

Eric C Westman

List of Publications by Year in descending order

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54
papers

4,271
citations

257101

24
h-index

189595

50
g-index

55
all docs

55
docs citations

55
times ranked

3857
citing authors

#	ARTICLE	IF	CITATIONS
1	A Low-Carbohydrate, Ketogenic Diet versus a Low-Fat Diet To Treat Obesity and Hyperlipidemia. <i>Annals of Internal Medicine</i> , 2004, 140, 769.	2.0	777
2	Dietary carbohydrate restriction as the first approach in diabetes management: Critical review and evidence base. <i>Nutrition</i> , 2015, 31, 1-13.	1.1	666
3	The effect of a low-carbohydrate, ketogenic diet versus a low-glycemic index diet on glycemic control in type 2 diabetes mellitus. <i>Nutrition and Metabolism</i> , 2008, 5, 36.	1.3	329
4	Low-carbohydrate nutrition and metabolism. <i>American Journal of Clinical Nutrition</i> , 2007, 86, 276-284.	2.2	270
5	Effect of 6-month adherence to a very low carbohydrate diet program. <i>American Journal of Medicine</i> , 2002, 113, 30-36.	0.6	246
6	Dietary carbohydrate restriction in type 2 diabetes mellitus and metabolic syndrome: time for a critical appraisal. <i>Nutrition and Metabolism</i> , 2008, 5, 9.	1.3	197
7	A low-carbohydrate, ketogenic diet to treat type 2 diabetes. <i>Nutrition and Metabolism</i> , 2005, 2, 34.	1.3	192
8	The Effect of a Low-Carbohydrate, Ketogenic Diet on Nonalcoholic Fatty Liver Disease: A Pilot Study. <i>Digestive Diseases and Sciences</i> , 2007, 52, 589-593.	1.1	181
9	The Effects of a Low-Carbohydrate Ketogenic Diet and a Low-Fat Diet on Mood, Hunger, and Other Self-Reported Symptoms. <i>Obesity</i> , 2007, 15, 182-182.	1.5	155
10	A review of low-carbohydrate ketogenic diets. <i>Current Atherosclerosis Reports</i> , 2003, 5, 476-483.	2.0	104
11	The Effects of Varying Dietary Carbohydrate and Fat Content on Survival in a Murine LNCaP Prostate Cancer Xenograft Model. <i>Cancer Prevention Research</i> , 2009, 2, 557-565.	0.7	98
12	Effect of a low-carbohydrate, ketogenic diet program compared to a low-fat diet on fasting lipoprotein subclasses. <i>International Journal of Cardiology</i> , 2006, 110, 212-216.	0.8	94
13	Binge Eating, Quality of Life and Physical Activity Improve after Roux-en-Y Gastric Bypass for Morbid Obesity. <i>Obesity Surgery</i> , 2004, 14, 341-348.	1.1	93
14	Management of Type 1 Diabetes With a Very Low-Carbohydrate Diet. <i>Pediatrics</i> , 2018, 141, .	1.0	87
15	A Very Low-Carbohydrate Diet Improves Gastroesophageal Reflux and Its Symptoms. <i>Digestive Diseases and Sciences</i> , 2006, 51, 1307-1312.	1.1	70
16	Implementing a low-carbohydrate, ketogenic diet to manage type 2 diabetes mellitus. <i>Expert Review of Endocrinology and Metabolism</i> , 2018, 13, 263-272.	1.2	65
17	Dietary Treatment of Diabetes Mellitus in the Pre-Insulin Era (1914-1922). <i>Perspectives in Biology and Medicine</i> , 2006, 49, 77-83.	0.3	63
18	Very-low-carbohydrate weight-loss diets revisited.. <i>Cleveland Clinic Journal of Medicine</i> , 2002, 69, 849-849.	0.6	61

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19	Is dietary carbohydrate essential for human nutrition?. American Journal of Clinical Nutrition, 2002, 75, 951-953.	2.2	53
20	Diets and Clinical Coronary Events. Circulation, 2003, 107, 10-16.	1.6	41
21	The Effects of a Low-Carbohydrate Regimen on Glycemic Control and Serum Lipids in Diabetes Mellitus. Metabolic Syndrome and Related Disorders, 2003, 1, 291-298.	0.5	38
22	Comparison of a low carbohydrate and low fat diet for weight maintenance in overweight or obese adults enrolled in a clinical weight management program. Nutrition Journal, 2007, 6, 36.	1.5	33
23	Low carbohydrate diets in family practice: what can we learn from an internet-based support group. Nutrition Journal, 2006, 5, 26.	1.5	31
24	Oral nicotine solution for smoking cessation: a pilot tolerability study. Nicotine and Tobacco Research, 2001, 3, 391-396.	1.4	25
25	Clinical Experience of a Carbohydrate-Restricted Diet: Effect on Diabetes Mellitus. Metabolic Syndrome and Related Disorders, 2003, 1, 233-237.	0.5	24
26	Type 2 Diabetes Mellitus: A Pathophysiologic Perspective. Frontiers in Nutrition, 2021, 8, 707371.	1.6	24
27	Use of Bupropion SR in a Pharmacist-Managed Outpatient Smoking-Cessation Program. Pharmacotherapy, 2001, 21, 636-641.	1.2	23
28	Carbohydrate-restricted diets for obesity and related diseases: An update. Current Atherosclerosis Reports, 2009, 11, 462-9.	2.0	22
29	Nicotine and Non-Nicotine Smoking Factors Differentially Modulate Craving, Withdrawal and Cerebral Blood Flow as Measured with Arterial Spin Labeling. Neuropsychopharmacology, 2014, 39, 2750-2759.	2.8	22
30	A Pilot Trial of a Low-Carbohydrate, Ketogenic Diet in Patients with Type 2 Diabetes. Metabolic Syndrome and Related Disorders, 2003, 1, 239-243.	0.5	20
31	Has carbohydrate-restriction been forgotten as a treatment for diabetes mellitus? A perspective on the ACCORD study design. Nutrition and Metabolism, 2008, 5, 10.	1.3	19
32	Using a low-carbohydrate diet to treat obesity and type 2 diabetes mellitus. Current Opinion in Endocrinology, Diabetes and Obesity, 2020, 27, 255-260.	1.2	16
33	Comparison of a reduced carbohydrate and reduced fat diet for LDL, HDL, and VLDL subclasses during 9-months of weight maintenance subsequent to weight loss. Lipids in Health and Disease, 2010, 9, 54.	1.2	15
34	Reply to HB MacDonald. American Journal of Clinical Nutrition, 2002, 75, 951.	2.2	14
35	Ketogenic Diet for Obesity and Diabetes. JAMA Internal Medicine, 2019, 179, 1734.	2.6	14
36	Clinical Use of a Carbohydrate-Restricted Diet to Treat the Dyslipidemia of the Metabolic Syndrome. Metabolic Syndrome and Related Disorders, 2003, 1, 227-232.	0.5	12

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37	Airway sensory replacement as a treatment for smoking cessation. <i>Drug Development Research</i> , 1996, 38, 257-262.	1.4	11
38	Application of nutrient essentiality criteria to dietary carbohydrates. <i>Nutrition Research Reviews</i> , 2020, 33, 260-270.	2.1	11
39	Dietary Carbohydrate Restriction in The Treatment of Diabetes and Metabolic Syndrome. <i>Lippincott S Bone and Joint Newsletter</i> , 2008, 34, 1-5.	0.0	10
40	Insulin Resistance from a Low Carbohydrate, High Fat Diet Perspective. <i>Metabolic Syndrome and Related Disorders</i> , 2005, 3, 14-18.	0.5	9
41	Clinical Experience of a Carbohydrate-Restricted Diet for the Metabolic Syndrome. <i>Metabolic Syndrome and Related Disorders</i> , 2004, 2, 180-186.	0.5	6
42	Carbohydrate restriction is effective in improving atherogenic dyslipidemia even in the absence of weight loss. <i>American Journal of Clinical Nutrition</i> , 2006, 84, 1549.	2.2	6
43	Low glycemic diet for weight loss in hypertriglyceridemic patients attending a lipid clinic. <i>Journal of Clinical Lipidology</i> , 2010, 4, 508-514.	0.6	5
44	Comment: decreased warfarin effect after initiation of high-protein, low-carbohydrate diets. <i>Annals of Pharmacotherapy</i> , 2005, 39, 1371-1372.	0.9	4
45	Pharmacokinetics of a Transdermal Nicotine Patch Compared to Nicotine Gum. <i>Drug Development and Industrial Pharmacy</i> , 1993, 19, 1999-2010.	0.9	2
46	Postprandial triglycerides in response to high fat: role of dietary carbohydrate. <i>European Journal of Clinical Investigation</i> , 2004, 34, 74-74.	1.7	2
47	A case study of overfeeding 3 different diets. <i>Current Opinion in Endocrinology, Diabetes and Obesity</i> , 2021, 28, 446-452.	1.2	2
48	Rethinking dietary saturated fats. <i>Lipid Technology</i> , 2009, 21, 109-111.	0.3	1
49	Meclizine Enhancement of Sensorimotor Gating in Healthy Male Subjects with High Startle Responses and Low Prepulse Inhibition. <i>Neuropsychopharmacology</i> , 2014, 39, 651-659.	2.8	1
50	Editorial: Exploring the untapped potential of low-carbohydrate diets. <i>Current Opinion in Endocrinology, Diabetes and Obesity</i> , 2020, 27, 253-254.	1.2	1
51	Weight Loss: A Patient and Physician's Perspective. <i>Advances in Therapy</i> , 2016, 33, 1049-1053.	1.3	0
52	Editorial: Carbohydrate restriction: from the "bedside" to the "bench". <i>Current Opinion in Endocrinology, Diabetes and Obesity</i> , 2021, 28, 435-436.	1.2	0
53	Editorial: Carbohydrate-Restricted Nutrition and Diabetes Mellitus. <i>Frontiers in Nutrition</i> , 2021, 8, 827990.	1.6	0
54	Review: Self-help interventions alone minimally increase smoking cessation. <i>ACP Journal Club</i> , 1999, 130, 41.	0.1	0