Older People Who Did Versus Did Not Sustain a Fracture: Baseline Prefracture Strength and Gait Speed as Predictors in a 15-Year Follow-Up. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2020, 75, 1996-2002.	1.7	7
47	Body Weight, Physical Activity, and Risk of Cancer in Lynch Syndrome. <i>Cancers</i> , 2021, 13, 1849.	1.7	6
48	Leukocyte and Skeletal Muscle Telomere Length and Body Composition in Monozygotic Twin Pairs Discordant for Long-term Hormone Replacement Therapy. <i>Twin Research and Human Genetics</i> , 2017, 20, 119-131.	0.3	5
49	Developing the elements of information integration in the real estate and user services. <i>Facilities</i> , 2015, 33, 485-501.	0.8	3
50	Combined Strength and Endurance Training Improves Health-Related Quality of Life in Healthy Older Adults. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 48-49.	0.2	0