

# Brendan Egan

## List of Publications by Year in Descending Order

**Source:** <https://exaly.com/author-pdf/1594294/brendan-egan-publications-by-year.pdf>

**Version:** 2024-04-17

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

71  
papers

3,152  
citations

21  
h-index

56  
g-index

100  
ext. papers

3,895  
ext. citations

4.9  
avg, IF

5.91  
L-index

#	Paper	IF	Citations
71	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> , <b>2022</b> , 1-6	2.4	2
70	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> , <b>2022</b> , 36, 763-771	3.2	0
69	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> , <b>2022</b> ,	10.3	1
68	Increased Lean Body Mass After Bodyweight-Based High Intensity Interval Training in Overweight and Obese Men.. <i>Research Quarterly for Exercise and Sport</i> , <b>2022</b> , 1-9	1.9	
67	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> , <b>2021</b> , 53, 633-642	1.2	6
66	The Between-Competition Running Demands of Elite Hurling Match-Play. <i>Sports</i> , <b>2021</b> , 9,	3	1
65	Endurance exercise training-responsive miR-19b-3p improves skeletal muscle glucose metabolism. <i>Nature Communications</i> , <b>2021</b> , 12, 5948	17.4	2
64	Exercise Training and Circulating Small Extracellular Vesicles: Appraisal of Methodological Approaches and Current Knowledge. <i>Frontiers in Physiology</i> , <b>2021</b> , 12, 738333	4.6	1
63	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> , <b>2021</b> , 1	4.8	0
62	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> , <b>2021</b> , 1-16	2.3	2
61	Does supplementation with leucine-enriched protein alone and in combination with fish-oil-derived n-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> , <b>2021</b> , 113, 1414-1427	7	8
60	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> , <b>2021</b> , 38, 89-96	4.3	1
59	Changes in body composition and substrate utilization after a short-term ketogenic diet in endurance-trained males. <i>Biology of Sport</i> , <b>2021</b> , 38, 145-152	4.3	3
58	Case Study: Transition to a Vegan Diet in an Elite Male Gaelic Football Player. <i>Sports</i> , <b>2021</b> , 9,	3	3
57	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> , <b>2021</b> , 3, 653962	2.3	4
56	Maternal Weight Trajectories in Successive Pregnancies and Their Association With Gestational Diabetes Mellitus. <i>Diabetes Care</i> , <b>2020</b> , 43, e33-e34	14.6	3
55	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> , <b>2020</b> , 38, 2063-2070	3.6	2

54	Nutritional Ketosis with Ketogenic Diets or Exogenous Ketones: Features, Convergence, and Divergence. <i>Current Sports Medicine Reports</i> , <b>2020</b> , 19, 251-259	1.9	23
53	Longitudinal Study of Maternal BMI in Successive Pregnancies. <i>Obesity</i> , <b>2020</b> , 28, 460-467	8	3
52	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> , <b>2020</b> , 33, 465-476	3.1	13
51	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> , <b>2020</b> , 38, 607-611	3.6	3
50	Exercise Maintenance in Older Adults 1 Year After Completion of a Supervised Training Intervention. <i>Journal of the American Geriatrics Society</i> , <b>2020</b> , 68, 163-169	5.6	11
49	Self-Reported Prevalence, Magnitude, and Methods of Rapid Weight Loss in Male and Female Competitive Powerlifters. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> ,	3.2	6
48	A longitudinal, observational study of women who persisted in smoking in successive pregnancies. <i>Journal of Public Health</i> , <b>2020</b> , 42, e18-e25	3.5	
47	The interaction between maternal smoking, illicit drug use and alcohol consumption associated with neonatal outcomes. <i>Journal of Public Health</i> , <b>2020</b> , 42, 277-284	3.5	1
46	Prevalence, Magnitude and Methods of Rapid Weight Loss Reported by Male Mixed Martial Arts Athletes in Ireland. <i>Sports</i> , <b>2019</b> , 7,	3	15
45	Anticatabolic Effects of Ketone Bodies in Skeletal Muscle. <i>Trends in Endocrinology and Metabolism</i> , <b>2019</b> , 30, 227-229	8.8	29
44	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> , <b>2019</b> , 14, 1066-1073	3.5	9
43	Maternal obesity trends in a large Irish university hospital. <i>European Journal of Obstetrics, Gynecology and Reproductive Biology</i> , <b>2019</b> , 238, 95-99	2.4	11
42	Fetal growth and maternal alcohol consumption during early pregnancy. <i>European Journal of Obstetrics, Gynecology and Reproductive Biology</i> , <b>2019</b> , 236, 148-153	2.4	7
41	Regulation of GLUT4 translocation in an in vitro cell model using postprandial human serum ex vivo. <i>Experimental Physiology</i> , <b>2019</b> , 104, 800-807	2.4	2
40	Feasibility of recruitment to a behavioural smoking cessation intervention combined with ongoing online support. <i>European Journal of Public Health</i> , <b>2019</b> , 29, 170-172	2.1	0
39	Exogenous Ketone Salts Do Not Improve Cognitive Performance During a Dual-Stress Challenge. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2019</b> , 1-8	4.4	4
38	No Benefit of Ingestion of a Ketone Monoester Supplement on 10-km Running Performance. <i>Medicine and Science in Sports and Exercise</i> , <b>2019</b> , 51, 2506-2515	1.2	30
37	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> , <b>2019</b> , 115, 104-113	4.5	28

36	The implications of high carbon monoxide levels in early pregnancy for neonatal outcomes. <i>European Journal of Obstetrics, Gynecology and Reproductive Biology</i> , <b>2019</b> , 233, 6-11	2.4	4
35	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> , <b>2019</b> , 33, 1703-1713	3.2	6
34	The glucose-lowering effects of exogenous ketones: is there therapeutic potential?. <i>Journal of Physiology</i> , <b>2018</b> , 596, 1317-1318	3.9	5
33	Comparison of Sprint Interval and Endurance Training in Team Sport Athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 3051-3058	3.2	6
32	Effect of acute ingestion of β-hydroxybutyrate salts on the response to graded exercise in trained cyclists. <i>European Journal of Sport Science</i> , <b>2018</b> , 18, 376-386	3.9	33
31	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> , <b>2018</b> , 28, 221-227	4.4	28
30	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> , <b>2018</b> , 118, 349-359	3.4	6
29	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 Alzheimers Disease</i> , <b>2018</b> , 5, 173-183	3.8	18
28	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> , <b>2018</b> , 8, e022089	3	5
27	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> , <b>2018</b> , 118, 1959-1968	3.4	0
26	Intermittent Running and Cognitive Performance after Ketone Ester Ingestion. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 2330-2338	1.2	46
25	Comparison of time-matched aerobic, resistance, or concurrent exercise training in older adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2018</b> , 28, 2272-2283	4.6	36
24	Plasma Creatine Kinetics After Ingestion of Microencapsulated Creatine Monohydrate with Enhanced Stability in Aqueous Solutions. <i>Journal of Dietary Supplements</i> , <b>2017</b> , 14, 433-445	2.3	
23	Five year trends in maternal smoking behaviour reported at the first prenatal appointment. <i>Irish Journal of Medical Science</i> , <b>2017</b> , 186, 971-979	1.9	15
22	Altered miR-29 Expression in Type 2 Diabetes Influences Glucose and Lipid Metabolism in Skeletal Muscle. <i>Diabetes</i> , <b>2017</b> , 66, 1807-1818	0.9	105
21	Metabolism of ketone bodies during exercise and training: physiological basis for exogenous supplementation. <i>Journal of Physiology</i> , <b>2017</b> , 595, 2857-2871	3.9	168
20	A National Audit of Smoking Cessation Services in Irish Maternity Units. <i>Irish Medical Journal</i> , <b>2017</b> , 110, 580	0.7	7
19	Protein intake for athletes and active adults: Current concepts and controversies. <i>Nutrition Bulletin</i> , <b>2016</b> , 41, 202-213	3.5	10

18	Fueling Performance: Ketones Enter the Mix. <i>Cell Metabolism</i> , <b>2016</b> , 24, 373-375	24.6	36
17	AMPK $\beta$ is dispensable for skeletal muscle hypertrophy induced by functional overload. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , <b>2016</b> , 310, E461-72	6	7
16	Resisted Sled Sprint Training to Improve Sprint Performance: A Systematic Review. <i>Sports Medicine</i> , <b>2016</b> , 46, 381-400	10.6	92
15	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> , <b>2016</b> , 26, 630-7	4.6	7
14	Acute ingestion of beetroot juice does not improve repeated sprint performance in male team sport athletes. <i>Proceedings of the Nutrition Society</i> , <b>2016</b> , 75,	2.9	4
13	SnapShot: Exercise Metabolism. <i>Cell Metabolism</i> , <b>2016</b> , 24, 342-342.e1	24.6	34
12	Temporal analysis of reciprocal miRNA-mRNA expression patterns predicts regulatory networks during differentiation in human skeletal muscle cells. <i>Physiological Genomics</i> , <b>2015</b> , 47, 45-57	3.6	12
11	MicroRNA-208b progressively declines after spinal cord injury in humans and is inversely related to myostatin expression. <i>Physiological Reports</i> , <b>2015</b> , 3, e12622	2.6	12
10	miRNA let-7 expression is regulated by glucose and TNF- $\alpha$ by a remote upstream promoter. <i>Biochemical Journal</i> , <b>2015</b> , 472, 147-56	3.8	21
9	Elevated levels of extracellular heat-shock protein 72 (eHSP72) are positively correlated with insulin resistance in vivo and cause pancreatic $\beta$ cell dysfunction and death in vitro. <i>Clinical Science</i> , <b>2014</b> , 126, 739-52	6.5	47
8	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> , <b>2013</b> , 305, E1359-66	6	84
7	Exercise metabolism and the molecular regulation of skeletal muscle adaptation. <i>Cell Metabolism</i> , <b>2013</b> , 17, 162-84	24.6	1073
6	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> , <b>2013</b> , 8, e74098	3.7	80
5	Acute exercise remodels promoter methylation in human skeletal muscle. <i>Cell Metabolism</i> , <b>2012</b> , 15, 405-11	24.6	586
4	Transient increase in homocysteine but not hyperhomocysteinemia during acute exercise at different intensities in sedentary individuals. <i>PLoS ONE</i> , <b>2012</b> , 7, e51185	3.7	9
3	Starting blocks: The biochemical basis of contraction-induced signal transduction in skeletal muscle. <i>Biochemist</i> , <b>2012</b> , 34, 12-19	0.5	
2	2-D 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> , <b>2011</b> , 11, 1413-28	4.8	56
1	Exercise intensity-dependent regulation of peroxisome proliferator-activated receptor coactivator-1 mRNA abundance is associated with differential activation of upstream signalling kinases in human skeletal muscle. <i>Journal of Physiology</i> , <b>2010</b> , 588, 1779-90	3.9	253

