

# Stavros A Kavouras

## 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.

173 papers	5,221 citations	39 h-index	66 g-index
213 ext. papers	6,087 ext. citations	3.2 avg, IF	5.77 L-index

#	Paper	IF	Citations
173	Aerobic exercise training improves insulin sensitivity without changes in body weight, body fat, adiponectin, and inflammatory markers in overweight and obese girls. <i>Metabolism: Clinical and Experimental</i> , <b>2005</b> , 54, 1472-9	12.7	304
172	Urinary indices during dehydration, exercise, and rehydration. <i>International Journal of Sport Nutrition</i> , <b>1998</b> , 8, 345-55		268
171	Assessing hydration status. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , <b>2002</b> , 5, 519-24	3.8	202
170	Caffeine use in sports, pharmacokinetics in man, and cellular mechanisms of action. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2005</b> , 45, 535-62	11.5	199
169	Human hydration indices: acute and longitudinal reference values. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2010</b> , 20, 145-53	4.4	185
168	Resistance exercise-induced increase in muscle mass correlates with p70S6 kinase phosphorylation in human subjects. <i>European Journal of Applied Physiology</i> , <b>2008</b> , 102, 145-52	3.4	173
167	Thermal and circulatory responses during exercise: effects of hypohydration, dehydration, and water intake. <i>Journal of Applied Physiology</i> , <b>1997</b> , 82, 2028-35	3.7	148
166	Responses of blood lipids to aerobic, resistance, and combined aerobic with resistance exercise training: a systematic review of current evidence. <i>Angiology</i> , <b>2009</b> , 60, 614-32	2.1	130
165	Biomarkers in Sports and Exercise: Tracking Health, Performance, and Recovery in Athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 2920-2937	3.2	117
164	The associations between leisure-time physical activity and inflammatory and coagulation markers related to cardiovascular disease: the ATTICA Study. <i>Preventive Medicine</i> , <b>2005</b> , 40, 432-7	4.3	112
163	Exertional Rhabdomyolysis during a 246-km continuous running race. <i>Medicine and Science in Sports and Exercise</i> , <b>2006</b> , 38, 1054-7	1.2	108
162	Osmotic Stimulation of Thirst in Men and Women (P15-017-19). <i>Current Developments in Nutrition</i> , <b>2019</b> , 3,	0.4	78
161	Validation and Reliability of a Water Frequency Questionnaire to Estimate Daily Water Intake in Adults (P13-006-19). <i>Current Developments in Nutrition</i> , <b>2019</b> , 3,	0.4	78
160	Hypertonic Saline Infusion Acutely Degrades Mood in Healthy Volunteers (P23-014-19). <i>Current Developments in Nutrition</i> , <b>2019</b> , 3,	0.4	78
159	Acute Increases in Water Consumption Suppress Copeptin in Low Drinkers. <i>Current Developments in Nutrition</i> , <b>2020</b> , 4, 1389-1389	0.4	78
158	Plain Water Intake Is Positively Associated with Physical Activity and Ambient Temperature in Free-Living Adults. <i>Current Developments in Nutrition</i> , <b>2020</b> , 4, 1766-1766	0.4	78
157	Eleven-year prevalence trends of obesity in Greek children: first evidence that prevalence of obesity is leveling off. <i>Obesity</i> , <b>2010</b> , 18, 161-6	8	70

156	Lifestyle intervention favorably affects weight loss and maintenance following obesity surgery. <i>Obesity</i> , <b>2010</b> , 18, 1348-53	8	65
155	Caffeine and ephedrine: physiological, metabolic and performance-enhancing effects. <i>Sports Medicine</i> , <b>2004</b> , 34, 871-89	10.6	63
154	Bioimpedance spectroscopy technique: intra-, extracellular, and total body water. <i>Medicine and Science in Sports and Exercise</i> , <b>1997</b> , 29, 1657-63	1.2	63
153	Improved insulin sensitivity after a single bout of exercise is curvilinearly related to exercise energy expenditure. <i>Clinical Science</i> , <b>2008</b> , 114, 59-64	6.5	61
152	High-intensity interval aerobic training reduces hepatic very low-density lipoprotein-triglyceride secretion rate in men. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2008</b> , 295, E851-8	6	60
151	Total fluid intake and its determinants: cross-sectional surveys among adults in 13 countries worldwide. <i>European Journal of Nutrition</i> , <b>2015</b> , 54 Suppl 2, 35-43	5.2	58
150	Intake of water and beverages of children and adolescents in 13 countries. <i>European Journal of Nutrition</i> , <b>2015</b> , 54 Suppl 2, 69-79	5.2	57
149	The associations between physical activity, inflammation, and coagulation markers, in people with metabolic syndrome: the ATTICA study. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> , <b>2005</b> , 12, 151-158		57
148	Physical activity, obesity status, and glycemic control: The ATTICA study. <i>Medicine and Science in Sports and Exercise</i> , <b>2007</b> , 39, 606-11	1.2	54
147	The anthropometrical and physiological characteristics of elite water polo players. <i>European Journal of Applied Physiology</i> , <b>2005</b> , 95, 35-41	3.4	53
146	Intake of water and different beverages in adults across 13 countries. <i>European Journal of Nutrition</i> , <b>2015</b> , 54 Suppl 2, 45-55	5.2	50
145	Total fluid intake of children and adolescents: cross-sectional surveys in 13 countries worldwide. <i>European Journal of Nutrition</i> , <b>2015</b> , 54 Suppl 2, 57-67	5.2	49
144	Mild dehydration and cycling performance during 5-kilometer hill climbing. <i>Journal of Athletic Training</i> , <b>2013</b> , 48, 741-7	4	47
143	Rehydration with glycerol: endocrine, cardiovascular, and thermoregulatory responses during exercise in the heat. <i>Journal of Applied Physiology</i> , <b>2006</b> , 100, 442-50	3.7	44
142	Validation of a urine color scale for assessment of urine osmolality in healthy children. <i>European Journal of Nutrition</i> , <b>2016</b> , 55, 907-15	5.2	43
141	Intravenous versus oral rehydration during a brief period: responses to subsequent exercise in the heat. <i>Medicine and Science in Sports and Exercise</i> , <b>2000</b> , 32, 124-33	1.2	43
140	Effect of aerobic and resistance exercise training on late-onset Pompe disease patients receiving enzyme replacement therapy. <i>Molecular Genetics and Metabolism</i> , <b>2011</b> , 104, 279-83	3.7	42
139	Perceptual responses in the heat after brief intravenous versus oral rehydration. <i>Medicine and Science in Sports and Exercise</i> , <b>2001</b> , 33, 1039-45	1.2	42

138	Caffeinated coffee does not acutely affect energy intake, appetite, or inflammation but prevents serum cortisol concentrations from falling in healthy men. <i>Journal of Nutrition</i> , <b>2011</b> , 141, 703-7	4.1	40
137	Physical activity status and acute coronary syndromes survival The GREECS (Greek Study of Acute Coronary Syndromes) study. <i>Journal of the American College of Cardiology</i> , <b>2008</b> , 51, 2034-9	15.1	40
136	Increased renal tubular sodium reabsorption during exercise-induced hypervolemia in humans. <i>Journal of Applied Physiology</i> , <b>2001</b> , 91, 1229-36	3.7	39
135	Educational intervention on water intake improves hydration status and enhances exercise performance in athletic youth. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2012</b> , 22, 684-9	4.6	38
134	Mild hypohydration decreases cycling performance in the heat. <i>Medicine and Science in Sports and Exercise</i> , <b>2013</b> , 45, 1782-9	1.2	37
133	Acute exercise-induced changes in basal VLDL-triglyceride kinetics leading to hypotriglyceridemia manifest more readily after resistance than endurance exercise. <i>Journal of Applied Physiology</i> , <b>2008</b> , 105, 1228-36	3.7	37
132	The associations between physical activity, inflammation, and coagulation markers, in people with metabolic syndrome: the ATTICA study. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> , <b>2005</b> , 12, 151-8		37
131	Development, reliability and validity of a physical activity questionnaire for estimating energy expenditure in Greek adults. <i>Science and Sports</i> , <b>2016</b> , 31, e47-e53	0.8	36
130	Fluid Balance During Training in Elite Young Athletes of Different Sports. <i>Journal of Strength and Conditioning Research</i> , <b>2015</b> , 29, 3447-52	3.2	35
129	Water ingestion improves performance compared with mouth rinse in dehydrated subjects. <i>Medicine and Science in Sports and Exercise</i> , <b>2012</b> , 44, 175-9	1.2	35
128	A single bout of brisk walking increases basal very low-density lipoprotein triacylglycerol clearance in young men. <i>Metabolism: Clinical and Experimental</i> , <b>2007</b> , 56, 1037-43	12.7	35
127	One day of moderate energy deficit reduces fasting and postprandial triacylglycerolemia in women: the role of calorie restriction and exercise. <i>Clinical Nutrition</i> , <b>2010</b> , 29, 459-63	5.9	33
126	Dietary intake and nutritional practices of elite Greek aquatic athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2004</b> , 14, 574-85	4.4	33
125	Dehydration Impairs Cycling Performance, Independently of Thirst: A Blinded Study. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 1697-1703	1.2	32
124	Effect of hydration state on testosterone and cortisol responses to training-intensity exercise in collegiate runners. <i>International Journal of Sports Medicine</i> , <b>2006</b> , 27, 765-70	3.6	32
123	Sodium replacement and plasma sodium drop during exercise in the heat when fluid intake matches fluid loss. <i>Journal of Athletic Training</i> , <b>2009</b> , 44, 117-23	4	31
122	A single bout of whole-body resistance exercise augments basal VLDL-triacylglycerol removal from plasma in healthy untrained men. <i>Clinical Science</i> , <b>2009</b> , 116, 147-56	6.5	30
121	Diagnosing dehydration? Blend evidence with clinical observations. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , <b>2016</b> , 19, 434-438	3.8	30

120	From state to process: defining hydration. <i>Obesity Facts</i> , <b>2014</b> , 7 Suppl 2, 6-12	5.1	29
119	The type and intensity of exercise have independent and additive effects on bone mineral density. <i>International Journal of Sports Medicine</i> , <b>2007</b> , 28, 773-9	3.6	29
118	Reduced water intake deteriorates glucose regulation in patients with type 2 diabetes. <i>Nutrition Research</i> , <b>2017</b> , 43, 25-32	4	28
117	The effect of hypohydration on endothelial function in young healthy adults. <i>European Journal of Nutrition</i> , <b>2017</b> , 56, 1211-1217	5.2	27
116	Ad libitum fluid intake does not prevent dehydration in suboptimally hydrated young soccer players during a training session of a summer camp. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2013</b> , 23, 245-51	4.4	27
115	Hydration status affects mood state and pain sensation during ultra-endurance cycling. <i>Journal of Sports Sciences</i> , <b>2015</b> , 33, 1962-9	3.6	26
114	Diabetes mellitus is associated with increased intramyocellular triglyceride, but not diglyceride, content in obese humans. <i>Metabolism: Clinical and Experimental</i> , <b>2009</b> , 58, 1636-42	12.7	26
113	Practical Hydration Solutions for Sports. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	24
112	Body composition analysis in late-onset Pompe disease. <i>Molecular Genetics and Metabolism</i> , <b>2011</b> , 102, 41-3	3.7	24
111	Water intake and hydration state in children. <i>European Journal of Nutrition</i> , <b>2019</b> , 58, 475-496	5.2	24
110	Validation Testing Demonstrates Efficacy of a 7-Day Fluid Record to Estimate Daily Water Intake in Adult Men and Women When Compared with Total Body Water Turnover Measurement. <i>Journal of Nutrition</i> , <b>2017</b> , 147, 2001-2007	4.1	23
109	The bone response to non-weight-bearing exercise is sport-, site-, and sex-specific. <i>Clinical Journal of Sport Medicine</i> , <b>2007</b> , 17, 123-8	3.2	23
108	Plasma vasopressin and aldosterone responses to oral and intravenous saline rehydration. <i>Journal of Applied Physiology</i> , <b>2000</b> , 89, 2117-22	3.7	22
107	Prescribed Drinking Leads to Better Cycling Performance than Ad Libitum Drinking. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 1244-1251	1.2	21
106	Validity of abbreviated oral fat tolerance tests for assessing postprandial lipemia. <i>Clinical Nutrition</i> , <b>2011</b> , 30, 852-7	5.9	19
105	Urine color as an indicator of urine concentration in pregnant and lactating women. <i>European Journal of Nutrition</i> , <b>2017</b> , 56, 355-362		18
104	Lifestyle intervention leading to moderate weight loss normalizes postprandial triacylglycerolemia despite persisting obesity. <i>Obesity</i> , <b>2011</b> , 19, 968-76	8	18
103	Muscle fibre type composition and body composition in hammer throwers. <i>Journal of Sports Science and Medicine</i> , <b>2010</b> , 9, 104-9	2.7	18

102	Physical fitness normative values for 6-18-year-old Greek boys and girls, using the empirical distribution and the lambda, mu, and sigma statistical method. <i>European Journal of Sport Science</i> , <b>2016</b> , 16, 736-46	3.9	17
101	The Effect of Storing Temperature and Duration on Urinary Hydration Markers. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2017</b> , 27, 18-24	4.4	17
100	Coffee with High but Not Low Caffeine Content Augments Fluid and Electrolyte Excretion at Rest. <i>Frontiers in Nutrition</i> , <b>2017</b> , 4, 40	6.2	17
99	Acute effects of exercise and calorie restriction on triglyceride metabolism in women. <i>Medicine and Science in Sports and Exercise</i> , <b>2013</b> , 45, 455-61	1.2	17
98	Physical Activity and Adherence to Mediterranean Diet Increase Total Antioxidant Capacity: The ATTICA Study. <i>Cardiology Research and Practice</i> , <b>2010</b> , 2011, 248626	1.9	17
97	Body composition and performance in shot put athletes at preseason and at competition. <i>International Journal of Sports Physiology and Performance</i> , <b>2010</b> , 5, 417-21	3.5	17
96	Round Table on Malignant Hyperthermia in Physically Active Populations: Meeting Proceedings. <i>Journal of Athletic Training</i> , <b>2017</b> , 52, 377-383	4	16
95	Exercise of low energy expenditure along with mild energy intake restriction acutely reduces fasting and postprandial triacylglycerolaemia in young women. <i>British Journal of Nutrition</i> , <b>2009</b> , 101, 408-16	3.6	16
94	Assessment of energy expenditure in children using the RT3 accelerometer. <i>Journal of Sports Sciences</i> , <b>2008</b> , 26, 959-66	3.6	16
93	Hydration for health hypothesis: a narrative review of supporting evidence. <i>European Journal of Nutrition</i> , <b>2021</b> , 60, 1167-1180	5.2	16
92	Mild hypohydration impairs cycle ergometry performance in the heat: A blinded study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2019</b> , 29, 686-695	4.6	15
91	Relationships between hydration biomarkers and total fluid intake in pregnant and lactating women. <i>European Journal of Nutrition</i> , <b>2017</b> , 56, 2161-2170	5.2	15
90	Fitness and weight cycling in relation to body fat and insulin sensitivity in normal-weight young women. <i>Journal of the American Dietetic Association</i> , <b>2010</b> , 110, 280-4		15
89	Physiologic and Perceptual Responses to Cold-Shower Cooling After Exercise-Induced Hyperthermia. <i>Journal of Athletic Training</i> , <b>2016</b> , 51, 252-7	4	14
88	Fluid intake of children, adolescents and adults in Indonesia: results of the 2016 Liq.In national cross-sectional survey. <i>European Journal of Nutrition</i> , <b>2018</b> , 57, 89-100	5.2	14
87	Higher prevalence of obesity in Greek children living in rural areas despite increased levels of physical activity. <i>Journal of Paediatrics and Child Health</i> , <b>2013</b> , 49, 769-74	1.3	14
86	Effects of exercise training during infusion on late-onset Pompe disease patients receiving enzyme replacement therapy. <i>Molecular Genetics and Metabolism</i> , <b>2012</b> , 107, 669-73	3.7	14
85	Thirst and Drinking Paradigms: Evolution from Single Factor Effects to Brainwide Dynamic Networks. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	14

84	Fluid consumption pattern and hydration among 8-14 years-old children. <i>European Journal of Clinical Nutrition</i> , <b>2018</b> , 72, 420-427	5.2	14
83	Fluid intake in urban China: results of the 2016 Liq.In national cross-sectional surveys. <i>European Journal of Nutrition</i> , <b>2018</b> , 57, 77-88	5.2	14
82	Underhydration Is Associated with Obesity, Chronic Diseases, and Death Within 3 to 6 Years in the U.S. Population Aged 51-70 Years. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	13
81	Effects of 28-Day Beta-Alanine Supplementation on Isokinetic Exercise Performance and Body Composition in Female Masters Athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 200-7	3.2	13
80	Water intake and urinary hydration biomarkers in children. <i>European Journal of Clinical Nutrition</i> , <b>2017</b> , 71, 530-535	5.2	13
79	Effect of high-intensity interval exercise on basal triglyceride metabolism in non-obese men. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2013</b> , 38, 823-9	3	13
78	Intravenous versus oral rehydration during a brief period: stress hormone responses to subsequent exhaustive exercise in the heat. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2000</b> , 10, 361-74	4.4	13
77	Incremental effects of 28 days of beta-alanine supplementation on high-intensity cycling performance and blood lactate in masters female cyclists. <i>Amino Acids</i> , <b>2015</b> , 47, 2593-600	3.5	12
76	Endocrine responses during exercise-heat stress: effects of prior isotonic and hypotonic intravenous rehydration. <i>European Journal of Applied Physiology</i> , <b>1998</b> , 77, 242-8	3.4	12
75	The influence of low versus high carbohydrate diet on a 45-min strenuous cycling exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2004</b> , 14, 62-72	4.4	12
74	Osmotic stimulation of vasopressin acutely impairs glucose regulation: a counterbalanced, crossover trial. <i>American Journal of Clinical Nutrition</i> , <b>2019</b> , 110, 1344-1352	7	11
73	Relevance of Assessment Methods for Fluid Intake. <i>Annals of Nutrition and Metabolism</i> , <b>2016</b> , 68 Suppl 2, 1-5	4.5	11
72	Fluid intake of Latin American adults: results of four 2016 Liq.In national cross-sectional surveys. <i>European Journal of Nutrition</i> , <b>2018</b> , 57, 65-75	5.2	11
71	Effect of acute negative and positive energy balance on basal very-low density lipoprotein triglyceride metabolism in women. <i>PLoS ONE</i> , <b>2013</b> , 8, e60251	3.7	11
70	Fluid intake patterns of children and adolescents: results of six Liq.In national cross-sectional surveys. <i>European Journal of Nutrition</i> , <b>2018</b> , 57, 113-123	5.2	11
69	24-h Void number as an indicator of hydration status. <i>European Journal of Clinical Nutrition</i> , <b>2015</b> , 69, 638-41	5.2	10
68	Harmonized Cross-Sectional Surveys Focused on Fluid Intake in Children, Adolescents and Adults: The Liq.In7 Initiative. <i>Annals of Nutrition and Metabolism</i> , <b>2016</b> , 68 Suppl 2, 12-8	4.5	10
67	Water Physiology. <i>Nutrition Today</i> , <b>2010</b> , 45, S27-S32	1.6	10

66	Proton pump inhibition prevents gastrointestinal bleeding in ultramarathon runners: a randomised, double blinded, placebo controlled study. <i>British Journal of Sports Medicine</i> , <b>2006</b> , 40, 359-62; discussion 362	10.3	10
65	Beverage Intake Assessment Questionnaire: Relative Validity and Repeatability in a Spanish Population with Metabolic Syndrome from the PREDIMED-PLUS Study. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	10
64	Incidence of Hyponatremia During a Continuous 246-km Ultramarathon Running Race. <i>Frontiers in Nutrition</i> , <b>2019</b> , 6, 161	6.2	9
63	Bone density in patients with late onset Pompe disease. <i>International Journal of Endocrinology and Metabolism</i> , <b>2012</b> , 10, 599-603	1.8	9
62	Exercise-Associated Hyponatremia during the Olympus Marathon Ultra-Endurance Trail Run. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	8
61	Effect of hypohydration on thermoregulatory responses in men with low and high body fat exercising in the heat. <i>Journal of Applied Physiology</i> , <b>2017</b> , 122, 142-152	3.7	8
60	No effect of 5% hypohydration on running economy of competitive runners at 23 degrees C. <i>Medicine and Science in Sports and Exercise</i> , <b>2006</b> , 38, 1762-9	1.2	8
59	Fluid Balance of Adolescent Swimmers During Training. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 621-5	3.2	8
58	Assessing Hydration in Children: From Science to Practice. <i>Annals of Nutrition and Metabolism</i> , <b>2015</b> , 66 Suppl 3, 5-9	4.5	7
57	Effect of cycling in the heat for 164km on procoagulant and fibrinolytic parameters. <i>European Journal of Applied Physiology</i> , <b>2015</b> , 115, 1295-303	3.4	7
56	Fluid intake of Latin American children and adolescents: results of four 2016 LIQ.IN National Cross-Sectional Surveys. <i>European Journal of Nutrition</i> , <b>2018</b> , 57, 53-63	5.2	7
55	Acute effects of countermovement jumping and sprinting on shot put performance. <i>Journal of Strength and Conditioning Research</i> , <b>2012</b> , 26, 684-90	3.2	7
54	Reliability and criterion validity of the Self-Administered Physical Activity Checklist in Greek children. <i>European Journal of Sport Science</i> , <b>2013</b> , 13, 105-111	3.9	6
53	Moderate weight loss depletes intramyocellular triglycerides but has no effect on diglycerides in type II diabetes. <i>European Journal of Clinical Nutrition</i> , <b>2010</b> , 64, 328-30	5.2	6
52	Blood glucose responses to carbohydrate feeding prior to exercise in the heat: effects of hypohydration and rehydration. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2001</b> , 11, 72-83	4.4	6
51	Validity of Predictive Equations for Resting Energy Expenditure in Greek Adults. <i>Annals of Nutrition and Metabolism</i> , <b>2018</b> , 72, 134-141	4.5	5
50	Progressive Dehydration in Junior Laser Class Sailors During World Championship. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2018</b> , 28, 75-81	4.4	5
49	Effect of maltose-containing sports drinks on exercise performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2004</b> , 14, 609-25	4.4	5

48	Effects of sex and menstrual cycle on volume-regulatory responses to 24-h fluid restriction. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2020</b> , 319, R560-R565 <sup>3,2</sup>	5
47	Afternoon urine osmolality is equivalent to 24 h for hydration assessment in healthy children. <i>European Journal of Clinical Nutrition</i> , <b>2020</b> , 74, 884-890	5.2 5
46	Hydration <b>2018</b> , 83-100	4
45	Effect of air-filled vest on exercise-heat strain when wearing ballistic protection. <i>Annals of Occupational Hygiene</i> , <b>2014</b> , 58, 1057-64	4
44	Sex-Specific Physical Activity Patterns Differentiate Weight Loss Maintainers From Regainers: The MedWeight Study. <i>Journal of Physical Activity and Health</i> , <b>2020</b> , 17, 225-229	2.5 4
43	Physical Activity Level Improves the Predictive Accuracy of Cardiovascular Disease Risk Score: The ATTICA Study (2002-2012). <i>International Journal of Preventive Medicine</i> , <b>2016</b> , 7, 52	1.6 4
42	Examining the links between hydration knowledge, attitudes and behavior. <i>European Journal of Nutrition</i> , <b>2020</b> , 59, 991-1000	5.2 4
41	Water polo is associated with an apparent redistribution of bone mass and density from the lower to the upper limbs. <i>European Journal of Applied Physiology</i> , <b>2006</b> , 97, 316-21	3.4 3
40	Hydration and Health <b>2019</b> , 299-319	3
39	Cellular dehydration acutely degrades mood mainly in women: a counterbalanced, crossover trial. <i>British Journal of Nutrition</i> , <b>2021</b> , 125, 1092-1100	3.6 3
38	Combining urine color and void number to assess hydration in adults and children. <i>European Journal of Clinical Nutrition</i> , <b>2021</b> , 75, 1262-1266	5.2 3
37	A comparison of drinking behavior using a harmonized methodology (Liq.In ) in six countries. <i>European Journal of Nutrition</i> , <b>2018</b> , 57, 101-112	5.2 3
36	Thirst. <i>Nutrition Today</i> , <b>2013</b> , 48, S7-S9	1.6 2
35	Estimated liver weight is directly related to hepatic very low-density lipoprotein-triglyceride secretion rate in men. <i>European Journal of Clinical Investigation</i> , <b>2008</b> , 38, 656-62	4.6 2
34	Effects of Hydration Educational Intervention in High School Football Players. <i>Journal of Strength and Conditioning Research</i> , <b>2021</b> , 35, 385-390	3.2 2
33	Urine osmolality predicts calcium-oxalate crystallization risk in patients with recurrent urolithiasis. <i>Urolithiasis</i> , <b>2021</b> , 49, 399-405	3.2 2
32	Effect of Aerobic and Resistance Exercise Training on Late-Onset Pompe Disease Patients Receiving Enzyme Replacement Therapy. <i>Clinical Therapeutics</i> , <b>2011</b> , 33, S40	3.5 1
31	Estrogen to Progesterone Ratio and Fluid Regulatory Responses to Varying Degrees and Methods of Dehydration. <i>Frontiers in Sports and Active Living</i> , <b>2021</b> , 3, 722305	2.3 1

30	Copeptin Responses to Isotonic and Hypertonic Saline Infusion in Healthy Adults. <i>FASEB Journal</i> , <b>2018</b> , 32, 597.2	0.9	1
29	Hypertonic saline infusion affects glycemic responses following glucose load in healthy men. <i>FASEB Journal</i> , <b>2018</b> , 32, 597.4	0.9	1
28	Smartphone-Based Analysis of Urine Reagent Strips Is Inaccurate for Assessing Underhydration. <i>Telemedicine Journal and E-Health</i> , <b>2020</b> , 26, 683-686	5.9	1
27	Sex difference in initial thermoregulatory response to dehydrated exercise in the heat. <i>Physiological Reports</i> , <b>2021</b> , 9, e14947	2.6	1
26	Postsynaptic cutaneous vasodilation and sweating: influence of adiposity and hydration status. <i>European Journal of Applied Physiology</i> , <b>2018</b> , 118, 1703-1713	3.4	1
25	A review of risk factors and prevention strategies for exercise associated hyponatremia.. <i>Autonomic Neuroscience: Basic and Clinical</i> , <b>2021</b> , 238, 102930	2.4	0
24	Validity and Reliability of a Water Frequency Questionnaire to Estimate Daily Total Water Intake in Adults. <i>Frontiers in Nutrition</i> , <b>2021</b> , 8, 676697	6.2	0
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22	What Characterizes Fluid Intake Patterns across the World?. <i>Annals of Nutrition and Metabolism</i> , <b>2021</b> , 77 Suppl 4, 12-14	4.5	0
21	The Acute Effect of Adequate Water Intake on Glucose Regulation in Low Drinkers.. <i>Annals of Nutrition and Metabolism</i> , <b>2021</b> , 77 Suppl 4, 33-36	4.5	0
20	A First Morning Spot Sample Overestimates 24-Hour Urine Osmolality in Children and Adults. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 319	1.2	
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10	Comparing thirst and spot urine concentrations in humans of differing body sizes: an observational study.. <i>Physiology and Behavior</i> , <b>2021</b> , 113673	3.5
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8	Suppression and Partial Recovery of Hypothalamic-Pituitary-Testicular Axis Hormones in Ultraendurance Athletes. <i>Medicine and Science in Sports and Exercise</i> , <b>2008</b> , 40, S470	1.2
7	The Effect of Mild Hypohydration on Performance and Thermoregulation in Male Cyclists. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 347	1.2
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5	Afternoon Urine Osmolality Is Equivalent To 24-h In Healthy 3-13 y Children. <i>Medicine and Science in Sports and Exercise</i> , <b>2019</b> , 51, 562-562	1.2
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3	Sodium Balance during Exercise and Hyponatremia <b>2016</b> , 23-31	
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