

# Hã©lio J Coelho-Junior

## List of Publications by Year in descending order

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Version: 2024-02-01

104  
papers

3,208  
citations

159525

30  
h-index

189801

50  
g-index

107  
all docs

107  
docs citations

107  
times ranked

3756  
citing authors

#	ARTICLE	IF	CITATIONS
1	Mitochondrial-derived vesicles in skeletal muscle remodeling and adaptation. <i>Seminars in Cell and Developmental Biology</i> , 2023, 143, 37-45.	2.3	10
2	Resistance training improves cognitive function in older adults with different cognitive status: a systematic review and Meta-analysis. <i>Aging and Mental Health</i> , 2022, 26, 213-224.	1.5	28
3	Circulating extracellular vesicles: friends and foes in neurodegeneration. <i>Neural Regeneration Research</i> , 2022, 17, 534.	1.6	20
4	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> , 2022, 23, 44-46.	1.2	3
5	Biomarkers shared by frailty and sarcopenia in older adults: A systematic review and meta-analysis. <i>Ageing Research Reviews</i> , 2022, 73, 101530.	5.0	101
6	Circulating Mitochondrial DNA and Inter-Organelle Contact Sites in Aging and Associated Conditions. <i>Cells</i> , 2022, 11, 675.	1.8	6
7	Inflammaging at the Time of COVID-19. <i>Clinics in Geriatric Medicine</i> , 2022, 38, 473-481.	1.0	14
8	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> , 2022, 163, 111775.	1.2	2
9	Cardiovascular Autonomic Responses to Aerobic, Resistance and Combined Exercises in Resistance Hypertensive Patients. <i>BioMed Research International</i> , 2022, 2022, 1-14.	0.9	1
10	Age-Associated Glia Remodeling and Mitochondrial Dysfunction in Neurodegeneration: Antioxidant Supplementation as a Possible Intervention. <i>Nutrients</i> , 2022, 14, 2406.	1.7	6
11	Coffee Drinking and Adverse Physical Outcomes in the Aging Adult Population: A Systematic Review. <i>Metabolites</i> , 2022, 12, 654.	1.3	4
12	Protein Intake and Sarcopenia in Older Adults: A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 8718.	1.2	35
13	Protein Intake and Frailty in Older Adults: A Systematic Review and Meta-Analysis of Observational Studies. <i>Nutrients</i> , 2022, 14, 2767.	1.7	10
14	Identification of biomarkers for physical frailty and sarcopenia through a new multi-marker approach: results from the BIOSPHERE study. <i>GeroScience</i> , 2021, 43, 727-740.	2.1	37
15	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> , 2021, 44, E123-E131.	0.6	21
16	Evidence-based recommendations for resistance and power training to prevent frailty in community-dwellers. <i>Aging Clinical and Experimental Research</i> , 2021, 33, 2069-2086.	1.4	28
17	Cell Death and Inflammation: The Role of Mitochondria in Health and Disease. <i>Cells</i> , 2021, 10, 537.	1.8	86
18	Characterization of the gutâ€œmuscle axis in cirrhotic patients with sarcopenia. <i>Liver International</i> , 2021, 41, 1320-1334.	1.9	51

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19	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> , 2021, 146, 111245.	1.2	7
20	Molecular routes to sarcopenia and biomarker development: per aspera ad astra. <i>Current Opinion in Pharmacology</i> , 2021, 57, 140-147.	1.7	12
21	Master athletes have longer telomeres than age-matched non-athletes. A systematic review, meta-analysis and discussion of possible mechanisms. <i>Experimental Gerontology</i> , 2021, 146, 111212.	1.2	18
22	Strength, power and balance in Slackliners: A comparative study. <i>Science and Sports</i> , 2021, 36, 247-249.	0.2	0
23	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> , 2021, 8, 702436.	1.2	16
24	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> , 2021, 2021, 1-10.	0.4	5
25	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> , 2021, 70, 101395.	5.0	95
26	Mitophagy: At the heart of mitochondrial quality control in cardiac aging and frailty. <i>Experimental Gerontology</i> , 2021, 153, 111508.	1.2	6
27	Protein Intake and Cognitive Function in Older Adults: A Systematic Review and Meta-Analysis. <i>Nutrition and Metabolic Insights</i> , 2021, 14, 117863882110223.	0.8	12
28	Mitochondrial Dysfunction, Protein Misfolding and Neuroinflammation in Parkinson's Disease: Roads to Biomarker Discovery. <i>Biomolecules</i> , 2021, 11, 1508.	1.8	59
29	Gut Microbial, Inflammatory and Metabolic Signatures in Older People with Physical Frailty and Sarcopenia: Results from the BIOSPHERE Study. <i>Nutrients</i> , 2020, 12, 65.	1.7	98
30	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 and Linear Discriminant Analysis. <i>Frontiers in Cell and Developmental Biology</i> , 2020, 8, 564417.	1.8	27
31	Protein Intake and Frailty: A Matter of Quantity, Quality, and Timing. <i>Nutrients</i> , 2020, 12, 2915.	1.7	79
32	Preserving Mobility in Older Adults with Physical Frailty and Sarcopenia: Opportunities, Challenges, and Recommendations for Physical Activity Interventions. <i>Clinical Interventions in Aging</i> , 2020, Volume 15, 1675-1690.	1.3	100
33	The importance of objectively measuring functional tests in complement to self-report assessments in patients with knee osteoarthritis. <i>Gait and Posture</i> , 2020, 82, 33-37.	0.6	9
34	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> , 2020, 9, 2579.	1.8	18
35	Mitochondrial Dysfunction, Oxidative Stress, and Neuroinflammation: Intertwined Roads to Neurodegeneration. <i>Antioxidants</i> , 2020, 9, 647.	2.2	159
36	Biomarkers of Physical Frailty and Sarcopenia: Coming up to the Place?. <i>International Journal of Molecular Sciences</i> , 2020, 21, 5635.	1.8	50

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37	Combined Aerobic and Resistance Exercises Evokes Longer Reductions on Ambulatory Blood Pressure in Resistant Hypertension: A Randomized Crossover Trial. <i>Cardiovascular Therapeutics</i> , 2020, 2020, 1-11.	1.1	14
38	Extracellular Vesicles and Damage-Associated Molecular Patterns: A Pandora's Box in Health and Disease. <i>Frontiers in Immunology</i> , 2020, 11, 601740.	2.2	32
39	Normative values of muscle strength across ages in a "real world" population: results from the longevity checkup 7+ project. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2020, 11, 1562-1569.	2.9	51
40	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> , 2020, 17, 3435.	1.2	22
41	Generation and Release of Mitochondrial-Derived Vesicles in Health, Aging and Disease. <i>Journal of Clinical Medicine</i> , 2020, 9, 1440.	1.0	54
42	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> , 2020, 42, 1323-1334.	2.1	32
43	The COVID-19 pandemic and physical activity. <i>Sports Medicine and Health Science</i> , 2020, 2, 55-64.	0.7	354
44	Association between Dietary Habits and Physical Function in Brazilian and Italian Older Women. <i>Nutrients</i> , 2020, 12, 1635.	1.7	16
45	Inter-Organelle Membrane Contact Sites and Mitochondrial Quality Control during Aging: A Geroscience View. <i>Cells</i> , 2020, 9, 598.	1.8	23
46	Protein-Related Dietary Parameters and Frailty Status in Older Community-Dwellers across Different Frailty Instruments. <i>Nutrients</i> , 2020, 12, 508.	1.7	30
47	PREVALENCE OF PREFRAILTY AND FRAILTY IN SOUTH AMERICA: A SYSTEMATIC REVIEW OF OBSERVATIONAL STUDIES. <i>Journal of Frailty &amp; Aging, the</i> , 2020, 9, 1-17.	0.8	18
48	Older Adults with Physical Frailty and Sarcopenia Show Increased Levels of Circulating Small Extracellular Vesicles with a Specific Mitochondrial Signature. <i>Cells</i> , 2020, 9, 973.	1.8	44
49	The "development of metabolic and functional markers of Dementia IN Older people" (ODINO) Study: Rationale, Design and Methods. <i>Journal of Personalized Medicine</i> , 2020, 10, 22.	1.1	4
50	Elastic Band Power Training Improves Physical Function and Health-Related Quality of Life in Institutionalized Frail Older Adults. <i>Aging Medicine and Healthcare</i> , 2020, 11, 136-141.	0.2	0
51	The metabolomics side of frailty: Toward personalized medicine for the aged. <i>Experimental Gerontology</i> , 2019, 126, 110692.	1.2	32
52	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> , 2019, 16, 2184.	1.2	10
53	Impact of Moderate Aerobic Training on Physical Capacities of Hypertensive Obese Elderly. <i>Gerontology and Geriatric Medicine</i> , 2019, 5, 233372141985969.	0.8	6
54	If my muscle could talk: Myokines as a biomarker of frailty. <i>Experimental Gerontology</i> , 2019, 127, 110715.	1.2	43

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55	Sarcopenia-related parameters in adults with Down syndrome: A cross-sectional exploratory study. <i>Experimental Gerontology</i> , 2019, 119, 93-99.	1.2	21
56	Prefrontal cortex asymmetry and psychological responses to exercise: A systematic review. <i>Physiology and Behavior</i> , 2019, 208, 112580.	1.0	17
57	High relative consumption of vegetable protein is associated with faster walking speed in well-functioning older adults. <i>Aging Clinical and Experimental Research</i> , 2019, 31, 837-844.	1.4	24
58	Inflammatory signatures in older persons with physical frailty and sarcopenia: The frailty "cytokinome" at its core. <i>Experimental Gerontology</i> , 2019, 122, 129-138.	1.2	83
59	Periodized and non-periodized resistance training programs on body composition and physical function of older women. <i>Experimental Gerontology</i> , 2019, 121, 10-18.	1.2	22
60	Mitochondrial Dysfunction and Aging: Insights from the Analysis of Extracellular Vesicles. <i>International Journal of Molecular Sciences</i> , 2019, 20, 805.	1.8	125
61	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> , 2019, 2019, 1-12.	1.9	24
62	Targeting mitochondrial quality control for treating sarcopenia: lessons from physical exercise. <i>Expert Opinion on Therapeutic Targets</i> , 2019, 23, 153-160.	1.5	24
63	Effects of Carbohydrate Mouth Rinse on Cycling Time Trial Performance: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2019, 49, 57-66.	3.1	38
64	Physical education class can improve acute inhibitory control in elementary school students. <i>Motriz Revista De Educacao Fisica</i> , 2019, 25, .	0.3	2
65	Frailty, Physical Fitness and Quality of Life: a comparison between Physically Frail and Robust Older Women. <i>Revista Andaluza De Medicina Del Deporte</i> , 2019, 12, 312-316.	0.1	0
66	The physical capabilities underlying timed "Up and Go" test are time-dependent in community-dwelling older women. <i>Experimental Gerontology</i> , 2018, 104, 138-146.	1.2	49
67	Moderate Aerobic Training Decreases Blood Pressure but No Other Cardiovascular Risk Factors in Hypertensive Overweight/Obese Elderly Patients. <i>Gerontology and Geriatric Medicine</i> , 2018, 4, 233372141880864.	0.8	10
68	A Distinct Pattern of Circulating Amino Acids Characterizes Older Persons with Physical Frailty and Sarcopenia: Results from the BIOSPHERE Study. <i>Nutrients</i> , 2018, 10, 1691.	1.7	82
69	Identification of muscle fatigue by tracking facial expressions. <i>PLoS ONE</i> , 2018, 13, e0208834.	1.1	17
70	Non-periodized and Daily Undulating Periodized Resistance Training on Blood Pressure of Older Women. <i>Frontiers in Physiology</i> , 2018, 9, 1525.	1.3	13
71	Relative Protein Intake and Physical Function in Older Adults: A Systematic Review and Meta-Analysis of Observational Studies. <i>Nutrients</i> , 2018, 10, 1330.	1.7	96
72	Low Protein Intake Is Associated with Frailty in Older Adults: A Systematic Review and Meta-Analysis of Observational Studies. <i>Nutrients</i> , 2018, 10, 1334.	1.7	103

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73	Multicomponent Exercise Improves Physical Functioning but Not Cognition and Hemodynamic Parameters in Elderly Osteoarthritis Patients Regardless of Hypertension. <i>BioMed Research International</i> , 2018, 2018, 1-10.	0.9	5
74	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> , 2018, 2018, 1-10.	0.9	6
75	Exercise Training Plus Sildenafil Treatment: Role on Autonomic and Inflammatory Markers. <i>International Journal of Sports Medicine</i> , 2018, 39, 749-756.	0.8	0
76	Hypertension, Sarcopenia, and Global Cognitive Function in Community-Dwelling Older Women: A Preliminary Study. <i>Journal of Aging Research</i> , 2018, 2018, 1-8.	0.4	12
77	Pyridostigmine Improves the Effects of Resistance Exercise Training after Myocardial Infarction in Rats. <i>Frontiers in Physiology</i> , 2018, 9, 53.	1.3	17
78	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> , 2018, 88, 413-422.	0.1	13
79	Protective Effects of Accumulated Aerobic Exercise in Infarcted Old Rats. <i>International Journal of Cardiovascular Sciences</i> , 2018, , .	0.0	1
80	Hypertension and functional capacities in community-dwelling older women: a cross-sectional study. <i>Blood Pressure</i> , 2017, 26, 156-165.	0.7	20
81	Exercise and Aging: Different Approaches to Different Beneficial Effects. <i>Gerontology and Geriatric Medicine</i> , 2017, 3, 233372141773519.	0.8	1
82	Myocardial Infarction and Exercise Training: Evidence from Basic Science. <i>Advances in Experimental Medicine and Biology</i> , 2017, 999, 139-153.	0.8	33
83	[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> , 2017, 35, e298.	0.3	0
84	Acute effects of power and resistance exercises on hemodynamic measurements of older women. <i>Clinical Interventions in Aging</i> , 2017, Volume 12, 1103-1114.	1.3	30
85	Effects of Multicomponent Exercise on Functional and Cognitive Parameters of Hypertensive Patients: A Quasi-Experimental Study. <i>Journal of Aging Research</i> , 2017, 2017, 1-10.	0.4	13
86	Resistance Training and Stroke: A Critical Analysis of Different Training Programs. <i>Stroke Research and Treatment</i> , 2017, 2017, 1-11.	0.5	17
87	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> , 2017, 13, 218-226.	0.4	19
88	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> , 2017, 135, 434-443.	0.4	10
89	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> , 2017, 50, e6400.	0.7	6
90	Short-term combined exercise training improves cardiorespiratory fitness and autonomic modulation in cancer patients receiving adjuvant therapy. <i>Journal of Exercise Rehabilitation</i> , 2017, 13, 599-607.	0.4	12

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91	The importance of animal studies in Exercise Science. Motriz Revista De Educacao Fisica, 2017, 23, .	0.3	1
92	Interval and continuous aerobic exercise training similarly increase cardiac function and autonomic modulation in infarcted mice. Journal of Exercise Rehabilitation, 2017, 13, 257-265.	0.4	7
93	Exercise training on cardiovascular diseases: Role of animal models in the elucidation of the mechanisms. Motriz Revista De Educacao Fisica, 2017, 23, .	0.3	3
94	Low blood pressure is sustained during subsequent activities of daily living performed after power training in older women. Journal of Exercise Rehabilitation, 2017, 13, 454-463.	0.4	6
95	Effects of a short-term detraining period on muscle functionality and cognition of strength trained older women: a preliminary report. Journal of Exercise Rehabilitation, 2017, 13, 559-567.	0.4	9
96	Cutoffs and cardiovascular risk factors associated with neck circumference among community-dwelling elderly adults: a cross-sectional study. Sao Paulo Medical Journal, 2016, 134, 519-527.	0.4	22
97	Inflammatory Mechanisms Associated with Skeletal Muscle Sequelae after Stroke: Role of Physical Exercise. Mediators of Inflammation, 2016, 2016, 1-19.	1.4	24
98	Differences in lifestyle, physical performance and quality of life between frail and robust Brazilian community-dwelling elderly women. Geriatrics and Gerontology International, 2016, 16, 829-835.	0.7	40
99	Response of Critical Speed to Different Macrocycle Phases during Linear Periodization on Young Swimmers. International Journal of Science Culture and Sport, 2016, 4, 23-23.	0.1	0
100	Sarcopenia Is Associated with High Pulse Pressure in Older Women. Journal of Aging Research, 2015, 2015, 1-6.	0.4	37
101	Acute effects of physical exercise in type 2 diabetes: A review. World Journal of Diabetes, 2014, 5, 659.	1.3	68
102	Aspects of physical training related with upper respiratory tract infections: a review. Manual Therapy, Posturology & Rehabilitation Journal, 0, , 1-8.	0.0	1
103	ExercÍcio com intensidade autosselecionada para idosos: implicaÇÕES do afeto em aulas comunitÁrias. Revista Brasileira De Atividade FÁsica E SaÁde, 0, 24, 1-7.	0.1	0
104	Nitric oxide and physical exercise: modulations in physiological systems during elderly. Manual Therapy, Posturology & Rehabilitation Journal, 0, , 1-8.	0.0	0