

# Ana Maria Teixeira

## List of Publications by Year in descending order

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Version: 2024-02-01

108  
papers

1,852  
citations

257101

24  
h-index

301761

39  
g-index

116  
all docs

116  
docs citations

116  
times ranked

2750  
citing authors

#	ARTICLE	IF	CITATIONS
1	The advantages of physical exercise as a preventive strategy against NAFLD in postmenopausal women. <i>European Journal of Clinical Investigation</i> , 2022, 52, e13731.	1.7	8
2	Thermal dysregulation in patients with multiple sclerosis during SARS-CoV-2 infection. The potential therapeutic role of exercise. <i>Multiple Sclerosis and Related Disorders</i> , 2022, 59, 103557.	0.9	4
3	Effects of combined training on metabolic profile, lung function, stress and quality of life in sedentary adults: A study protocol for a randomized controlled trial. <i>PLoS ONE</i> , 2022, 17, e0263455.	1.1	2
4	The Impact of Aquatic Exercise Programs on the Intima-Media thickness of the Carotid Arteries, Hemodynamic Parameters, Lipid Profile and Chemokines of Community-Dwelling Older Persons: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 3377.	1.2	4
5	Immunometabolism-fit: How exercise and training can modify T cell and macrophage metabolism in health and disease.. <i>Exercise Immunology Review</i> , 2022, 28, 29-46.	0.4	3
6	The Effect of a Resistance Training, Detraining and Retraining Cycle on Postural Stability and Estimated Fall Risk in Institutionalized Older Persons: A 40-Week Intervention. <i>Healthcare (Switzerland)</i> , 2022, 10, 776.	1.0	2
7	Effects of short-term physical training on the interleukin-15 signalling pathway and glucose tolerance in aged rats. <i>Cytokine</i> , 2021, 137, 155306.	1.4	0
8	Health and Fall Risk Monitoring Within Common Assessments. <i>Advances in Medical Diagnosis, Treatment, and Care</i> , 2021, , 182-199.	0.1	0
9	Sustaining efficient immune functions with regular physical exercise in the COVID-19 era and beyond. <i>European Journal of Clinical Investigation</i> , 2021, 51, e13485.	1.7	30
10	Taurine supplementation reduces myeloperoxidase and matrix-metalloproteinase-9 levels and improves the effects of exercise in cognition and physical fitness in older women. <i>Amino Acids</i> , 2021, 53, 333-345.	1.2	12
11	Combined Chair-Based Exercises Improve Functional Fitness, Mental Well-Being, Salivary Steroid Balance, and Anti-microbial Activity in Pre-frail Older Women. <i>Frontiers in Psychology</i> , 2021, 12, 564490.	1.1	10
12	Effect of Training-Detraining Phases of Multicomponent Exercises and BCAA Supplementation on Inflammatory Markers and Albumin Levels in Frail Older Persons. <i>Nutrients</i> , 2021, 13, 1106.	1.7	13
13	Impact of Different Aquatic Exercise Programs on Body Composition, Functional Fitness and Cognitive Function of Non-Institutionalized Elderly Adults: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 8963.	1.2	5
14	Unhealthy lifestyles, environment, well-being and health capability in rural neighbourhoods: a community-based cross-sectional study. <i>BMC Public Health</i> , 2021, 21, 1628.	1.2	3
15	Fall Risk and the Use of Exercise as a Fall Prevention Strategy. <i>Advances in Medical Diagnosis, Treatment, and Care</i> , 2021, , 130-156.	0.1	0
16	Effect of a 40-weeks multicomponent exercise program and branched chain amino acids supplementation on functional fitness and mental health in frail older persons. <i>Experimental Gerontology</i> , 2021, 155, 111592.	1.2	6
17	Obesity Increases Gene Expression of Markers Associated With Immunosenescence in Obese Middle-Aged Individuals. <i>Frontiers in Immunology</i> , 2021, 12, 806400.	2.2	12
18	Physical Exercise: A Versatile Anti-Inflammatory Tool Involved in the Control of Hypothalamic Satiety Signaling. <i>Exercise Immunology Review</i> , 2021, 27, 7-23.	0.4	1

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19	Effect of exercise-conditioned human serum on the viability of cancer cell cultures: A systematic review and meta-analysis. <i>Exercise Immunology Review</i> , 2021, 27, 24-41.	0.4	2
20	Improvement in the anti-inflammatory profile with lifelong physical exercise is related to clock genes expression in effector-memory CD4+ T cells in master athletes. <i>Exercise Immunology Review</i> , 2021, 27, 67-83.	0.4	2
21	Physical frailty and health outcomes of fitness, hormones, psychological and disability in institutionalized older women: an exploratory association study. <i>Women and Health</i> , 2020, 60, 140-155.	0.4	9
22	Short-time high-intensity exercise increases peripheral BDNF in a physical fitness-dependent way in healthy men. <i>European Journal of Sport Science</i> , 2020, 20, 43-50.	1.4	33
23	Exploring the potential of salivary and blood immune biomarkers to elucidate physical frailty in institutionalized older women. <i>Experimental Gerontology</i> , 2020, 129, 110759.	1.2	20
24	Chair-based exercise programs in institutionalized older women: Salivary steroid hormones, disabilities and frailty changes. <i>Experimental Gerontology</i> , 2020, 130, 110790.	1.2	26
25	Chronobiological Effects on Mountain Biking Performance. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6458.	1.2	5
26	Emotional Well-Being and Cognitive Function Have Robust Relationship With Physical Frailty in Institutionalized Older Women. <i>Frontiers in Psychology</i> , 2020, 11, 1568.	1.1	12
27	Objectively Measured Sedentary Behavior and Physical Fitness in Adults: A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8660.	1.2	20
28	Upper Respiratory symptoms (URS) and salivary responses across a season in youth soccer players: A useful and non-invasive approach associated to URS susceptibility and occurrence in young athletes. <i>PLoS ONE</i> , 2020, 15, e0236669.	1.1	5
29	Physical fitness status modulates the inflammatory proteins in peripheral blood and circulating monocytes: role of PPAR-gamma. <i>Scientific Reports</i> , 2020, 10, 14094.	1.6	20
30	Impact of Aquatic-Based Physical Exercise Programs on Risk Markers of Cardiometabolic Diseases in Older People: A Study Protocol for Randomized-Controlled Trials. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8678.	1.2	4
31	Effect of High-Intensity Interval Training Versus Moderate-Intensity Aerobic Continuous Training on Galectin-3 Gene Expression in Postmenopausal Women: A Randomized Controlled Trial. <i>Journal of Aging and Physical Activity</i> , 2020, 28, 987-995.	0.5	6
32	The Mediating Effect of Different Exercise Programs on the Immune Profile of Frail Older Women with Cognitive Impairment. <i>Current Pharmaceutical Design</i> , 2020, 26, 906-915.	0.9	20
33	Concurrent and Construct Validation of a New Scale for Rating Perceived Exertion during Elastic Resistance Training in The Elderly. <i>Journal of Sports Science and Medicine</i> , 2020, 19, 175-186.	0.7	2
34	Title is missing!. , 2020, 15, e0236669.		0
35	Title is missing!. , 2020, 15, e0236669.		0
36	Title is missing!. , 2020, 15, e0236669.		0

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37	Title is missing!. , 2020, 15, e0236669.		0
38	Title is missing!. , 2020, 15, e0236669.		0
39	Title is missing!. , 2020, 15, e0236669.		0
40	Development of a Healthy Lifestyle Assessment Toolkit for the General Public. <i>Frontiers in Medicine</i> , 2019, 6, 134.	1.2	14
41	Effect of 16-Week Blood Flow Restriction Exercise on Functional Fitness in Sarcopenic Women: A Randomized Controlled Trial. <i>International Journal of Morphology</i> , 2019, 37, 59-64.	0.1	8
42	Effects of Different Chair-Based Exercises on Salivary Biomarkers and Functional Autonomy in Institutionalized Older Women. <i>Research Quarterly for Exercise and Sport</i> , 2019, 90, 36-45.	0.8	17
43	Lifelong exercise practice and immunosenescence: Master athletes cytokine response to acute exercise. <i>Cytokine</i> , 2019, 115, 1-7.	1.4	26
44	Immune-endocrine responses and physical performance of master athletes during the sports season. <i>Journal of Cellular Biochemistry</i> , 2019, 120, 5551-5557.	1.2	4
45	Exercise and taurine in inflammation, cognition, and peripheral markers of blood-brain barrier integrity in older women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018, 43, 733-741.	0.9	50
46	Concurrent validation of the OMNI-Resistance Exercise Scale of perceived exertion with elastic bands in the elderly. <i>Experimental Gerontology</i> , 2018, 103, 11-16.	1.2	37
47	Variation in plasma cytokine concentration during a training season in elite kayakers. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 1519-1524.	0.4	3
48	Effect of 16-weeks of resistance exercise and detraining comparing two methods of blood flow restriction in muscle strength of healthy older women: A randomized controlled trial. <i>Experimental Gerontology</i> , 2018, 114, 78-86.	1.2	30
49	DAILY HEMATOLOGIC ASSESSMENT DURING A 230-KM MULTISTAGE ULTRAMARATHON. <i>Revista Brasileira De Medicina Do Esporte</i> , 2018, 24, 206-211.	0.1	2
50	The Quadruple Helix-Based Innovation Model of Reference Sites for Active and Healthy Ageing in Europe: The Ageing@Coimbra Case Study. <i>Frontiers in Medicine</i> , 2018, 5, 132.	1.2	16
51	Physical frailty and cognitive status over-60 age populations: A systematic review with meta-analysis. <i>Archives of Gerontology and Geriatrics</i> , 2018, 78, 240-248.	1.4	34
52	Weight Gain and Oxidative Stress in Midlife Lead to Pathological Concentric Cardiac Hypertrophy in Sedentary Rats. <i>Journal of Clinical Research in Paramedical Sciences</i> , 2018, In Press, .	0.1	2
53	Effect of Exercise Training and Middle-Age on Pathological and Physiological Cardiac Hypertrophy. <i>Journal of Clinical Research in Paramedical Sciences</i> , 2018, In Press, .	0.1	1
54	Effects of three months of water-based exercise training on metabolic syndrome components in older women (Efecto de tres meses de entrenamiento con ejercicios acuáticos sobre componentes del)		

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55	Blood Pressure Responses in Isokinetic Dynamometry Test in Elderly Community Women: An Exploratory Study. <i>Motricidade</i> , 2018, 14, 52-56.	0.2	0
56	Effects of lifelong training on senescence and mobilization of T lymphocytes in response to acute exercise. <i>Exercise Immunology Review</i> , 2018, 24, 72-84.	0.4	29
57	Acute Hematological and Inflammatory Responses to High-intensity Exercise Tests: Impact of Duration and Mode of Exercise. <i>International Journal of Sports Medicine</i> , 2017, 38, 551-559.	0.8	5
58	Influence of chair-based yoga on salivary anti-microbial proteins, functional fitness, perceived stress and well-being in older women: A pilot randomized controlled trial. <i>European Journal of Integrative Medicine</i> , 2017, 12, 44-52.	0.8	13
59	Physical Fitness and Frailty Syndrome in Institutionalized Older Women. <i>Perceptual and Motor Skills</i> , 2017, 124, 754-776.	0.6	17
60	Warm-up for Sprint Swimming: Race-Pace or Aerobic Stimulation? A Randomized Study. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2423-2431.	1.0	22
61	Predicting frail syndrome using adverse geriatric health outcomes: Comparison of different statistical classifiers. , 2017, , .		1
62	Lifelong training improves anti-inflammatory environment and maintains the number of regulatory T cells in masters athletes. <i>European Journal of Applied Physiology</i> , 2017, 117, 1131-1140.	1.2	34
63	Building bridges for innovation in ageing: Synergies between action groups of the EIP on AHA. <i>Journal of Nutrition, Health and Aging</i> , 2017, 21, 92-104.	1.5	47
64	Strength Training Decreases Inflammation and Increases Cognition and Physical Fitness in Older Women with Cognitive Impairment. <i>Frontiers in Physiology</i> , 2017, 8, 377.	1.3	77
65	I SAFS UniCat <sup>3</sup> lica 2015. <i>Motricidade</i> , 2017, 12, 1.	0.2	2
66	Study Protocol on Hormonal Mediation of Exercise on Cognition, Stress and Immunity (PRO-HMECSI): Effects of Different Exercise Programmes in Institutionalized Elders. <i>Frontiers in Public Health</i> , 2016, 4, 133.	1.3	16
67	Effects of a chair-yoga exercises on stress hormone levels, daily life activities, falls and physical fitness in institutionalized older adults. <i>Complementary Therapies in Clinical Practice</i> , 2016, 24, 123-129.	0.7	26
68	Moderate aerobic exercise increases SOD-2 gene expression and decreases leptin and malondialdehyde in middle-aged men. <i>Science and Sports</i> , 2016, 31, e55-e63.	0.2	8
69	High-Dose Probiotic Supplementation Containing <i>Lactobacillus casei</i> for 7 Days Does Not Enhance Salivary Antimicrobial Protein Responses to Exertional Heat Stress Compared With Placebo. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2016, 26, 150-160.	1.0	31
70	Changes of Hematological Markers during a Multi-stage Ultra-marathon Competition in the Heat. <i>International Journal of Sports Medicine</i> , 2016, 37, 104-111.	0.8	14
71	Moderate Intensity Exercise Is Associated With Decreased Angiotensin-converting Enzyme, Increased $\beta$ 2-Adrenergic Receptor Gene Expression, and Lower Blood Pressure in Middle-Aged Men. <i>Journal of Aging and Physical Activity</i> , 2015, 23, 212-220.	0.5	10
72	The Effects of Different Warm-up Volumes on the 100-m Swimming Performance. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 3026-3036.	1.0	34

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73	Comportamento da pressão arterial em homens pré-hipertensos participantes em um programa regular de nataç�o. Revista Brasileira De Medicina Do Esporte, 2015, 21, 178-181.	0.1	3
74	Heart rate variability, adiposity, and physical activity in prepubescent children. Clinical Autonomic Research, 2015, 25, 169-178.	1.4	15
75	The Effects Of Swimming Training On The Blood Pressure Of Middle-aged Pre-hypertensive Men.. Medicine and Science in Sports and Exercise, 2015, 47, 175.	0.2	0
76	Exerc�cio e mobilizaç�o de linf�citos T senescentes: Uma meta-an�lise. Motricidade, 2015, 11, .	0.2	0
77	Circulatory endotoxin concentration and cytokine profile in response to exertional-heat stress during a multi-stage ultra-marathon competition. Exercise Immunology Review, 2015, 21, 114-28.	0.4	71
78	The Impact of a 24-h Ultra-Marathon on Salivary Antimicrobial Protein Responses. International Journal of Sports Medicine, 2014, 35, 966-971.	0.8	23
79	Changes in naïve and memory T-cells in elite swimmers during a winter training season. Brain, Behavior, and Immunity, 2014, 39, 186-193.	2.0	19
80	Changes in natural killer cell subpopulations over a winter training season in elite swimmers. European Journal of Applied Physiology, 2013, 113, 859-868.	1.2	42
81	Water and sodium intake habits and status of ultra-endurance runners during a multi-stage ultra-marathon conducted in a hot ambient environment: an observational field based study. Nutrition Journal, 2013, 12, 13.	1.5	54
82	Salivary antimicrobial protein responses during multistage ultramarathon competition conducted in hot environmental conditions. Applied Physiology, Nutrition and Metabolism, 2013, 38, 977-987.	0.9	14
83	Differences in Plasma Cytokine Levels between Elite Kayakers and Nonathletes. BioMed Research International, 2013, 2013, 1-5.	0.9	12
84	Meta-an�lise do efeito no sistema imunit�rio da suplementaç�o de hidratos de carbono no exerc�cio f�sico. Motricidade, 2012, 8, .	0.2	2
85	Analyses of Gait and Jump Tasks in Female Obese Adolescents. Pediatric Exercise Science, 2012, 24, 26-33.	0.5	5
86	Haematological changes in elite kayakers during a training season. Applied Physiology, Nutrition and Metabolism, 2012, 37, 1140-1146.	0.9	7
87	Comparison of Agility and Dynamic Balance in Elderly Women with Endomorphic Mesomorph Somatotype with Presence or Absence of Metabolic Syndrome. International Journal of Morphology, 2012, 30, 637-642.	0.1	7
88	Glycated hemoglobin and associated risk factors in older adults. Cardiovascular Diabetology, 2012, 11, 13.	2.7	19
89	Cytokine production by monocytes, neutrophils, and dendritic cells is hampered by long-term intensive training in elite swimmers. European Journal of Applied Physiology, 2012, 112, 471-482.	1.2	56
90	Diferen�as em populaç�es de c�lulas exterminadoras naturais (Natural Killers-NK) sangu�neas perif�ricas entre atletas de caiaque e n�o atletas. Revista Brasileira De Medicina Do Esporte, 2012, 18, 305-307.	0.1	1

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91	Lecturing to 200 students and its effects on cytokine concentration and salivary markers of adrenal activation. <i>Stress and Health</i> , 2011, 27, e25-35.	1.4	16
92	Salivary iga response during one week of adventure sports activities with altitude exposure. <i>Annals of Research in Sport and Physical Activity</i> , 2011, , 12-20.	0.0	0
93	Effect of lecturing to 200 students on heart rate variability and alpha-amylase activity. <i>European Journal of Applied Physiology</i> , 2010, 108, 1035-1043.	1.2	57
94	The effect of aerobic versus strength-based training on high-sensitivity C-reactive protein in older adults. <i>European Journal of Applied Physiology</i> , 2010, 110, 161-169.	1.2	76
95	Effects of aerobic and strength-based training on metabolic health indicators in older adults. <i>Lipids in Health and Disease</i> , 2010, 9, 76.	1.2	75
96	Effects of Aerobic Conditioning on Salivary IgA and Plasma IgA, IgG and IgM in Older Men and Women. <i>International Journal of Sports Medicine</i> , 2009, 30, 906-912.	0.8	29
97	Salivary alpha-amylase, cortisol and chromogranin A responses to a lecture: impact of sex. <i>European Journal of Applied Physiology</i> , 2009, 106, 71-77.	1.2	41
98	Exercício fásico, IgA salivar e estados emocionais da pessoa idosa. <i>Motricidade</i> , 2008, 4, .	0.2	1
99	Immunological And Hormonal Responses To A Four-day Competition Period In Elite Swimmers. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S433.	0.2	0
100	Workload and perception of effort in swim training. , 2004, , 231-246.		0
101	Homophilic adhesion of human CEACAM1 involves N-terminal domain interactions: structural analysis of the binding site. <i>Blood</i> , 2001, 98, 1469-1479.	0.6	96
102	Critical determinants of host receptor targeting by <i>Neisseria meningitidis</i> and <i>Neisseria gonorrhoeae</i> : identification of Opa adhesiotopes on the N-domain of CD66 molecules. <i>Molecular Microbiology</i> , 1999, 34, 538-551.	1.2	163
103	Exercise-Based Interventions as a Management of Frailty Syndrome in Older Populations: Design, Strategy, and Planning. , 0, , .		2
104	Actividad fásica evaluada en la clase de educaci3n fásica en estudiantes de secundaria con discapacidad		