Leigh Breen

List of Publications by Year
in descending order

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80	7,608	109321	76900
papers	citations	35 h-index	74 g-index

82	82	82	10917
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	PHD1 controls muscle mTORC1 in a hydroxylation-independent manner by stabilizing leucyl tRNA synthetase. Nature Communications, 2020, 11, 174.	12.8	1,868
2	Protein Ingestion to Stimulate Myofibrillar Protein Synthesis Requires Greater Relative Protein Intakes in Healthy Older Versus Younger Men. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2015, 70, 57-62.	3.6	558
3	Resistance exercise load does not determine training-mediated hypertrophic gains in young men. Journal of Applied Physiology, 2012, 113, 71-77.	2.5	490
4	Myofibrillar muscle protein synthesis rates subsequent to a meal in response to increasing doses of whey protein at rest and after resistance exercise. American Journal of Clinical Nutrition, 2014, 99, 86-95.	4.7	385
5	Resistance exercise enhances myofibrillar protein synthesis with graded intakes of whey protein in older men. British Journal of Nutrition, 2012, 108, 1780-1788.	2.3	379
6	Skeletal muscle protein metabolism in the elderly: Interventions to counteract the 'anabolic resistance' of ageing. Nutrition and Metabolism, 2011, 8, 68.	3.0	372
7	Effects of leucine and its metabolite Î²â€hydroxyâ€Î²â€methylbutyrate on human skeletal muscle protein metabolism. Journal of Physiology, 2013, 591, 2911-2923.	2.9	372
8	Two Weeks of Reduced Activity Decreases Leg Lean Mass and Induces â€œAnabolic Resistanceâ€•of Myofibrillar Protein Synthesis in Healthy Elderly. Journal of Clinical Endocrinology and Metabolism, 2013, 98, 2604-2612.	3.6	306
9	Leucine supplementation of a low-protein mixed macronutrient beverage enhances myofibrillar protein synthesis in young men: a double-blind, randomized trial. American Journal of Clinical Nutrition, 2014, 99, 276-286.	4.7	234
10	Myofibrillar protein synthesis following ingestion of soy protein isolate at rest and after resistance exercise in elderly men. Nutrition and Metabolism, 2012, 9, 57.	3.0	217
11	Live strong and prosper: the importance of skeletal muscle strength for healthy ageing. Biogerontology, 2016, 17, 497-510.	3.9	164
12	The Effects of Growth Hormone and/or Testosterone in Healthy Elderly Men: A Randomized Controlled Trial. Journal of Clinical Endocrinology and Metabolism, 2006, 91, 477-484.	3.6	141
13	The influence of carbohydrateâ€“protein coâ€ingestion following endurance exercise on myofibrillar and mitochondrial protein synthesis. Journal of Physiology, 2011, 589, 4011-4025.	2.9	121
14	Influence of aerobic exercise intensity on myofibrillar and mitochondrial protein synthesis in young men during early and late postexercise recovery. American Journal of Physiology - Endocrinology and Metabolism, 2014, 306, E1025-E1032.	3.5	107
15	Temporal changes in human skeletal muscle and blood lipid composition with fish oil supplementation. Prostaglandins Leukotrienes and Essential Fatty Acids, 2014, 90, 199-206.	2.2	96
16	Dose-dependent responses of myofibrillar protein synthesis with beef ingestion are enhanced with resistance exercise in middle-aged men. Applied Physiology, Nutrition and Metabolism, 2013, 38, 120-125.	1.9	91
17	Whey Protein Supplementation Preserves Postprandial Myofibrillar Protein Synthesis during Short-Term Energy Restriction in Overweight and Obese Adults. Journal of Nutrition, 2015, 145, 246-252.	2.9	91
18	Alterations in human muscle protein metabolism with aging: Protein and exercise as countermeasures to offset sarcopenia. BioFactors, 2014, 40, 199-205.	5.4	88

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19	Age-Related Anabolic Resistance of Myofibrillar Protein Synthesis Is Exacerbated in Obese Inactive Individuals. Journal of Clinical Endocrinology and Metabolism, 2017, 102, 3535-3545.	3.6	84
20	Does the muscle protein synthetic response to exercise and amino acid-based nutrition diminish with advancing age? A systematic review. American Journal of Physiology - Endocrinology and Metabolism, 2016, 311, E803-E817.	3.5	82
21	Low-load resistance training during step-reduction attenuates declines in muscle mass and strength and enhances anabolic sensitivity in older men. Physiological Reports, 2015, 3, e12493.	1.7	77
22	Muscle morphology and performance in master athletes: A systematic review and meta-analyses. Ageing Research Reviews, 2018, 45, 62-82.	10.9	67
23	Activation of mTOR signalling in young and old human skeletal muscle in response to combined resistance exercise and whey protein ingestion. Applied Physiology, Nutrition and Metabolism, 2012, 37, 21-30.	1.9	66
24	Interactions between exercise and nutrition to prevent muscle waste during ageing. British Journal of Clinical Pharmacology, 2013, 75, 708-715.	2.4	63
25	Rapamycin does not prevent increases in myofibrillar or mitochondrial protein synthesis following endurance exercise. Journal of Physiology, 2015, 593, 4275-4284.	2.9	54
26	The Role of the Locus Coeruleus in Corticotropin-Releasing Hormone and Stress-Induced Suppression of Pulsatile Luteinizing Hormone Secretion in the Female Rat. Endocrinology, 2005, 146, 323-331.	2.8	53
27	No Effect of Carbohydrate-Protein on Cycling Performance and Indices of Recovery. Medicine and Science in Sports and Exercise, 2010, 42, 1140-1148.	0.4	52
28	A small dose of whey protein co-ingested with mixed-macronutrient breakfast and lunch meals improves postprandial glycemia and suppresses appetite in men with type 2 diabetes: a randomized controlled trial. American Journal of Clinical Nutrition, 2018, 107, 550-557.	4.7	50
29	Skeletal muscle <scp>IL</scp>â€15/<scp>IL</scp>â€15RÎ± and myofibrillar protein synthesis after resistance exercise. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 116-125.	2.9	48
30	Short interâ€set rest blunts resistance exerciseâ€induced increases in myofibrillar protein synthesis and intracellular signalling in young males. Experimental Physiology, 2016, 101, 866-882.	2.0	44
31	Exploring the Impact of Obesity on Skeletal Muscle Function in Older Age. Frontiers in Nutrition, 2020, 7, 569904.	3.7	44
32	Tendon structural and mechanical properties do not differ between genders in a healthy communityâ€dwelling elderly population. Journal of Orthopaedic Research, 2009, 27, 820-825.	2.3	43
33	Amount, Source and Pattern of Dietary Protein Intake Across the Adult Lifespan: A Cross-Sectional Study. Frontiers in Nutrition, 2020, 7, 25.	3.7	43
34	Effect of Growth Hormone (GH) on Glycerol and Free Fatty Acid Metabolism during Exhaustive Exercise in GH-Deficient Adults. Journal of Clinical Endocrinology and Metabolism, 2003, 88, 1792-1797.	3.6	40
35	Influence of exercise intensity in older persons with unchanged habitual nutritional intake: skeletal muscle and endocrine adaptations. Age, 2010, 32, 139-153.	3.0	40
36	Characterisation of L-Type Amino Acid Transporter 1 (LAT1) Expression in Human Skeletal Muscle by Immunofluorescent Microscopy. Nutrients, 2018, 10, 23.	4.1	36

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37	Sarcopenia in chronic liver disease: mechanisms and countermeasures. American Journal of Physiology - Renal Physiology, 2021, 320, G241-G257.	3.4	33
38	Leucine: a nutrient â€˜triggerâ€™ for muscle anabolism, but what more?. Journal of Physiology, 2012, 590, 2065-2066.	2.9	31
39	Influence of exercise intensity on training-induced tendon mechanical properties changes in older individuals. Age, 2014, 36, 9657.	3.0	31
40	Nutritional Strategies to Offset Disuse-Induced Skeletal Muscle Atrophy and Anabolic Resistance in Older Adults: From Whole-Foods to Isolated Ingredients. Nutrients, 2020, 12, 1533.	4.1	31
41	Vaspin promotes insulin sensitivity in elderly muscle and is upregulated in obesity. Journal of Endocrinology, 2019, 241, 31-43.	2.6	30
42	Nutrient interaction for optimal protein anabolism in resistance exercise. Current Opinion in Clinical Nutrition and Metabolic Care, 2012, 15, 226-232.	2.5	29
43	The effect of shortâ€term exercise prehabilitation on skeletal muscle protein synthesis and atrophy during bed rest in older men. Journal of Cachexia, Sarcopenia and Muscle, 2021, 12, 52-69.	7.3	28
44	High-dose leucine supplementation does not prevent muscle atrophy or strength loss over 7 days of immobilization in healthy young males. American Journal of Clinical Nutrition, 2020, 112, 1368-1381.	4.7	24
45	The mechanistic and ergogenic effects of phosphatidic acid in skeletal muscle. Applied Physiology, Nutrition and Metabolism, 2015, 40, 1233-1241.	1.9	22
46	Dose-Response Relationship of Weekly Resistance-Training Volume and Frequency on Muscular Adaptations in Trained Men. International Journal of Sports Physiology and Performance, 2019, 14, 360-368.	2.3	22
47	Superior Aerobic Capacity and Indices of Skeletal Muscle Morphology in Chronically Trained Master Endurance Athletes Compared With Untrained Older Adults. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2020, 75, 1079-1088.	3.6	22
48	Beneficial Effects of Resistance Exercise on Glycemic Control Are Not Further Improved by Protein Ingestion. PLoS ONE, 2011, 6, e20613.	2.5	21
49	The challenges of muscle biopsy in a community based geriatric population. BMC Research Notes, 2018, 11, 830.	1.4	20
50	Influences of carbohydrate plus amino acid supplementation on differing exercise intensity adaptations in older persons: skeletal muscle and endocrine responses. Age, 2010, 32, 125-138.	3.0	18
51	Protein Source and Quality for Skeletal Muscle Anabolism in Young and Older Adults: A Systematic Review and Meta-Analysis. Journal of Nutrition, 2021, 151, 1901-1920.	2.9	17
52	Comparable Rates of Integrated Myofibrillar Protein Synthesis Between Endurance-Trained Master Athletes and Untrained Older Individuals. Frontiers in Physiology, 2019, 10, 1084.	2.8	16
53	The role of protein hydrolysates for exercise-induced skeletal muscle recovery and adaptation: a current perspective. Nutrition and Metabolism, 2021, 18, 44.	3.0	16
54	Efficacy of Dietary and Supplementation Interventions for Individuals with Type 2 Diabetes. Nutrients, 2021, 13, 2378.	4.1	12

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55	The effect of young and old ex vivo human serum on cellular protein synthesis and growth in an in vitro model of aging. American Journal of Physiology - Cell Physiology, 2021, 321, C26-C37.	4.6	12
56	The effect of acute oral phosphatidic acid ingestion on myofibrillar protein synthesis and intracellular signaling in older males. Clinical Nutrition, 2019, 38, 1423-1432.	5.0	10
57	Dietary protein requirements and recommendations for healthy older adults: a critical narrative review of the scientific evidence. Nutrition Research Reviews, 2023, 36, 69-85.	4.1	10
58	Quadriceps muscle electromyography activity during physical activities and resistance exercise modes in younger and older adults. Experimental Gerontology, 2020, 136, 110965.	2.8	9
59	Functional benefits of combined resistance training with nutritional interventions in older adults: A review. Geriatrics and Gerontology International, 2007, 7, 326-340.	1.5	8
60	Overload-mediated skeletal muscle hypertrophy is not impaired by loss of myofiber STAT3. American Journal of Physiology - Cell Physiology, 2017, 313, C257-C261.	4.6	8
61	Pre-Sleep Casein Protein Ingestion Does Not Impact Next-Day Appetite, Energy Intake and Metabolism in Older Individuals. Nutrients, 2020, 12, 90.	4.1	8
62	Immobilization leads to alterations in intracellular phosphagen and creatine transporter content in human skeletal muscle. American Journal of Physiology - Cell Physiology, 2020, 319, C34-C44.	4.6	8
63	Proteinâ€carbohydrate ingestion alters Vps34 cellular localization independent of changes in kinase activity in human skeletal muscle. Experimental Physiology, 2020, 105, 2178-2189.	2.0	7
64	Effects of short-term graded dietary carbohydrate intake on intramuscular and whole body metabolism during moderate-intensity exercise. Journal of Applied Physiology, 2021, 131, 376-387.	2.5	5
65	Short-term step reduction reduces citrate synthase activity without altering skeletal muscle markers of oxidative metabolism or insulin-mediated signaling in young males. Journal of Applied Physiology, 2021, 131, 1653-1662.	2.5	5
66	The Effect of Ex Vivo Human Serum from Liver Disease Patients on Cellular Protein Synthesis and Growth. Cells, 2022, 11, 1098.	4.1	5
67	Evaluation of the mechanisms of sarcopenia in chronic inflammatory disease: protocol for a prospective cohort study. Skeletal Muscle, 2021, 11, 27.	4.2	5
68	Enhanced Cycling Time-Trial Performance During Multiday Exercise With Higher-Pressure Compression Garment Wear. International Journal of Sports Physiology and Performance, 2021, 16, 287-295.	2.3	4
69	No effect of five days of bed rest or shortâ€term resistance exercise prehabilitation on markers of skeletal muscle mitochondrial content and dynamics in older adults. Physiological Reports, 2022, 10, .	1.7	4
70	No role for early IGFâ€1 signalling in stimulating acute â€˜muscle buildingâ€™ responses. Journal of Physiology, 2011, 589, 2667-2668.	2.9	3
71	A to Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performanceâ€”Part 32. British Journal of Sports Medicine, 2012, 46, 454-456.	6.7	2
72	Daily Myofibrillar Protein Synthesis Rates in Response to Low- and High-Frequency Resistance Exercise Training in Healthy, Young Men. International Journal of Sport Nutrition and Exercise Metabolism, 2021, 31, 209-216.	2.1	2

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73	The Impact of Slice Interval and Equation on the Accuracy of Magnetic Resonance Image Estimation of Quadriceps Muscle Volume in End Stage Liver Disease. Frontiers in Rehabilitation Sciences, 2022, 3, .	1.2	2
74	Differential regulation of myofibrillar and mitochondrial protein synthesis following acute endurance exercise (702.3). FASEB Journal, 2014, 28, 702.3.	0.5	1
75	Feasibility, Efficacy, and Safety of Percutaneous Muscle Biopsies in Patients With Chronic Liver Disease. Frontiers in Physiology, 2021, 12, 817152.	2.8	1
76	Beneficial Effects of Resistance Exercise on Glycemic Control are not Further Improved by Protein Ingestion. Medicine and Science in Sports and Exercise, 2011, 43, 593.	0.4	0
77	Exercising Our Brains, Muscles and Cells to Fight the Ageing Process. Science Progress, 2015, 98, 413-415.	1.9	0
78	Enhanced Recovery of Cycling Performance with High Compression Garment Wear. Medicine and Science in Sports and Exercise, 2019, 51, 650-650.	0.4	0
79	Dairy foods and maintenance of muscle mass in the elderly. , 2020, , 371-405.		0
80	Myofibrillar Protein Synthesis Following Ingestion of Soy Protein Isolate at Rest and After Resistance Exercise in Elderly Men. , 2016, , 105-126.		0