

Michael N Sawka

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

113 papers	8,592 citations	52 h-index	92 g-index
117 ext. papers	9,514 ext. citations	3.7 avg, IF	5.96 L-index

#	Paper	IF	Citations
113	American College of Sports Medicine position stand. Exercise and fluid replacement. <i>Medicine and Science in Sports and Exercise</i> , 2007 , 39, 377-90	1.2	1130
112	American College of Sports Medicine position stand. Exercise and fluid replacement. <i>Medicine and Science in Sports and Exercise</i> , 1996 , 28, i-vii	1.2	316
111	National Athletic Trainers Association Position Statement: Exertional Heat Illnesses. <i>Journal of Athletic Training</i> , 2015 , 50, 986-1000	4	315
110	Mechanisms of aerobic performance impairment with heat stress and dehydration. <i>Journal of Applied Physiology</i> , 2010 , 109, 1989-95	3.7	283
109	Integrated physiological mechanisms of exercise performance, adaptation, and maladaptation to heat stress. <i>Comprehensive Physiology</i> , 2011 , 1, 1883-928	7.7	280
108	Heat acclimation improves exercise performance. <i>Journal of Applied Physiology</i> , 2010 , 109, 1140-7	3.7	276
107	Blood volume: importance and adaptations to exercise training, environmental stresses, and trauma/sickness. <i>Medicine and Science in Sports and Exercise</i> , 2000 , 32, 332-48	1.2	259
106	Biological variation and diagnostic accuracy of dehydration assessment markers. <i>American Journal of Clinical Nutrition</i> , 2010 , 92, 565-73	7	243
105	Fluid balance and endurance exercise performance. <i>Current Sports Medicine Reports</i> , 2003 , 2, 202-8	1.9	215
104	Epidemiology of hospitalizations and deaths from heat illness in soldiers. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 1338-44	1.2	181
103	Performance in the heat-physiological factors of importance for hyperthermia-induced fatigue. <i>Comprehensive Physiology</i> , 2014 , 4, 657-89	7.7	171
102	Hydration effects on thermoregulation and performance in the heat. <i>Comparative Biochemistry and Physiology Part A, Molecular & Integrative Physiology</i> , 2001 , 128, 679-90	2.6	159
101	Human water needs. <i>Nutrition Reviews</i> , 2005 , 63, S30-9	6.4	156
100	Fluid and electrolyte supplementation for exercise heat stress. <i>American Journal of Clinical Nutrition</i> , 2000 , 72, 564S-72S	7	156
99	Physiological consequences of hypohydration. <i>Medicine and Science in Sports and Exercise</i> , 1992 , 24, 657-670	12.70	143
98	Thirst and fluid intake following graded hypohydration levels in humans. <i>Physiology and Behavior</i> , 1987 , 40, 229-36	3.5	128
97	High skin temperature and hypohydration impair aerobic performance. <i>Experimental Physiology</i> , 2012 , 97, 327-32	2.4	126

96	Cardiovascular adaptations supporting human exercise-heat acclimation. <i>Autonomic Neuroscience: Basic and Clinical</i> , 2016 , 196, 52-62	2.4	125
95	Hypohydration impairs endurance exercise performance in temperate but not cold air. <i>Journal of Applied Physiology</i> , 2005 , 99, 1972-6	3.7	121
94	Physiologic basis for understanding quantitative dehydration assessment. <i>American Journal of Clinical Nutrition</i> , 2013 , 97, 455-62	7	112
93	Daily body mass variability and stability in active men undergoing exercise-heat stress. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2004 , 14, 532-40	4.4	106
92	Does dehydration impair exercise performance?. <i>Medicine and Science in Sports and Exercise</i> , 2007 , 39, 1209-17	1.2	105
91	Hypohydration and Human Performance: Impact of Environment and Physiological Mechanisms. <i>Sports Medicine</i> , 2015 , 45 Suppl 1, S51-60	10.6	99
90	Influence of heat stress and acclimation on maximal aerobic power. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1985 , 53, 294-8		97
89	Hyponatremia associated with exercise: risk factors and pathogenesis. <i>Exercise and Sport Sciences Reviews</i> , 2001 , 29, 113-7	6.7	95
88	Fluid and electrolyte needs for training, competition, and recovery. <i>Journal of Sports Sciences</i> , 2011 , 29 Suppl 1, S39-46	3.6	91
87	Exercise-heat acclimation in humans alters baseline levels and ex vivo heat inducibility of HSP72 and HSP90 in peripheral blood mononuclear cells. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2008 , 294, R185-91	3.2	91
86	Influence of Hydration Level and Body Fluids on Exercise Performance in the Heat. <i>JAMA - Journal of the American Medical Association</i> , 1984 , 252, 1165	27.4	88
85	Hyperhydration: tolerance and cardiovascular effects during uncompensable exercise-heat stress. <i>Journal of Applied Physiology</i> , 1998 , 84, 1858-64	3.7	87
84	Exertional heat injury and gene expression changes: a DNA microarray analysis study. <i>Journal of Applied Physiology</i> , 2004 , 96, 1943-53	3.7	85
83	A simple and valid method to determine thermoregulatory sweating threshold and sensitivity. <i>Journal of Applied Physiology</i> , 2009 , 107, 69-75	3.7	84
82	Efficacy of body ventilation system for reducing strain in warm and hot climates. <i>European Journal of Applied Physiology</i> , 2008 , 103, 307-14	3.4	82
81	Aerobic performance is degraded, despite modest hyperthermia, in hot environments. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 135-41	1.2	81
80	Hypohydration effects on skeletal muscle performance and metabolism: a 31P-MRS study. <i>Journal of Applied Physiology</i> , 1998 , 84, 1889-94	3.7	81
79	Exertional fatigue, sleep loss, and negative energy balance increase susceptibility to hypothermia. <i>Journal of Applied Physiology</i> , 1998 , 85, 1210-7	3.7	80

78	Water and electrolyte needs for football training and match-play. <i>Journal of Sports Sciences</i> , 2006 , 24, 699-707	3.6	75
77	Physiologic tolerance to uncompensable heat: intermittent exercise, field vs laboratory. <i>Medicine and Science in Sports and Exercise</i> , 2001 , 33, 422-30	1.2	73
76	Hyperhydration: thermoregulatory effects during compensable exercise-heat stress. <i>Journal of Applied Physiology</i> , 1997 , 83, 860-6	3.7	70
75	Intermittent altitude exposures reduce acute mountain sickness at 4300 m. <i>Clinical Science</i> , 2004 , 106, 321-8	6.5	70
74	Fluid Replacement Recommendations for Training in Hot Weather. <i>Military Medicine</i> , 1999 , 164, 502-508	1.3	66
73	Differential ratings of perceived exertion and various physiological responses during prolonged upper and lower body exercise. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1984 , 53, 5-11		62
72	Thermoregulatory function during the marathon. <i>Sports Medicine</i> , 2007 , 37, 312-5	10.6	61
71	Efficacy of intermittent, regional microclimate cooling. <i>Journal of Applied Physiology</i> , 2003 , 94, 1841-8	3.7	61
70	Hydration effects on cognitive performance during military tasks in temperate and cold environments. <i>Physiology and Behavior</i> , 2008 , 93, 748-56	3.5	60
69	Prediction modeling of physiological responses and human performance in the heat. <i>Computers in Biology and Medicine</i> , 1986 , 16, 319-29	7	59
68	Hydration at the work site. <i>Journal of the American College of Nutrition</i> , 2007 , 26, 597S-603S	3.5	57
67	Intermittent altitude exposures improve muscular performance at 4,300 m. <i>Journal of Applied Physiology</i> , 2003 , 95, 1824-32	3.7	57
66	Consensus Recommendations on Training and Competing in the Heat. <i>Sports Medicine</i> , 2015 , 45, 925-38	10.6	55
65	Hyponatremia Associated with Overhydration in U.S. Army Trainees. <i>Military Medicine</i> , 2001 , 166, 405-410	1.3	55
64	No effect of nutritional adenosine receptor antagonists on exercise performance in the heat. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2009 , 296, R394-401	3.2	54
63	Hypohydration and prior heat stress exacerbates decreases in cerebral blood flow velocity during standing. <i>Journal of Applied Physiology</i> , 2006 , 101, 1744-50	3.7	54
62	Effect of hypohydration and altitude exposure on aerobic exercise performance and acute mountain sickness. <i>Journal of Applied Physiology</i> , 2010 , 109, 1792-800	3.7	52
61	No effect of moderate hypohydration or hyperthermia on anaerobic exercise performance. <i>Medicine and Science in Sports and Exercise</i> , 2006 , 38, 1093-7	1.2	52

60	Intermittent microclimate cooling during exercise-heat stress in US army chemical protective clothing. <i>Ergonomics</i> , 2006 , 49, 209-19	2.9	51
59	Branched-chain amino acid supplementation and human performance when hypohydrated in the heat. <i>Journal of Applied Physiology</i> , 2004 , 97, 1275-82	3.7	48
58	Hypohydration and thermoregulation in cold air. <i>Journal of Applied Physiology</i> , 1998 , 84, 185-9	3.7	46
57	Erythrocyte, plasma, and blood volume of healthy young men. <i>Medicine and Science in Sports and Exercise</i> , 1992 , 24, 447-453	1.2	46
56	Aldosterone and vasopressin responses in the heat: hydration level and exercise intensity effects. <i>Medicine and Science in Sports and Exercise</i> , 1997 , 29, 661-8	1.2	46
55	Water-deficit equation: systematic analysis and improvement. <i>American Journal of Clinical Nutrition</i> , 2013 , 97, 79-85	7	41
54	Methods of evaluating protective clothing relative to heat and cold stress: thermal manikin, biomedical modeling, and human testing. <i>Journal of Occupational and Environmental Hygiene</i> , 2011 , 8, 588-99	2.9	41
53	Impact of a protective vest and spacer garment on exercise-heat strain. <i>European Journal of Applied Physiology</i> , 2008 , 102, 577-83	3.4	40
52	Evaluation of the limits to accurate sweat loss prediction during prolonged exercise. <i>European Journal of Applied Physiology</i> , 2007 , 101, 215-24	3.4	37
51	Bioimpedance assessment of hypohydration. <i>Medicine and Science in Sports and Exercise</i> , 1999 , 31, 1466-71	3.1	36
50	Biological and analytical variation of the human sweating response: implications for study design and analysis. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2012 , 302, R252-8	3.2	34
49	Seven intermittent exposures to altitude improves exercise performance at 4300 m. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 141-8	1.2	33
48	Thermoregulation during cold exposure after several days of exhaustive exercise. <i>Journal of Applied Physiology</i> , 2001 , 90, 939-46	3.7	33
47	Thermoregulation during cold exposure: effects of prior exercise. <i>Journal of Applied Physiology</i> , 1999 , 87, 247-52	3.7	33
46	Role of core temperature as a stimulus for cold acclimation during repeated immersion in 20 degrees C water. <i>Journal of Applied Physiology</i> , 2000 , 89, 242-50	3.7	32
45	Reference change values for monitoring dehydration. <i>Clinical Chemistry and Laboratory Medicine</i> , 2011 , 49, 1033-7	5.9	31
44	Comparison of sweat loss estimates for women during prolonged high-intensity running. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, 1344-50	1.2	31
43	Impact of muscle injury and accompanying inflammatory response on thermoregulation during exercise in the heat. <i>Journal of Applied Physiology</i> , 2000 , 89, 1123-30	3.7	30

42	Limitations of salivary osmolality as a marker of hydration status. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 1080-4	1.2	28
41	A case report of idiosyncratic hyperthermia and review of U.S. Army heat stroke hospitalizations. <i>Journal of Sport Rehabilitation</i> , 2007 , 16, 238-43	1.7	28
40	Heat exhaustion and dehydration as causes of marathon collapse. <i>Sports Medicine</i> , 2007 , 37, 378-81	10.6	28
39	Sweat rate prediction equations for outdoor exercise with transient solar radiation. <i>Journal of Applied Physiology</i> , 2012 , 112, 1300-10	3.7	27
38	Prior heat stress: effect on subsequent 15-min time trial performance in the heat. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 1311-6	1.2	26
37	Thermoregulatory Responses to Acute Exercise-Heat Stress and Heat Acclimation 1996 , 157-185		26
36	Perspectives in microclimate cooling involving protective clothing in hot environments. <i>International Journal of Industrial Ergonomics</i> , 1988 , 3, 121-147	2.9	25
35	The influence of hydration status on heart rate variability after exercise heat stress. <i>Journal of Thermal Biology</i> , 2005 , 30, 495-502	2.9	24
34	Serum S-100beta response to exercise-heat strain before and after acclimation. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 1477-82	1.2	22
33	Influence of hydration and airflow on thermoregulatory control in the heat. <i>Journal of Thermal Biology</i> , 2004 , 29, 471-477	2.9	22
32	Controversies in exertional heat stroke diagnosis, prevention, and treatment. <i>Journal of Applied Physiology</i> , 2019 , 127, 1338-1348	3.7	21
31	Temperature regulation during upper body exercise. <i>Medicine and Science in Sports and Exercise</i> , 1989 , 21, S141-S148	1.2	18
30	Quantitative model of hematologic and plasma volume responses after ascent and acclimation to moderate to high altitudes. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2017 , 312, R265-R272	3.2	17
29	Impact of skin temperature and hydration on plasma volume responses during exercise. <i>Journal of Applied Physiology</i> , 2014 , 117, 413-20	3.7	17
28	Exertional heat illness and human gene expression. <i>Progress in Brain Research</i> , 2007 , 162, 321-46	2.9	17
27	Wearable technology for compensatory reserve to sense hypovolemia. <i>Journal of Applied Physiology</i> , 2018 , 124, 442-451	3.7	17
26	Exercise-heat stress with and without water replacement alters brain structures and impairs visuomotor performance. <i>Physiological Reports</i> , 2018 , 6, e13805	2.6	16
25	White blood cell and hormonal responses to 4300 m altitude before and after intermittent altitude exposure. <i>Clinical Science</i> , 2006 , 111, 163-9	6.5	16

24	Glycerol hyperhydration: physiological responses during cold-air exposure. <i>Journal of Applied Physiology</i> , 2005 , 99, 515-21	3.7	16
23	Hypohydration reduces vertical ground reaction impulse but not jump height. <i>European Journal of Applied Physiology</i> , 2010 , 109, 1163-70	3.4	15
22	Hydration assessment using the cardiovascular response to standing. <i>European Journal of Applied Physiology</i> , 2012 , 112, 4081-9	3.4	14
21	Thermoregulatory responses to cold water at different times of day. <i>Journal of Applied Physiology</i> , 1999 , 87, 243-6	3.7	11
20	Cold thermoregulatory responses following exertional fatigue. <i>Frontiers in Bioscience - Scholar</i> , 2010 , 2, 854-65	2.4	10
19	Body temperature, respiration, and acid-base equilibrium during prolonged running. <i>Medicine and Science in Sports and Exercise</i> , 1980 , 12, 370-374	1.2	10
18	ACSM Expert Consensus Statement on Exertional Heat Illness: Recognition, Management, and Return to Activity. <i>Current Sports Medicine Reports</i> , 2021 , 20, 470-484	1.9	10
17	Assessment of extracellular dehydration using saliva osmolality. <i>European Journal of Applied Physiology</i> , 2014 , 114, 85-92	3.4	9
16	Heat Stress When Wearing Body Armor 2001 ,		9
15	Current concepts concerning thirst, dehydration, and fluid replacement. <i>Medicine and Science in Sports and Exercise</i> , 1992 , 24, 643-644	1.2	7
14	Sweat rate and prediction validation during high-altitude treks on Mount Kilimanjaro. <i>Journal of Applied Physiology</i> , 2013 , 114, 436-43	3.7	6
13	Author's Reply to Brocherie and Millet: Is the Wet-Bulb Globe Temperature (WBGT) Index Relevant for Exercise in the Heat? <i>Sports Medicine</i> , 2015 , 45, 1623-4	10.6	5
12	DEET insect repellent: effects on thermoregulatory sweating and physiological strain. <i>European Journal of Applied Physiology</i> , 2011 , 111, 3061-8	3.4	4
11	Cold strain index applied to exercising men in cold-wet conditions. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2001 , 281, R1764-8	3.2	4
10	WBGT Index Temperature Adjustments for Work/Rest Cycles When Wearing NBC Protective Clothing or Body Armor 2005 ,		4
9	Human Water and Electrolyte Balance 2012 , 493-505		3
8	Career perspectives of Michael N. Sawka. <i>Extreme Physiology and Medicine</i> , 2012 , 1, 10		3
7	Reply to LE Armstrong et al. <i>American Journal of Clinical Nutrition</i> , 2013 , 98, 505-6	7	3

6	Effects of Dehydration and Rehydration on Performance	216-225	3
5	Fluid Replacement Strategies for Exercise in Hot Weather. <i>Athletic Therapy Today</i> , 1996 , 1, 24-27		3
4	Pyridostigmine bromide does not alter thermoregulation during exercise in cold air. <i>Canadian Journal of Physiology and Pharmacology</i> , 1994 , 72, 788-93	2.4	2
3	The effects of exhaustive exercise on thermoregulatory fatigue during cold exposure. <i>Elsevier Ergonomics Book Series</i> , 2005 , 3, 135-140		1
2	Reflective inserts to reduce heat strain in body armor: tests with and without irradiance. <i>Aviation, Space, and Environmental Medicine</i> , 2007 , 78, 809-13		1
1	Heat adaptation in humans with controlled heart rate heat acclimation. <i>European Journal of Applied Physiology</i> , 2021 , 121, 1233-1235	3.4	0