

Fernando Ars

List of Publications by Year in Descending Order

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Version: 2024-04-20

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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.

56 papers	6,600 citations	32 h-index	61 g-index
61 ext. papers	8,013 ext. citations	7 avg, IF	4.95 L-index

#	Paper	IF	Citations
56	Tricarboxylic acid cycle related-metabolites and risk of atrial fibrillation and heart failure. <i>Metabolism: Clinical and Experimental</i> , 2021 , 125, 154915	12.7	0
55	Urea Cycle Metabolites and Atrial Fibrillation or Heart Failure Risk: Two Case-Control Studies in the PREDIMED Trial. <i>Current Developments in Nutrition</i> , 2021 , 5, 18-18	0.4	78
54	Low serum iron levels and risk of cardiovascular disease in high risk elderly population: Nested case-control study in the PREvenci� con Dieta MEDiterr�nea (PREDIMED) trial. <i>Clinical Nutrition</i> , 2021 , 40, 496-504	5.9	4
53	Plasma Metabolomic Profiles of Glycemic Index, Glycemic Load, and Carbohydrate Quality Index in the PREDIMED Study. <i>Journal of Nutrition</i> , 2021 , 151, 50-58	4.1	2
52	Dysfunctional High-Density Lipoproteins Are Associated With a Greater Incidence of Acute Coronary Syndrome in a Population at High Cardiovascular Risk: A Nested Case-Control Study. <i>Circulation</i> , 2020 , 141, 444-453	16.7	28
51	Prospective association of physical activity and inflammatory biomarkers in older adults from the PREDIMED-Plus study with overweight or obesity and metabolic syndrome. <i>Clinical Nutrition</i> , 2020 , 39, 3092-3098	5.9	12
50	Mediterranean Diet and Atherothrombosis Biomarkers: A Randomized Controlled Trial. <i>Molecular Nutrition and Food Research</i> , 2020 , 64, e2000350	5.9	6
49	High Plasma Glutamate and a Low Glutamine-to-Glutamate Ratio Are Associated with Increased Risk of Heart Failure but Not Atrial Fibrillation in the Prevenci� con Dieta Mediterr�nea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2020 , 150, 2882-2889	4.1	3
48	Association between maximal oxygen consumption and physical activity and sedentary lifestyle in metabolic syndrome. Usefulness of questionnaires. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2020 , 73, 145-152	0.7	
47	Effects of a Mediterranean Eating Plan on the Need for Glucose-Lowering Medications in Participants With Type 2 Diabetes: A Subgroup Analysis of the PREDIMED Trial. <i>Diabetes Care</i> , 2019 , 42, 1390-1397	14.6	25
46	Plasma Metabolites Associated with Coffee Consumption: A Metabolomic Approach within the PREDIMED Study. <i>Nutrients</i> , 2019 , 11,	6.7	11
45	Effect of a high-fat Mediterranean diet on bodyweight and waist circumference: a prespecified secondary outcomes analysis of the PREDIMED randomised controlled trial. <i>Lancet Diabetes and Endocrinology</i> , 2019 , 7, e6-e17	18.1	47
44	Nut Consumptions as a Marker of Higher Diet Quality in a Mediterranean Population at High Cardiovascular Risk. <i>Nutrients</i> , 2019 , 11,	6.7	9
43	High plasma glutamate and low glutamine-to-glutamate ratio are associated with type 2 diabetes: Case-cohort study within the PREDIMED trial. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019 , 29, 1040-1049	4.5	26
42	Cohort Profile: Design and methods of the PREDIMED-Plus randomized trial. <i>International Journal of Epidemiology</i> , 2019 , 48, 387-388o	7.8	87
41	Adherence to an Energy-restricted Mediterranean Diet Score and Prevalence of Cardiovascular Risk Factors in the PREDIMED-Plus: A Cross-sectional Study. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2019 , 72, 925-934	0.7	11
40	Dairy products intake and the risk of incident cataracts surgery in an elderly Mediterranean population: results from the PREDIMED study. <i>European Journal of Nutrition</i> , 2019 , 58, 619-627	5.2	2

39	Legume consumption and risk of all-cause, cardiovascular, and cancer mortality in the PREDIMED study. <i>Clinical Nutrition</i> , 2019 , 38, 348-356	5.9	49
38	Plasma lipidome patterns associated with cardiovascular risk in the PREDIMED trial: A case-cohort study. <i>International Journal of Cardiology</i> , 2018 , 253, 126-132	3.2	30
37	Legume consumption is inversely associated with type 2 diabetes incidence in adults: A prospective assessment from the PREDIMED study. <i>Clinical Nutrition</i> , 2018 , 37, 906-913	5.9	71
36	Dietary Inflammatory Index and liver status in subjects with different adiposity levels within the PREDIMED trial. <i>Clinical Nutrition</i> , 2018 , 37, 1736-1743	5.9	28
35	Risk of peripheral artery disease according to a healthy lifestyle score: The PREDIMED study. <i>Atherosclerosis</i> , 2018 , 275, 133-140	3.1	12
34	Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. <i>New England Journal of Medicine</i> , 2018 , 378, e34	59.2	1232
33	Plasma trimethylamine-N-oxide and related metabolites are associated with type 2 diabetes risk in the Prevención con Dieta Mediterránea (PREDIMED) trial. <i>American Journal of Clinical Nutrition</i> , 2018 , 108, 163-173	7	24
32	Effectiveness of the physical activity intervention program in the PREDIMED-Plus study: a randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2018 , 15, 110	8.4	18
31	Mercury exposure and risk of cardiovascular disease: a nested case-control study in the PREDIMED (PREvention with MEDiterranean Diet) study. <i>BMC Cardiovascular Disorders</i> , 2017 , 17, 9	2.3	19
30	Plasma Ceramides, Mediterranean Diet, and Incident Cardiovascular Disease in the PREDIMED Trial (Prevención con Dieta Mediterránea). <i>Circulation</i> , 2017 , 135, 2028-2040	16.7	161
29	Increases in Plasma Tryptophan Are Inversely Associated with Incident Cardiovascular Disease in the Prevención con Dieta Mediterránea (PREDIMED) Study. <i>Journal of Nutrition</i> , 2017 , 147, 314-322	4.1	49
28	Association of Dietary Vitamin K1 Intake With the Incidence of Cataract Surgery in an Adult Mediterranean Population: A Secondary Analysis of a Randomized Clinical Trial. <i>JAMA Ophthalmology</i> , 2017 , 135, 657-661	3.9	5
27	Plasma lipidomic profiles and cardiovascular events in a randomized intervention trial with the Mediterranean diet. <i>American Journal of Clinical Nutrition</i> , 2017 , 106, 973-983	7	49
26	High dietary protein intake is associated with an increased body weight and total death risk. <i>Clinical Nutrition</i> , 2016 , 35, 496-506	5.9	47
25	Dietary Marine Ω 3 Fatty Acids and Incident Sight-Threatening Retinopathy in Middle-Aged and Older Individuals With Type 2 Diabetes: Prospective Investigation From the PREDIMED Trial. <i>JAMA Ophthalmology</i> , 2016 , 134, 1142-1149	3.9	60
24	Nutritional adequacy according to carbohydrates and fat quality. <i>European Journal of Nutrition</i> , 2016 , 55, 93-106	5.2	37
23	Plasma Branched-Chain Amino Acids and Incident Cardiovascular Disease in the PREDIMED Trial. <i>Clinical Chemistry</i> , 2016 , 62, 582-92	5.5	129
22	Frequent Consumption of Sugar- and Artificially Sweetened Beverages and Natural and Bottled Fruit Juices Is Associated with an Increased Risk of Metabolic Syndrome in a Mediterranean Population at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2016 , 146, 1528-36	4.1	43

21	Marfan Syndrome Caused by Somatic Mosaicism in an FBN1 Splicing Mutation. <i>Revista Espanola De Cardiologia (English Ed)</i> , 2016 , 69, 520-1	0.7	3
20	CD3(+)/CD45(+) and SMA- α (+) circulating microparticles are increased in individuals at high cardiovascular risk who will develop a major cardiovascular event. <i>International Journal of Cardiology</i> , 2016 , 208, 147-9	3.2	40
19	Mediterranean diet and telomere length in high cardiovascular risk subjects from the PREDIMED-NAVARRA study. <i>Clinical Nutrition</i> , 2016 , 35, 1399-1405	5.9	55
18	Metabolites of Glutamate Metabolism Are Associated With Incident Cardiovascular Events in the PREDIMED PREvenci3 con Dieta MEDiterr3nea (PREDIMED) Trial. <i>Journal of the American Heart Association</i> , 2016 , 5,	6	44
17	Mediterranean Diet, Retinopathy, Nephropathy, and Microvascular Diabetes Complications: A Post Hoc Analysis of a Randomized Trial. <i>Diabetes Care</i> , 2015 , 38, 2134-41	14.6	78
16	Consumption of Yogurt, Low-Fat Milk, and Other Low-Fat Dairy Products Is Associated with Lower Risk of Metabolic Syndrome Incidence in an Elderly Mediterranean Population. <i>Journal of Nutrition</i> , 2015 , 145, 2308-16	4.1	92
15	Dietary fat intake and risk of cardiovascular disease and all-cause mortality in a population at high risk of cardiovascular disease. <i>American Journal of Clinical Nutrition</i> , 2015 , 102, 1563-73	7	159
14	Intake of Total Polyphenols and Some Classes of Polyphenols Is Inversely Associated with Diabetes in Elderly People at High Cardiovascular Disease Risk. <i>Journal of Nutrition</i> , 2015 , 146, 767-777	4.1	62
13	Response to Letter Regarding Article, "Extravirgin Olive Oil Consumption Reduces Risk of Atrial Fibrillation: The PREDIMED (Prevenci3 con Dieta Mediterr3nea) Trial". <i>Circulation</i> , 2015 , 132, e140-2	16.7	
12	MicroRNA-410 regulated lipoprotein lipase variant rs13702 is associated with stroke incidence and modulated by diet in the randomized controlled PREDIMED trial. <i>American Journal of Clinical Nutrition</i> , 2014 , 100, 719-31	7	29
11	Extravirgin olive oil consumption reduces risk of atrial fibrillation: the PREDIMED (Prevenci3 con Dieta Mediterr3nea) trial. <i>Circulation</i> , 2014 , 130, 18-26	16.7	141
10	A provegetarian food pattern and reduction in total mortality in the Prevenci3 con Dieta Mediterr3nea (PREDIMED) study. <i>American Journal of Clinical Nutrition</i> , 2014 , 100 Suppl 1, 320S-8S	7	123
9	Prevention of diabetes with Mediterranean diets: a subgroup analysis of a randomized trial. <i>Annals of Internal Medicine</i> , 2014 , 160, 1-10	8	415
8	A high dietary glycemic index increases total mortality in a Mediterranean population at high cardiovascular risk. <i>PLoS ONE</i> , 2014 , 9, e107968	3.7	11
7	Effect of a Mediterranean Diet Intervention on Dietary Glycemic Load and Dietary Glycemic Index: The PREDIMED Study. <i>Journal of Nutrition and Metabolism</i> , 2014 , 2014, 985373	2.7	36
6	The effects of the mediterranean diet on biomarkers of vascular wall inflammation and plaque vulnerability in subjects with high risk for cardiovascular disease. A randomized trial. <i>PLoS ONE</i> , 2014 , 9, e100084	3.7	152
5	Cohort profile: design and methods of the PREDIMED study. <i>International Journal of Epidemiology</i> , 2012 , 41, 377-85	7.8	369
4	Reduction in the incidence of type 2 diabetes with the Mediterranean diet: results of the PREDIMED-Reus nutrition intervention randomized trial. <i>Diabetes Care</i> , 2011 , 34, 14-9	14.6	576

3	A large randomized individual and group intervention conducted by registered dietitians increased adherence to Mediterranean-type diets: the PREDIMED study. <i>Journal of the American Dietetic Association</i> , 2008 , 108, 1134-44; discussion 1145	151
2	Effect of a Mediterranean diet supplemented with nuts on metabolic syndrome status: one-year results of the PREDIMED randomized trial. <i>Archives of Internal Medicine</i> , 2008 , 168, 2449-2458	335
1	Effects of a Mediterranean-style diet on cardiovascular risk factors: a randomized trial. <i>Annals of Internal Medicine</i> , 2006 , 145, 1-11	8 1195