

# Brendan Egan

## List of Publications by Year in descending order

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Version: 2024-02-01

77  
papers

4,527  
citations

279798

23  
h-index

106344

65  
g-index

100  
all docs

100  
docs citations

100  
times ranked

7089  
citing authors

#	ARTICLE	IF	CITATIONS
1	Exercise Metabolism and the Molecular Regulation of Skeletal Muscle Adaptation. <i>Cell Metabolism</i> , 2013, 17, 162-184.	16.2	1,502
2	Acute Exercise Remodels Promoter Methylation in Human Skeletal Muscle. <i>Cell Metabolism</i> , 2012, 15, 405-411.	16.2	729
3	Exercise intensity-dependent regulation of peroxisome proliferator-activated receptor $\beta$ coactivator-1 mRNA abundance is associated with differential activation of upstream signalling kinases in human skeletal muscle. <i>Journal of Physiology</i> , 2010, 588, 1779-1790.	2.9	305
4	Metabolism of ketone bodies during exercise and training: physiological basis for exogenous supplementation. <i>Journal of Physiology</i> , 2017, 595, 2857-2871.	2.9	269
5	Altered miR-29 Expression in Type 2 Diabetes Influences Glucose and Lipid Metabolism in Skeletal Muscle. <i>Diabetes</i> , 2017, 66, 1807-1818.	0.6	157
6	Resisted Sled Sprint Training to Improve Sprint Performance: A Systematic Review. <i>Sports Medicine</i> , 2016, 46, 381-400.	6.5	135
7	Autocrine role of interleukin-13 on skeletal muscle glucose metabolism in type 2 diabetic patients involves microRNA let-7. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2013, 305, E1359-E1366.	3.5	105
8	Time Course Analysis Reveals Gene-Specific Transcript and Protein Kinetics of Adaptation to Short-Term Aerobic Exercise Training in Human Skeletal Muscle. <i>PLoS ONE</i> , 2013, 8, e74098.	2.5	97
9	Intermittent Running and Cognitive Performance after Ketone Ester Ingestion. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 2330-2338.	0.4	74
10	2D DIGE analysis of the mitochondrial proteome from human skeletal muscle reveals time course-dependent remodelling in response to 14 consecutive days of endurance exercise training. <i>Proteomics</i> , 2011, 11, 1413-1428.	2.2	68
11	Elevated levels of extracellular heat-shock protein 72 (eHSP72) are positively correlated with insulin resistance <i>in vivo</i> and cause pancreatic $\beta$ -cell dysfunction and death <i>in vitro</i> . <i>Clinical Science</i> , 2014, 126, 739-752.	4.3	66
12	Comparison of time-matched aerobic, resistance, or concurrent exercise training in older adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 2272-2283.	2.9	62
13	Anticatabolic Effects of Ketone Bodies in Skeletal Muscle. <i>Trends in Endocrinology and Metabolism</i> , 2019, 30, 227-229.	7.1	57
14	No Benefit of Ingestion of a Ketone Monoester Supplement on 10-km Running Performance. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 2506-2515.	0.4	55
15	Nutritional Ketosis with Ketogenic Diets or Exogenous Ketones: Features, Convergence, and Divergence. <i>Current Sports Medicine Reports</i> , 2020, 19, 251-259.	1.2	53
16	SnapShot: Exercise Metabolism. <i>Cell Metabolism</i> , 2016, 24, 342-342.e1.	16.2	49
17	Fueling Performance: Ketones Enter the Mix. <i>Cell Metabolism</i> , 2016, 24, 373-375.	16.2	46
18	Effect of acute ingestion of $\beta$ -hydroxybutyrate salts on the response to graded exercise in trained cyclists. <i>European Journal of Sport Science</i> , 2018, 18, 376-386.	2.7	46

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19	Acute Ingestion of Caffeinated Chewing Gum Improves Repeated Sprint Performance of Team Sport Athletes With Low Habitual Caffeine Consumption. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018, 28, 221-227.	2.1	37
20	The effects of a combined bodyweight-based and elastic bands resistance training, with or without protein supplementation, on muscle mass, signaling and heat shock response in healthy older people. <i>Experimental Gerontology</i> , 2019, 115, 104-113.	2.8	36
21	Effects of 8 wk of 16:8 Time-restricted Eating in Male Middle- and Long-Distance Runners. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 633-642.	0.4	31
22	miRNA let-7 expression is regulated by glucose and TNF- $\alpha$ by a remote upstream promoter. <i>Biochemical Journal</i> , 2015, 472, 147-156.	3.7	26
23	Habitual protein intake, protein distribution patterns and dietary sources in Irish adults with stratification by sex and age. <i>Journal of Human Nutrition and Dietetics</i> , 2020, 33, 465-476.	2.5	26
24	EFFECTS OF A SIX-MONTH MULTI-INGREDIENT NUTRITION SUPPLEMENT INTERVENTION OF OMEGA-3 POLYUNSATURATED FATTY ACIDS, VITAMIN D, RESVERATROL, AND WHEY PROTEIN ON COGNITIVE FUNCTION IN OLDER ADULTS: A RANDOMISED, DOUBLE-BLIND, CONTROLLED TRIAL. <i>Journal of prevention of Alzheimer's disease, The</i> , 2018, 5, 1-9.	2.7	25
25	Prevalence, Magnitude and Methods of Rapid Weight Loss Reported by Male Mixed Martial Arts Athletes in Ireland. <i>Sports</i> , 2019, 7, 206.	1.7	25
26	Does supplementation with leucine-enriched protein alone and in combination with fish-oil-derived n $\omega$ -3 PUFA affect muscle mass, strength, physical performance, and muscle protein synthesis in well-nourished older adults? A randomized, double-blind, placebo-controlled trial. <i>American Journal of Clinical Nutrition</i> , 2021, 113, 1411-1427.	4.7	24
27	Exercise Maintenance in Older Adults 1 Year After Completion of a Supervised Training Intervention. <i>Journal of the American Geriatrics Society</i> , 2020, 68, 163-169.	2.6	20
28	Endurance exercise training-responsive miR-19b-3p improves skeletal muscle glucose metabolism. <i>Nature Communications</i> , 2021, 12, 5948.	12.8	20
29	Maternal obesity trends in a large Irish university hospital. <i>European Journal of Obstetrics, Gynecology and Reproductive Biology</i> , 2019, 238, 95-99.	1.1	19
30	Exercise Training and Circulating Small Extracellular Vesicles: Appraisal of Methodological Approaches and Current Knowledge. <i>Frontiers in Physiology</i> , 2021, 12, 738333.	2.8	19
31	Five year trends in maternal smoking behaviour reported at the first prenatal appointment. <i>Irish Journal of Medical Science</i> , 2017, 186, 971-979.	1.5	18
32	Effect of Heavy Resisted Sled Sprint Training During the Competitive Season on Sprint and Change-of-Direction Performance in Professional Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 1066-1073.	2.3	17
33	Temporal analysis of reciprocal miRNA-mRNA expression patterns predicts regulatory networks during differentiation in human skeletal muscle cells. <i>Physiological Genomics</i> , 2015, 47, 45-57.	2.3	16
34	Protein intake for athletes and active adults: Current concepts and controversies. <i>Nutrition Bulletin</i> , 2016, 41, 202-213.	1.8	16
35	MicroRNA-208b progressively declines after spinal cord injury in humans and is inversely related to myostatin expression. <i>Physiological Reports</i> , 2015, 3, e12622.	1.7	15
36	Transient Increase in Homocysteine but Not Hyperhomocysteinemia during Acute Exercise at Different Intensities in Sedentary Individuals. <i>PLoS ONE</i> , 2012, 7, e51185.	2.5	14

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37	Self-Reported Prevalence, Magnitude, and Methods of Rapid Weight Loss in Male and Female Competitive Powerlifters. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 405-410.	2.1	13
38	Exogenous Ketone Salts Do Not Improve Cognitive Performance During a Dual-Stress Challenge. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2020, 30, 120-127.	2.1	13
39	Effects of a Long Chain n-3 Polyunsaturated Fatty Acid-rich Multi-ingredient Nutrition Supplement on Body Composition and Physical Function in Older Adults with Low Skeletal Muscle Mass. <i>Journal of Dietary Supplements</i> , 2022, 19, 499-514.	2.6	12
40	Prevalence of hormonal contraceptive use and reported side effects of the menstrual cycle and hormonal contraceptive use in powerlifting and rugby. <i>Physician and Sportsmedicine</i> , 2023, 51, 217-222.	2.1	12
41	Higher rate of fat oxidation during rowing compared with cycling ergometer exercise across a range of exercise intensities. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2016, 26, 630-637.	2.9	11
42	The implications of high carbon monoxide levels in early pregnancy for neonatal outcomes. <i>European Journal of Obstetrics, Gynecology and Reproductive Biology</i> , 2019, 233, 6-11.	1.1	11
43	Acute ingestion of beetroot juice does not improve short-duration repeated sprint running performance in male team sport athletes. <i>Journal of Sports Sciences</i> , 2020, 38, 2063-2070.	2.0	11
44	Changes in body composition and substrate utilization after a short-term ketogenic diet in endurance-trained males. <i>Biology of Sport</i> , 2021, 38, 145-152.	3.2	11
45	A prospective, observational study investigating the use of carbon monoxide screening to identify maternal smoking in a large university hospital in Ireland. <i>BMJ Open</i> , 2018, 8, e022089.	1.9	10
46	Fetal growth and maternal alcohol consumption during early pregnancy. <i>European Journal of Obstetrics, Gynecology and Reproductive Biology</i> , 2019, 236, 148-153.	1.1	10
47	Co-ingestion of protein or a protein hydrolysate with carbohydrate enhances anabolic signaling, but not glycogen resynthesis, following recovery from prolonged aerobic exercise in trained cyclists. <i>European Journal of Applied Physiology</i> , 2018, 118, 349-359.	2.5	10
48	AMPK $\beta$ 3 is dispensable for skeletal muscle hypertrophy induced by functional overload. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2016, 310, E461-E472.	3.5	9
49	Comparison of Sprint Interval and Endurance Training in Team Sport Athletes. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 3051-3058.	2.1	9
50	Interindividual variability in response to protein and fish oil supplementation in older adults: a randomized controlled trial. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2022, 13, 872-883.	7.3	9
51	Hunting for the SNARK in metabolic disease. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2009, 296, E969-E972.	3.5	8
52	Reliability of the Maximal Resisted Sprint Load Test and Relationships With Performance Measures and Anthropometric Profile in Female Field Sport Athletes. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 1703-1713.	2.1	8
53	The glucose-lowering effects of exogenous ketones: is there therapeutic potential?. <i>Journal of Physiology</i> , 2018, 596, 1317-1318.	2.9	7
54	A National Audit of Smoking Cessation Services in Irish Maternity Units. <i>Irish Medical Journal</i> , 2017, 110, 580.	0.0	7

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55	Regulation of GLUT4 translocation in an in vitro cell model using postprandial human serum ex vivo. <i>Experimental Physiology</i> , 2019, 104, 800-807.	2.0	6
56	A Fish-Derived Protein Hydrolysate Induces Postprandial Aminoacidaemia and Skeletal Muscle Anabolism in an In Vitro Cell Model Using Ex Vivo Human Serum. <i>Nutrients</i> , 2021, 13, 647.	4.1	6
57	The interaction between maternal smoking, illicit drug use and alcohol consumption associated with neonatal outcomes. <i>Journal of Public Health</i> , 2020, 42, 277-284.	1.8	5
58	Case Study: Transition to a Vegan Diet in an Elite Male Gaelic Football Player. <i>Sports</i> , 2021, 9, 6.	1.7	5
59	Increased Leg Strength After Concurrent Aerobic and Resistance Exercise Training in Older Adults Is Augmented by a Whole Food-Based High Protein Diet Intervention. <i>Frontiers in Sports and Active Living</i> , 2021, 3, 653962.	1.8	5
60	Comparison of hot water immersion at 37.8°C with or without salt for rapid weight loss in mixed martial arts athletes. <i>Journal of Sports Sciences</i> , 2020, 38, 607-611.	2.0	5
61	Acute ingestion of beetroot juice does not improve repeated sprint performance in male team sport athletes. <i>Proceedings of the Nutrition Society</i> , 2016, 75, .	1.0	4
62	Maternal Weight Trajectories in Successive Pregnancies and Their Association With Gestational Diabetes Mellitus. <i>Diabetes Care</i> , 2020, 43, e33-e34.	8.6	4
63	No Effect of a Ketone Monoester on Markers of Stress and Performance in a Live-Burn Search and Rescue in Firefighters. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 763-771.	2.1	4
64	Longitudinal Study of Maternal BMI in Successive Pregnancies. <i>Obesity</i> , 2020, 28, 460-467.	3.0	3
65	Comparison of hot water immersion at self-adjusted maximum tolerable temperature, with or without the addition of salt, for rapid weight loss in mixed martial arts athletes. <i>Biology of Sport</i> , 2021, 38, 89-96.	3.2	3
66	Physiological and Perceptual Responses to a Single Session of Resisted Sled Sprint Training at Light or Heavy Sled Loads. <i>Journal of Strength and Conditioning Research</i> , 2021, Publish Ahead of Print, .	2.1	3
67	The Between-Competition Running Demands of Elite Hurling Match-Play. <i>Sports</i> , 2021, 9, 145.	1.7	3
68	Feasibility of recruitment to a behavioural smoking cessation intervention combined with ongoing online support. <i>European Journal of Public Health</i> , 2019, 29, 170-172.	0.3	2
69	When Matched for Relative Leg Strength at Baseline, Male and Female Older Adults Respond Similarly to Concurrent Aerobic and Resistance Exercise Training. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 2927-2933.	2.1	2
70	Effect of rapid weight loss incorporating hot salt water immersion on changes in body mass, blood markers, and indices of performance in male mixed martial arts athletes. <i>European Journal of Applied Physiology</i> , 0, .	2.5	2
71	Effects of acute ingestion of whey protein with or without prior aerobic exercise on postprandial glycemia in type 2 diabetics. <i>European Journal of Applied Physiology</i> , 2018, 118, 1959-1968.	2.5	1
72	Increases in protein intake, protein distribution score, and micronutrient intakes in older adults in response to a whole food-based dietary intervention. <i>Aging Clinical and Experimental Research</i> , 2022, 34, 927-934.	2.9	1

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73	Increased Lean Body Mass After Bodyweight-Based High Intensity Interval Training in Overweight and Obese Men. <i>Research Quarterly for Exercise and Sport</i> , 2023, 94, 418-426.	1.4	1
74	The Priming Effect of a Heavy or Very Heavy Resisted Sled Sprint-Based Conditioning Activity on Subsequent Unresisted Sprint Performance in Team Field Sport Athletes. <i>Journal of Strength and Conditioning Research</i> , 2023, 37, 91-97.	2.1	1
75	Plasma Creatine Kinetics After Ingestion of Microencapsulated Creatine Monohydrate with Enhanced Stability in Aqueous Solutions. <i>Journal of Dietary Supplements</i> , 2017, 14, 433-445.	2.6	0
76	A longitudinal, observational study of women who persisted in smoking in successive pregnancies. <i>Journal of Public Health</i> , 2019, 42, e18-e25.	1.8	0
77	Starting blocks: The biochemical basis of contraction-induced signal transduction in skeletal muscle. <i>Biochemist</i> , 2012, 34, 12-19.	0.5	0