

# Helio J Coelho-Junior

## List of Publications by Year in Descending Order

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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.

89 papers	1,396 citations	19 h-index	32 g-index
107 ext. papers	2,262 ext. citations	4.3 avg, IF	5.11 L-index

#	Paper	IF	Citations
89	Circulating extracellular vesicles: friends and foes in neurodegeneration. <i>Neural Regeneration Research</i> , <b>2022</b> , 17, 534-542	4.5	3
88	Mitochondrial-derived vesicles in skeletal muscle remodeling and adaptation.. <i>Seminars in Cell and Developmental Biology</i> , <b>2022</b> ,	7.5	1
87	Acute and chronic effects of traditional and high-speed resistance training on blood pressure in older adults: A crossover study and systematic review and meta-analysis.. <i>Experimental Gerontology</i> , <b>2022</b> , 111775	4.5	0
86	Cardiovascular Autonomic Responses to Aerobic, Resistance and Combined Exercises in Resistance Hypertensive Patients.. <i>BioMed Research International</i> , <b>2022</b> , 2022, 8202610	3	
85	Biomarkers shared by frailty and sarcopenia in older adults: A systematic review and meta-analysis. <i>Ageing Research Reviews</i> , <b>2021</b> , 73, 101530	12	8
84	Mitochondrial Dysfunction, Protein Misfolding and Neuroinflammation in Parkinson's Disease: Roads to Biomarker Discovery. <i>Biomolecules</i> , <b>2021</b> , 11,	5.9	8
83	Is High-Speed Resistance Training an Efficient and Feasible Exercise Strategy for Frail Nursing Home Residents?. <i>Journal of the American Medical Directors Association</i> , <b>2021</b> ,	5.9	1
82	Cell Death and Inflammation: The Role of Mitochondria in Health and Disease. <i>Cells</i> , <b>2021</b> , 10,	7.9	17
81	Characterization of the gut-liver-muscle axis in cirrhotic patients with sarcopenia. <i>Liver International</i> , <b>2021</b> , 41, 1320-1334	7.9	9
80	Frailty is not associated with hypertension, blood pressure or antihypertensive medication in community-dwelling older adults: A cross-sectional comparison across 3 frailty instruments. <i>Experimental Gerontology</i> , <b>2021</b> , 146, 111245	4.5	1
79	Molecular routes to sarcopenia and biomarker development: per aspera ad astra. <i>Current Opinion in Pharmacology</i> , <b>2021</b> , 57, 140-147	5.1	7
78	Master athletes have longer telomeres than age-matched non-athletes. A systematic review, meta-analysis and discussion of possible mechanisms. <i>Experimental Gerontology</i> , <b>2021</b> , 146, 111212	4.5	6
77	Strength, power and balance in Slackliners: A comparative study. <i>Science and Sports</i> , <b>2021</b> , 36, 247-249	0.8	
76	Effects of Low-Speed and High-Speed Resistance Training Programs on Frailty Status, Physical Performance, Cognitive Function, and Blood Pressure in Prefrail and Frail Older Adults. <i>Frontiers in Medicine</i> , <b>2021</b> , 8, 702436	4.9	5
75	Identification of biomarkers for physical frailty and sarcopenia through a new multi-marker approach: results from the BIOSPHERE study. <i>GeroScience</i> , <b>2021</b> , 43, 727-740	8.9	11
74	Age- and Gender-Related Changes in Physical Function in Community-Dwelling Brazilian Adults Aged 50 to 102 Years. <i>Journal of Geriatric Physical Therapy</i> , <b>2021</b> , 44, E123-E131	3.2	9
73	Evidence-based recommendations for resistance and power training to prevent frailty in community-dwellers. <i>Aging Clinical and Experimental Research</i> , <b>2021</b> , 33, 2069-2086	4.8	6

72	Acute Effects of Low- and High-Speed Resistance Exercise on Cognitive Function in Frail Older Nursing-Home Residents: A Randomized Crossover Study. <i>Journal of Aging Research</i> , <b>2021</b> , 2021, 99123339 <sup>3</sup>	3.3	0
71	Cross-sectional and longitudinal associations between adherence to Mediterranean diet with physical performance and cognitive function in older adults: A systematic review and meta-analysis. <i>Ageing Research Reviews</i> , <b>2021</b> , 70, 101395	12	18
70	Mitophagy: At the heart of mitochondrial quality control in cardiac aging and frailty. <i>Experimental Gerontology</i> , <b>2021</b> , 153, 111508	4.5	1
69	Protein Intake and Cognitive Function in Older Adults: A Systematic Review and Meta-Analysis. <i>Nutrition and Metabolic Insights</i> , <b>2021</b> , 14, 11786388211022373	1.9	0
68	Resistance training improves cognitive function in older adults with different cognitive status: a systematic review and Meta-analysis. <i>Aging and Mental Health</i> , <b>2020</b> , 1-12	3.5	13
67	Extracellular Vesicles and Damage-Associated Molecular Patterns: A Pandora's Box in Health and Disease. <i>Frontiers in Immunology</i> , <b>2020</b> , 11, 601740	8.4	10
66	Normative values of muscle strength across ages in a Real world population: results from the longevity check-up 7+ project. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2020</b> , 11, 1562-1569	10.3	14
65	Effects of Combined Resistance and Power Training on Cognitive Function in Older Women: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	6
64	Generation and Release of Mitochondrial-Derived Vesicles in Health, Aging and Disease. <i>Journal of Clinical Medicine</i> , <b>2020</b> , 9,	5.1	29
63	A novel multi-marker discovery approach identifies new serum biomarkers for Parkinson's disease in older people: an EXosomes in PARKinson Disease (EXPAND) ancillary study. <i>GeroScience</i> , <b>2020</b> , 42, 1323-1334	8.9	10
62	The COVID-19 pandemic and physical activity. <i>Sports Medicine and Health Science</i> , <b>2020</b> , 2, 55-64	4.5	148
61	Association between Dietary Habits and Physical Function in Brazilian and Italian Older Women. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	5
60	Inter-Organellar Membrane Contact Sites and Mitochondrial Quality Control during Aging: A Geroscience View. <i>Cells</i> , <b>2020</b> , 9,	7.9	18
59	Protein-Related Dietary Parameters and Frailty Status in Older Community-Dwellers across Different Frailty Instruments. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	16
58	Prevalence of Prefrailty and Frailty in South America: A Systematic Review of Observational Studies. <i>Journal of Frailty &amp; Aging</i> , <b>2020</b> , 9, 197-213	2.6	10
57	Older Adults with Physical Frailty and Sarcopenia Show Increased Levels of Circulating Small Extracellular Vesicles with a Specific Mitochondrial Signature. <i>Cells</i> , <b>2020</b> , 9,	7.9	23
56	The "development of metabolic and functional markers of Dementia IN Older people" (ODINO) Study: Rationale, Design and Methods. <i>Journal of Personalized Medicine</i> , <b>2020</b> , 10,	3.6	3
55	Circulating Mitochondrial-Derived Vesicles, Inflammatory Biomarkers and Amino Acids in Older Adults With Physical Frailty and Sarcopenia: A Preliminary BIOSPHERE Multi-Marker Study Using Sequential and Orthogonalized Covariance Selection - Linear Discriminant Analysis. <i>Frontiers in Cell and Developmental Biology</i> , <b>2020</b> , 8, 561117	5.7	9

54	Protein Intake and Frailty: A Matter of Quantity, Quality, and Timing. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	20
53	Preserving Mobility in Older Adults with Physical Frailty and Sarcopenia: Opportunities, Challenges, and Recommendations for Physical Activity Interventions. <i>Clinical Interventions in Aging</i> , <b>2020</b> , 15, 1675-1690	4.690	33
52	The importance of objectively measuring functional tests in complement to self-report assessments in patients with knee osteoarthritis. <i>Gait and Posture</i> , <b>2020</b> , 82, 33-37	2.6	4
51	Altered Expression of Mitoferrin and Frataxin, Larger Labile Iron Pool and Greater Mitochondrial DNA Damage in the Skeletal Muscle of Older Adults. <i>Cells</i> , <b>2020</b> , 9,	7.9	6
50	Mitochondrial Dysfunction, Oxidative Stress, and Neuroinflammation: Intertwined Roads to Neurodegeneration. <i>Antioxidants</i> , <b>2020</b> , 9,	7.1	62
49	Biomarkers of Physical Frailty and Sarcopenia: Coming up to the Place?. <i>International Journal of Molecular Sciences</i> , <b>2020</b> , 21,	6.3	16
48	Combined Aerobic and Resistance Exercises Evokes Longer Reductions on Ambulatory Blood Pressure in Resistant Hypertension: A Randomized Crossover Trial. <i>Cardiovascular Therapeutics</i> , <b>2020</b> , 2020, 8157858	3.3	8
47	If my muscle could talk: Myokines as a biomarker of frailty. <i>Experimental Gerontology</i> , <b>2019</b> , 127, 110715	4.5	25
46	Sarcopenia-related parameters in adults with Down syndrome: A cross-sectional exploratory study. <i>Experimental Gerontology</i> , <b>2019</b> , 119, 93-99	4.5	10
45	Prefrontal cortex asymmetry and psychological responses to exercise: A systematic review. <i>Physiology and Behavior</i> , <b>2019</b> , 208, 112580	3.5	8
44	High relative consumption of vegetable protein is associated with faster walking speed in well-functioning older adults. <i>Aging Clinical and Experimental Research</i> , <b>2019</b> , 31, 837-844	4.8	10
43	Inflammatory signatures in older persons with physical frailty and sarcopenia: The frailty "cytokinome" at its core. <i>Experimental Gerontology</i> , <b>2019</b> , 122, 129-138	4.5	48
42	Periodized and non-periodized resistance training programs on body composition and physical function of older women. <i>Experimental Gerontology</i> , <b>2019</b> , 121, 10-18	4.5	15
41	Mitochondrial Dysfunction and Aging: Insights from the Analysis of Extracellular Vesicles. <i>International Journal of Molecular Sciences</i> , <b>2019</b> , 20,	6.3	62
40	The metabolomics side of frailty: Toward personalized medicine for the aged. <i>Experimental Gerontology</i> , <b>2019</b> , 126, 110692	4.5	18
39	Multicomponent Exercise on Physical Function, Cognition and Hemodynamic Parameters of Community-Dwelling Older Adults: A Quasi-Experimental Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2019</b> , 16,	4.6	5
38	Impact of Moderate Aerobic Training on Physical Capacities of Hypertensive Obese Elderly. <i>Gerontology and Geriatric Medicine</i> , <b>2019</b> , 5, 2333721419859691	2.3	2
37	Physical education class can improve acute inhibitory control in elementary school students. <i>Motriz Revista De Educacao Fisica</i> , <b>2019</b> , 25,	0.9	2

36	Gut Microbial, Inflammatory and Metabolic Signatures in Older People with Physical Frailty and Sarcopenia: Results from the BIOSPHERE Study. <i>Nutrients</i> , <b>2019</b> , 12,	6.7	43
35	Dynamic Resistance Training Improves Cardiac Autonomic Modulation and Oxidative Stress Parameters in Chronic Stroke Survivors: A Randomized Controlled Trial. <i>Oxidative Medicine and Cellular Longevity</i> , <b>2019</b> , 2019, 5382843	6.7	11
34	Targeting mitochondrial quality control for treating sarcopenia: lessons from physical exercise. <i>Expert Opinion on Therapeutic Targets</i> , <b>2019</b> , 23, 153-160	6.4	16
33	Effects of Carbohydrate Mouth Rinse on Cycling Time Trial Performance: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , <b>2019</b> , 49, 57-66	10.6	23
32	The physical capabilities underlying timed "Up and Go" test are time-dependent in community-dwelling older women. <i>Experimental Gerontology</i> , <b>2018</b> , 104, 138-146	4.5	29
31	Hypertension, Sarcopenia, and Global Cognitive Function in Community-Dwelling Older Women: A Preliminary Study. <i>Journal of Aging Research</i> , <b>2018</b> , 2018, 9758040	2.3	9
30	Pyridostigmine Improves the Effects of Resistance Exercise Training after Myocardial Infarction in Rats. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 53	4.6	15
29	Multicomponent exercise decreases blood pressure, heart rate and double product in normotensive and hypertensive older patients with high blood pressure. <i>Archivos De Cardiologia De Mexico</i> , <b>2018</b> , 88, 413-422	0.2	6
28	Moderate Aerobic Training Decreases Blood Pressure but No Other Cardiovascular Risk Factors in Hypertensive Overweight/Obese Elderly Patients. <i>Gerontology and Geriatric Medicine</i> , <b>2018</b> , 4, 2333721418808645	2.3	6
27	A Distinct Pattern of Circulating Amino Acids Characterizes Older Persons with Physical Frailty and Sarcopenia: Results from the BIOSPHERE Study. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	52
26	Identification of muscle fatigue by tracking facial expressions. <i>PLoS ONE</i> , <b>2018</b> , 13, e0208834	3.7	8
25	Non-periodized and Daily Undulating Periodized Resistance Training on Blood Pressure of Older Women. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 1525	4.6	10
24	Relative Protein Intake and Physical Function in Older Adults: A Systematic Review and Meta-Analysis of Observational Studies. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	61
23	Low Protein Intake Is Associated with Frailty in Older Adults: A Systematic Review and Meta-Analysis of Observational Studies. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	52
22	Multicomponent Exercise Improves Physical Functioning but Not Cognition and Hemodynamic Parameters in Elderly Osteoarthritis Patients Regardless of Hypertension. <i>BioMed Research International</i> , <b>2018</b> , 2018, 3714739	3	1
21	Multicomponent Exercise Improves Hemodynamic Parameters and Mobility, but Not Maximal Walking Speed, Transfer Capacity, and Executive Function of Older Type II Diabetic Patients. <i>BioMed Research International</i> , <b>2018</b> , 2018, 4832851	3	2
20	Exercise Training Plus Sildenafil Treatment: Role on Autonomic and Inflammatory Markers. <i>International Journal of Sports Medicine</i> , <b>2018</b> , 39, 749-756	3.6	
19	Hypertension and functional capacities in community-dwelling older women: a cross-sectional study. <i>Blood Pressure</i> , <b>2017</b> , 26, 156-165	1.7	10

18	Myocardial Infarction and Exercise Training: Evidence from Basic Science. <i>Advances in Experimental Medicine and Biology</i> , <b>2017</b> , 999, 139-153	3.6	19
17	Resistance Training and Stroke: A Critical Analysis of Different Training Programs. <i>Stroke Research and Treatment</i> , <b>2017</b> , 2017, 4830265	1.7	7
16	Effects of inspiratory muscle exercise in the pulmonary function, autonomic modulation, and hemodynamic variables in older women with metabolic syndrome. <i>Journal of Exercise Rehabilitation</i> , <b>2017</b> , 13, 218-226	1.8	10
15	Cutoff values for appendicular skeletal muscle mass and strength in relation to fear of falling among Brazilian older adults: cross-sectional study. <i>Sao Paulo Medical Journal</i> , <b>2017</b> , 135, 434-443	1.6	7
14	Bradykinin, insulin, and glycemia responses to exercise performed above and below lactate threshold in individuals with type 2 diabetes. <i>Brazilian Journal of Medical and Biological Research</i> , <b>2017</b> , 50, e6400	2.8	4
13	Short-term combined exercise training improves cardiorespiratory fitness and autonomic modulation in cancer patients receiving adjuvant therapy. <i>Journal of Exercise Rehabilitation</i> , <b>2017</b> , 13, 599-607	1.8	6
12	Interval and continuous aerobic exercise training similarly increase cardiac function and autonomic modulation in infarcted mice. <i>Journal of Exercise Rehabilitation</i> , <b>2017</b> , 13, 257-265	1.8	2
11	Exercise training on cardiovascular diseases: Role of animal models in the elucidation of the mechanisms. <i>Motriz Revista De Educacao Fisica</i> , <b>2017</b> , 23,	0.9	2
10	[PP.25.06] ACUTE EFFECTS OF AEROBIC AND RESISTANCE EXERCISES IN INFLAMMATORY MARKERS IL-10 AND IL-1RA IN PATIENTS WITH RESISTANT HYPERTENSION. <i>Journal of Hypertension</i> , <b>2017</b> , 35, e298	1.9	
9	Acute effects of power and resistance exercises on hemodynamic measurements of older women. <i>Clinical Interventions in Aging</i> , <b>2017</b> , 12, 1103-1114	4	24
8	Effects of Multicomponent Exercise on Functional and Cognitive Parameters of Hypertensive Patients: A Quasi-Experimental Study. <i>Journal of Aging Research</i> , <b>2017</b> , 2017, 1978670	2.3	9
7	Low blood pressure is sustained during subsequent activities of daily living performed after power training in older women. <i>Journal of Exercise Rehabilitation</i> , <b>2017</b> , 13, 454-463	1.8	6
6	Effects of a short-term detraining period on muscle functionality and cognition of strength-trained older women: a preliminary report. <i>Journal of Exercise Rehabilitation</i> , <b>2017</b> , 13, 559-567	1.8	8
5	Cutoffs and cardiovascular risk factors associated with neck circumference among community-dwelling elderly adults: a cross-sectional study. <i>Sao Paulo Medical Journal</i> , <b>2016</b> , 134, 519-527	1.6	16
4	Inflammatory Mechanisms Associated with Skeletal Muscle Sequelae after Stroke: Role of Physical Exercise. <i>Mediators of Inflammation</i> , <b>2016</b> , 2016, 3957958	4.3	19
3	Differences in lifestyle, physical performance and quality of life between frail and robust Brazilian community-dwelling elderly women. <i>Geriatrics and Gerontology International</i> , <b>2016</b> , 16, 829-35	2.9	27
2	Sarcopenia Is Associated with High Pulse Pressure in Older Women. <i>Journal of Aging Research</i> , <b>2015</b> , 2015, 109824	2.3	32
1	Acute effects of physical exercise in type 2 diabetes: A review. <i>World Journal of Diabetes</i> , <b>2014</b> , 5, 659-654	1.7	53

