

Jos Manuel Fernandez-Real

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118
papers

9,150
citations

45
h-index

95
g-index

120
ext. papers

10,744
ext. citations

9
avg, IF

6.04
L-index

#	Paper	IF	Citations
118	Metformin alters the gut microbiome of individuals with treatment-naive type 2 diabetes, contributing to the therapeutic effects of the drug. <i>Nature Medicine</i> , 2017 , 23, 850-858	50.5	732
117	Insulin resistance and chronic cardiovascular inflammatory syndrome. <i>Endocrine Reviews</i> , 2003 , 24, 278-301	30.2	653
116	Irisin is expressed and produced by human muscle and adipose tissue in association with obesity and insulin resistance. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2013 , 98, E769-78	5.6	501
115	Cross-talk between iron metabolism and diabetes. <i>Diabetes</i> , 2002 , 51, 2348-54	0.9	453
114	Increase in plasma endotoxin concentrations and the expression of Toll-like receptors and suppressor of cytokine signaling-3 in mononuclear cells after a high-fat, high-carbohydrate meal: implications for insulin resistance. <i>Diabetes Care</i> , 2009 , 32, 2281-7	14.6	365
113	Mirror extreme BMI phenotypes associated with gene dosage at the chromosome 16p11.2 locus. <i>Nature</i> , 2011 , 478, 97-102	50.4	322
112	Dyslipidemia and inflammation: an evolutionary conserved mechanism. <i>Clinical Nutrition</i> , 2005 , 24, 16-31	5.9	285
111	Targeting the circulating microRNA signature of obesity. <i>Clinical Chemistry</i> , 2013 , 59, 781-92	5.5	281
110	Blood letting in high-ferritin type 2 diabetes: effects on insulin sensitivity and beta-cell function. <i>Diabetes</i> , 2002 , 51, 1000-4	0.9	270
109	Physiology and role of irisin in glucose homeostasis. <i>Nature Reviews Endocrinology</i> , 2017 , 13, 324-337	15.2	259
108	Profiling of circulating microRNAs reveals common microRNAs linked to type 2 diabetes that change with insulin sensitization. <i>Diabetes Care</i> , 2014 , 37, 1375-83	14.6	241
107	Genetic variation near IRS1 associates with reduced adiposity and an impaired metabolic profile. <i>Nature Genetics</i> , 2011 , 43, 753-60	36.3	237
106	The relationship of serum osteocalcin concentration to insulin secretion, sensitivity, and disposal with hypocaloric diet and resistance training. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2009 , 94, 237-45	5.6	223
105	Circulating zonulin, a marker of intestinal permeability, is increased in association with obesity-associated insulin resistance. <i>PLoS ONE</i> , 2012 , 7, e37160	3.7	165
104	Fatty acid synthase: association with insulin resistance, type 2 diabetes, and cancer. <i>Clinical Chemistry</i> , 2009 , 55, 425-38	5.5	140
103	Innate immunity, insulin resistance and type 2 diabetes. <i>Trends in Endocrinology and Metabolism</i> , 2008 , 19, 10-6	8.8	139
102	Novel interactions of adiponectin with the endocrine system and inflammatory parameters. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2003 , 88, 2714-8	5.6	136

101	Elevated circulating levels of succinate in human obesity are linked to specific gut microbiota. <i>ISME Journal</i> , 2018 , 12, 1642-1657	11.9	132
100	Effects of iron overload on chronic metabolic diseases. <i>Lancet Diabetes and Endocrinology</i> , 2014 , 2, 513-26	18.1	131
99	Nicotinamide N-methyltransferase regulates hepatic nutrient metabolism through Sirt1 protein stabilization. <i>Nature Medicine</i> , 2015 , 21, 887-94	50.5	129
98	Lifetime obesity in patients with eating disorders: increasing prevalence, clinical and personality correlates. <i>European Eating Disorders Review</i> , 2012 , 20, 250-4	5.3	127
97	Adipocytokines and insulin resistance: the possible role of lipocalin-2, retinol binding protein-4, and adiponectin. <i>Diabetes Care</i> , 2009 , 32 Suppl 2, S362-7	14.6	125
96	Genetic deficiency of indoleamine 2,3-dioxygenase promotes gut microbiota-mediated metabolic health. <i>Nature Medicine</i> , 2018 , 24, 1113-1120	50.5	121
95	Iron stores, blood donation, and insulin sensitivity and secretion. <i>Clinical Chemistry</i> , 2005 , 51, 1201-5	5.5	114
94	The L-lysophosphatidylinositol/GPR55 system and its potential role in human obesity. <i>Diabetes</i> , 2012 , 61, 281-91	0.9	112
93	Mechanisms Linking Glucose Homeostasis and Iron Metabolism Toward the Onset and Progression of Type 2 Diabetes. <i>Diabetes Care</i> , 2015 , 38, 2169-76	14.6	107
92	Grape-seed procyanidins modulate inflammation on human differentiated adipocytes in vitro. <i>Cytokine</i> , 2009 , 47, 137-42	4	97
91	A polymorphism in the promoter of the tumor necrosis factor-alpha gene (-308) is associated with coronary heart disease in type 2 diabetic patients. <i>Atherosclerosis</i> , 2003 , 167, 257-64	3.1	93
90	Adiponectin, hepatocellular dysfunction and insulin sensitivity. <i>Clinical Endocrinology</i> , 2004 , 60, 256-63	3.4	83
89	CD14 monocyte receptor, involved in the inflammatory cascade, and insulin sensitivity. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2003 , 88, 1780-4	5.6	79
88	CD14 modulates inflammation-driven insulin resistance. <i>Diabetes</i> , 2011 , 60, 2179-86	0.9	78
87	Increased levels of calprotectin in obesity are related to macrophage content: impact on inflammation and effect of weight loss. <i>Molecular Medicine</i> , 2011 , 17, 1157-67	6.2	77
86	A role for adipocyte-derived lipopolysaccharide-binding protein in inflammation- and obesity-associated adipose tissue dysfunction. <i>Diabetologia</i> , 2013 , 56, 2524-37	10.3	75
85	Circulating pigment epithelium-derived factor levels are associated with insulin resistance and decrease after weight loss. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2010 , 95, 4720-8	5.6	75
84	Complement factor H is expressed in adipose tissue in association with insulin resistance. <i>Diabetes</i> , 2010 , 59, 200-9	0.9	74

83	OCT1 Expression in adipocytes could contribute to increased metformin action in obese subjects. <i>Diabetes</i> , 2011 , 60, 168-76	0.9	73
82	Inflammation triggers specific microRNA profiles in human adipocytes and macrophages and in their supernatants. <i>Clinical Epigenetics</i> , 2015 , 7, 49	7.7	71
81	Total and undercarboxylated osteocalcin predict changes in insulin sensitivity and cell function in elderly men at high cardiovascular risk. <i>American Journal of Clinical Nutrition</i> , 2012 , 95, 249-55	7	65
80	A Mediterranean diet enriched with olive oil is associated with higher serum total osteocalcin levels in elderly men at high cardiovascular risk. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2012 , 97, 3792-8	5.6	63
79	Blood letting in high-ferritin type 2 diabetes: effects on vascular reactivity. <i>Diabetes Care</i> , 2002 , 25, 2249-55	15	63
78	Circulating irisin levels are positively associated with metabolic risk factors in sedentary subjects. <i>PLoS ONE</i> , 2015 , 10, e0124100	3.7	53
77	Association of circulating lactoferrin concentration and 2 nonsynonymous LTF gene polymorphisms with dyslipidemia in men depends on glucose-tolerance status. <i>Clinical Chemistry</i> , 2008 , 54, 301-9	5.5	52
76	Olive oil phenolic compounds decrease the postprandial inflammatory response by reducing postprandial plasma lipopolysaccharide levels. <i>Food Chemistry</i> , 2014 , 162, 161-71	8.5	45
75	Circulating visfatin is associated with parameters of iron metabolism in subjects with altered glucose tolerance. <i>Diabetes Care</i> , 2007 , 30, 616-21	14.6	45
74	Serum and urinary concentrations of calprotectin as markers of insulin resistance and type 2 diabetes. <i>European Journal of Endocrinology</i> , 2012 , 167, 569-78	6.5	44
73	Insulin resistance modulates iron-related proteins in adipose tissue. <i>Diabetes Care</i> , 2014 , 37, 1092-100	14.6	43
72	Bloodletting ameliorates insulin sensitivity and secretion in parallel to reducing liver iron in carriers of HFE gene mutations. <i>Diabetes Care</i> , 2008 , 31, 3-8	14.6	42
71	Brain iron overload, insulin resistance, and cognitive performance in obese subjects: a preliminary MRI case-control study. <i>Diabetes Care</i> , 2014 , 37, 3076-83	14.6	40
70	Monocyte chemoattractant protein-1 in obesity and type 2 diabetes. Insulin sensitivity study. <i>Obesity</i> , 2007 , 15, 664-72	8	40
69	Plasma levels of the soluble fraction of tumor necrosis factor receptors 1 and 2 are independent determinants of plasma cholesterol and LDL-cholesterol concentrations in healthy subjects. <i>Atherosclerosis</i> , 1999 , 146, 321-7	3.1	40
68	Fine-tuned iron availability is essential to achieve optimal adipocyte differentiation and mitochondrial biogenesis. <i>Diabetologia</i> , 2014 , 57, 1957-67	10.3	39
67	The gut microbiota profile is associated with insulin action in humans. <i>Acta Diabetologica</i> , 2013 , 50, 753-61	6.1	39
66	Human omental and subcutaneous adipose tissue exhibit specific lipidomic signatures. <i>FASEB Journal</i> , 2014 , 28, 1071-81	0.9	38

65	Extracellular fatty acid synthase: a possible surrogate biomarker of insulin resistance. <i>Diabetes</i> , 2010 , 59, 1506-11	0.9	38
64	Circulating retinol-binding protein-4 concentration might reflect insulin resistance-associated iron overload. <i>Diabetes</i> , 2008 , 57, 1918-25	0.9	37
63	Circulating soluble transferrin receptor according to glucose tolerance status and insulin sensitivity. <i>Diabetes Care</i> , 2007 , 30, 604-8	14.6	37
62	miRNAs in cerebrospinal fluid identify patients with MS and specifically those with lipid-specific oligoclonal IgM bands. <i>Multiple Sclerosis Journal</i> , 2017 , 23, 1716-1726	5	36
61	Adipocyte Differentiation 2012 , 17-38		36
60	Genetic identification of thiosulfate sulfurtransferase as an adipocyte-expressed antidiabetic target in mice selected for leanness. <i>Nature Medicine</i> , 2016 , 22, 771-9	50.5	33
59	Surfactant protein d, a marker of lung innate immunity, is positively associated with insulin sensitivity. <i>Diabetes Care</i> , 2010 , 33, 847-53	14.6	33
58	Loss of control over eating: a description of the eating disorder/obesity spectrum in women. <i>European Eating Disorders Review</i> , 2014 , 22, 25-31	5.3	32
57	The complement system is dysfunctional in metabolic disease: Evidences in plasma and adipose tissue from obese and insulin resistant subjects. <i>Seminars in Cell and Developmental Biology</i> , 2019 , 85, 164-172	7.5	32
56	Analysis of miRNA signatures in CSF identifies upregulation of miR-21 and miR-146a/b in patients with multiple sclerosis and active lesions. <i>Journal of Neuroinflammation</i> , 2019 , 16, 220	10.1	30
55	The gut microbiota modulates both browning of white adipose tissue and the activity of brown adipose tissue. <i>Reviews in Endocrine and Metabolic Disorders</i> , 2019 , 20, 387-397	10.5	30
54	Natural antibiotics and insulin sensitivity: the role of bactericidal/permeability-increasing protein. <i>Diabetes</i> , 2006 , 55, 216-24	0.9	30
53	Ferritin, metabolic syndrome and its components: A systematic review and meta-analysis. <i>Atherosclerosis</i> , 2018 , 275, 97-106	3.1	29
52	Preoperative Circulating Succinate Levels as a Biomarker for Diabetes Remission After Bariatric Surgery. <i>Diabetes Care</i> , 2019 , 42, 1956-1965	14.6	27
51	Metabolism: Irisin, the metabolic syndrome and follistatin in humans. <i>Nature Reviews Endocrinology</i> , 2014 , 10, 11-2	15.2	26
50	Study of circulating prohepcidin in association with insulin sensitivity and changing iron stores. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2009 , 94, 982-8	5.6	26
49	Lipopolysaccharide binding protein is an adipokine involved in the resilience of the mouse adipocyte to inflammation. <i>Diabetologia</i> , 2015 , 58, 2424-34	10.3	25
48	Iron and obesity status-associated insulin resistance influence circulating fibroblast-growth factor-23 concentrations. <i>PLoS ONE</i> , 2013 , 8, e58961	3.7	25

47	Circulating Irisin and Myostatin as Markers of Muscle Strength and Physical Condition in Elderly Subjects. <i>Frontiers in Physiology</i> , 2019 , 10, 871	4.6	24
46	Study of lactoferrin gene expression in human and mouse adipose tissue, human preadipocytes and mouse 3T3-L1 fibroblasts. Association with adipogenic and inflammatory markers. <i>Journal of Nutritional Biochemistry</i> , 2013 , 24, 1266-75	6.3	24
45	Circulating surfactant protein A (SP-A), a marker of lung injury, is associated with insulin resistance. <i>Diabetes Care</i> , 2008 , 31, 958-63	14.6	20
44	Microbiota impacts on chronic inflammation and metabolic syndrome - related cognitive dysfunction. <i>Reviews in Endocrine and Metabolic Disorders</i> , 2019 , 20, 473-480	10.5	20
43	Hepatic iron content is independently associated with serum hepcidin levels in subjects with obesity. <i>Clinical Nutrition</i> , 2017 , 36, 1434-1439	5.9	19
42	Transferrin receptor-1 gene polymorphisms are associated with type 2 diabetes. <i>European Journal of Clinical Investigation</i> , 2010 , 40, 600-7	4.6	19
41	Obesity Is Associated With Gene Expression and Imaging Markers of Iron Accumulation in Skeletal Muscle. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2016 , 101, 1282-9	5.6	18
40	Antimicrobial-sensing proteins in obesity and type 2 diabetes: the buffering efficiency hypothesis. <i>Diabetes Care</i> , 2011 , 34 Suppl 2, S335-41	14.6	17
39	Fatty acid synthase activity regulates HER2 extracellular domain shedding into the circulation of HER2-positive metastatic breast cancer patients. <i>International Journal of Oncology</i> , 2009 , 35, 1369-76	4.4	17
38	Circulating tryptase as a marker for subclinical atherosclerosis in obese subjects. <i>PLoS ONE</i> , 2014 , 9, e97014	9.7	16
37	The MRC1/CD68 ratio is positively associated with adipose tissue lipogenesis and with muscle mitochondrial gene expression in humans. <i>PLoS ONE</i> , 2013 , 8, e70810	3.7	14
36	The decrease of serum levels of human neutrophil alpha-defensins parallels with the surgery-induced amelioration of NASH in obesity. <i>Obesity Surgery</i> , 2010 , 20, 1682-9	3.7	13
35	Neuregulin 4 Is a Novel Marker of Beige Adipocyte Precursor Cells in Human Adipose Tissue. <i>Frontiers in Physiology</i> , 2019 , 10, 39	4.6	12
34	Lipopolysaccharide-binding protein and soluble CD14 in the vitreous fluid of patients with proliferative diabetic retinopathy. <i>Retina</i> , 2010 , 30, 345-52	3.6	10
33	An alternative spliced variant of circulating soluble tumor necrosis factor-alpha receptor-2 is paradoxically associated with insulin action. <i>European Journal of Endocrinology</i> , 2006 , 154, 723-30	6.5	10
32	Soluble transferrin receptor levels are positively associated with insulin resistance but not with the metabolic syndrome or its individual components. <i>British Journal of Nutrition</i> , 2016 , 116, 1165-1174	3.6	10
31	PRDM16 sustains white fat gene expression profile in human adipocytes in direct relation with insulin action. <i>Molecular and Cellular Endocrinology</i> , 2015 , 405, 84-93	4.4	9
30	Circulating bactericidal/permeability-increasing protein (BPI) is associated with serum lipids and endothelial function. <i>Thrombosis and Haemostasis</i> , 2010 , 103, 780-7	7	9

29	An alternatively spliced soluble TNF-alpha receptor is associated with metabolic disorders: a replication study. <i>Clinical Immunology</i> , 2006 , 121, 236-41	9	9
28	Circulating soluble CD14 monocyte receptor is associated with increased alanine aminotransferase. <i>Clinical Chemistry</i> , 2004 , 50, 1456-8	5.5	9
27	Adipocyte Differentiation 2017 , 69-90		9
26	Identification and validation of circulating miRNAs as endogenous controls in obstructive sleep apnea. <i>PLoS ONE</i> , 2019 , 14, e0213622	3.7	8
25	Activation of Endogenous HS Biosynthesis or Supplementation with Exogenous HS Enhances Adipose Tissue Adipogenesis and Preserves Adipocyte Physiology in Humans. <i>Antioxidants and Redox Signaling</i> , 2021 , 35, 319-340	8.4	8
24	Adipose tissue and serum CCDC80 in obesity and its association with related metabolic disease. <i>Molecular Medicine</i> , 2017 , 23, 225-234	6.2	7
23	Contrasting association of circulating sCD14 with insulin sensitivity in non-obese and morbidly obese subjects. <i>Molecular Nutrition and Food Research</i> , 2016 , 60, 103-9	5.9	7
22	Iron Status and Metabolically Unhealthy Obesity in Prepubertal Children. <i>Obesity</i> , 2019 , 27, 636-644	8	7
21	Adipose tissue TSH as a new modulator of human adipocyte mitochondrial function. <i>International Journal of Obesity</i> , 2019 , 43, 1611-1619	5.5	7
20	Adipocyte lipopolysaccharide binding protein (LBP) is linked to a specific lipidomic signature. <i>Obesity</i> , 2017 , 25, 391-400	8	6
19	Glycated Hemoglobin, but not Insulin Sensitivity, is Associated with Memory in Subjects with Obesity. <i>Obesity</i> , 2019 , 27, 932-942	8	6
18	Increased adipose tissue heme levels and exportation are associated with altered systemic glucose metabolism. <i>Scientific Reports</i> , 2017 , 7, 5305	4.9	6
17	Adipose tissue Ecrystallin is a thyroid hormone-binding protein associated with systemic insulin sensitivity. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2014 , 99, E2259-68	5.6	6
16	Insulin-like growth factor binding protein-related protein 1 (IGFBP-rP1/MAC25) is linked to endothelial-dependent vasodilation in high-ferritin type 2 diabetes. <i>Diabetes Care</i> , 2007 , 30, 1615-7	14.6	6
15	Adipose tissue R2* signal is increased in subjects with obesity: A preliminary MRI study. <i>Obesity</i> , 2016 , 24, 352-8	8	6
14	Lysozyme is a component of the innate immune system linked to obesity associated-chronic low-grade inflammation and altered glucose tolerance. <i>Clinical Nutrition</i> , 2021 , 40, 1420-1429	5.9	6
13	Adipose TSHB in Humans and Serum TSH in Hypothyroid Rats Inform About Cellular Senescence. <i>Cellular Physiology and Biochemistry</i> , 2018 , 51, 142-153	3.9	5
12	The possible role of antimicrobial proteins in obesity-associated immunologic alterations. <i>Expert Review of Clinical Immunology</i> , 2014 , 10, 855-66	5.1	4

11	Back to past leeches: repeated phlebotomies and cardiovascular risk. <i>BMC Medicine</i> , 2012 , 10, 53	11.4	3
10	Nicotinamide N-methyltransferase expression decreases in iron overload, exacerbating toxicity in mouse hepatocytes. <i>Hepatology Communications</i> , 2017 , 1, 803-815	6	2
9	Adipose tissue knockdown of lysozyme reduces local inflammation and improves adipogenesis in high-fat diet-fed mice. <i>Pharmacological Research</i> , 2021 , 166, 105486	10.2	2
8	Lucha por sobrevivir, diabetes tipo 2 y obesidad. <i>Avances En Diabetología</i> , 2012 , 28, 55-58		1
7	Specific adipose tissue gene knockdown prevents diet-induced body weight gain, impacting fat accretion-related gene and protein expression.. <i>Molecular Therapy - Nucleic Acids</i> , 2022 , 27, 870-879	10.7	1
6	Obesity status influences the relationship among serum osteocalcin, iron stores and insulin sensitivity. <i>Clinical Nutrition</i> , 2018 , 37, 2091-2096	5.9	0
5	Increased Small Intestine Expression of Non-Heme Iron Transporters in Morbidly Obese Patients With Newly Diagnosed Type 2 Diabetes. <i>Molecular Nutrition and Food Research</i> , 2018 , 62, 1700301	5.9	0
4	Downregulation of peripheral lipopolysaccharide binding protein impacts on perigonadal adipose tissue only in female mice. <i>Biomedicine and Pharmacotherapy</i> , 2022 , 151, 113156	7.5	0
3	Olive Oil and the Senescent Bone 2015 , 505-512		
2	Resistencia a la insulina y aterosclerosis. Impacto del estrés oxidativo en la función endotelial. <i>Revista Espanola De Cardiologia Suplementos</i> , 2008 , 8, 45C-52C	0.2	
1	Influence of Dietary Factors on Gut Microbiota: The Role on Insulin Resistance and Diabetes Mellitus 2016 , 147-154		