

Sara R Zwart

List of Publications by Year in Descending Order

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Version: 2024-04-25

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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.

62
papers

2,267
citations

26
h-index

47
g-index

66
ext. papers

3,106
ext. citations

7.1
avg, IF

4.81
L-index

#	Paper	IF	Citations
62	Antioxidant Supplementation Does Not Affect Bone Turnover Markers During 60 Days of 6 μ Head-Down Tilt Bed Rest: Results from an Exploratory Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2021 , 151, 1527-1538	4.1	2
61	Ophthalmic changes in a spaceflight analog are associated with brain functional reorganization. <i>Human Brain Mapping</i> , 2021 , 42, 4281-4297	5.9	3
60	Pre-flight exercise and bone metabolism predict unloading-induced bone loss due to spaceflight. <i>British Journal of Sports Medicine</i> , 2021 ,	10.3	11
59	The role of nutrition in space exploration: Implications for sensorimotor, cognition, behavior and the cerebral changes due to the exposure to radiation, altered gravity, and isolation/confinement hazards of spaceflight. <i>Neuroscience and Biobehavioral Reviews</i> , 2021 , 127, 307-331	9	8
58	Nutrition as Fuel for Human Spaceflight. <i>Physiology</i> , 2021 , 36, 324-330	9.8	0
57	Temporal Telomere and DNA Damage Responses in the Space Radiation Environment. <i>Cell Reports</i> , 2020 , 33, 108435	10.6	17
56	Arterial structure and function during and after long-duration spaceflight. <i>Journal of Applied Physiology</i> , 2020 , 129, 108-123	3.7	14
55	Countermeasures-based Improvements in Stress, Immune System Dysregulation and Latent Herpesvirus Reactivation onboard the International Space Station - Relevance for Deep Space Missions and Terrestrial Medicine. <i>Neuroscience and Biobehavioral Reviews</i> , 2020 , 115, 68-76	9	19
54	Meal replacement in isolated and confined mission environments: Consumption, acceptability, and implications for physical and behavioral health. <i>Physiology and Behavior</i> , 2020 , 219, 112829	3.5	5
53	Reply to Greaves et al. <i>Journal of Applied Physiology</i> , 2020 , 129, 1113	3.7	
52	Nutritional Countermeasures for Spaceflight-Related Stress 2020 , 593-616		0
51	Use of Quantitative Computed Tomography to Assess for Clinically-relevant Skeletal Effects of Prolonged Spaceflight on Astronaut Hips. <i>Journal of Clinical Densitometry</i> , 2020 , 23, 155-164	3.5	3
50	Space Food for Thought: Challenges and Considerations for Food and Nutrition on Exploration Missions. <i>Journal of Nutrition</i> , 2020 , 150, 2242-2244	4.1	22
49	Fundamental Biological Features of Spaceflight: Advancing the Field to Enable Deep-Space Exploration. <i>Cell</i> , 2020 , 183, 1162-1184	56.2	50
48	Comprehensive Multi-omics Analysis Reveals Mitochondrial Stress as a Central Biological Hub for Spaceflight Impact. <i>Cell</i> , 2020 , 183, 1185-1201.e20	56.2	58
47	Beyond Low-Earth Orbit: Characterizing Immune and microRNA Differentials following Simulated Deep Spaceflight Conditions in Mice. <i>IScience</i> , 2020 , 23, 101747	6.1	8
46	Multi-omic, Single-Cell, and Biochemical Profiles of Astronauts Guide Pharmacological Strategies for Returning to Gravity. <i>Cell Reports</i> , 2020 , 33, 108429	10.6	14

45	Telomere Length Dynamics and DNA Damage Responses Associated with Long-Duration Spaceflight. <i>Cell Reports</i> , 2020 , 33, 108457	10.6	14
44	Vitamin D and COVID-19: Lessons from Spaceflight Analogs. <i>Journal of Nutrition</i> , 2020 , 150, 2624-2627	4.1	6
43	Red risks for a journey to the red planet: The highest priority human health risks for a mission to Mars. <i>Npj Microgravity</i> , 2020 , 6, 33	5.3	34
42	The NASA Twins Study: A multidimensional analysis of a year-long human spaceflight. <i>Science</i> , 2019 , 364,	33.3	300
41	Association of Genetics and B Vitamin Status With the Magnitude of Optic Disc Edema During 30-Day Strict Head-Down Tilt Bed Rest. <i>JAMA Ophthalmology</i> , 2019 , 137, 1195-1200	3.9	19
40	Specific Immunologic Countermeasure Protocol for Deep-Space Exploration Missions. <i>Frontiers in Immunology</i> , 2019 , 10, 2407	8.4	16
39	Spaceflight Metabolism and Nutritional Support 2019 , 413-439		4
38	Immune System Dysregulation During Spaceflight: Potential Countermeasures for Deep Space Exploration Missions. <i>Frontiers in Immunology</i> , 2018 , 9, 1437	8.4	132
37	Spaceflight-related ocular changes: the potential role of genetics, and the potential of B vitamins as a countermeasure. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2018 , 21, 481-488	3.8	19
36	Effects of high-protein intake on bone turnover in long-term bed rest in women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 537-546	3	11
35	Excretion of Zinc and Copper Increases in Men during 3 Weeks of Bed Rest, with or without Artificial Gravity. <i>Journal of Nutrition</i> , 2017 , 147, 1113-1120	4.1	3
34	Astronaut ophthalmic syndrome. <i>FASEB Journal</i> , 2017 , 31, 3746-3756	0.9	30
33	Increased core body temperature in astronauts during long-duration space missions. <i>Scientific Reports</i> , 2017 , 7, 16180	4.9	41
32	Effects of short-term mild hypercapnia during head-down tilt on intracranial pressure and ocular structures in healthy human subjects. <i>Physiological Reports</i> , 2017 , 5, e13302	2.6	37
31	Genotype, B-vitamin status, and androgens affect spaceflight-induced ophthalmic changes. <i>FASEB Journal</i> , 2016 , 30, 141-8	0.9	32
30	Regulatory Physiology 2016 , 283-305		
29	High dietary iron increases oxidative stress and radiosensitivity in the rat retina and vasculature after exposure to fractionated gamma radiation. <i>Npj Microgravity</i> , 2016 , 2, 16014	5.3	9
28	Bone metabolism and renal stone risk during International Space Station missions. <i>Bone</i> , 2015 , 81, 712-720	7.9	82

27	Magnesium and Space Flight. <i>Nutrients</i> , 2015 , 7, 10209-22	6.7	2
26	Nutrition and Bone Health in Space 2015 , 687-705		1
25	Space Environmental Factor Impacts upon Murine Colon Microbiota and Mucosal Homeostasis. <i>PLoS ONE</i> , 2015 , 10, e0125792	3.7	41
24	Plasma cytokine concentrations indicate that in vivo hormonal regulation of immunity is altered during long-duration spaceflight. <i>Journal of Interferon and Cytokine Research</i> , 2014 , 34, 778-86	3.5	102
23	Men and women in space: bone loss and kidney stone risk after long-duration spaceflight. <i>Journal of Bone and Mineral Research</i> , 2014 , 29, 1639-45	6.3	53
22	Body mass changes during long-duration spaceflight. <i>Aviation, Space, and Environmental Medicine</i> , 2014 , 85, 897-904		21
21	Increased dietary iron and radiation in rats promote oxidative stress, induce localized and systemic immune system responses, and alter colon mucosal environment. <i>FASEB Journal</i> , 2014 , 28, 1486-98	0.9	9
20	Sex-specific responses of bone metabolism and renal stone risk during bed rest. <i>Physiological Reports</i> , 2014 , 2, e12119	2.6	16
19	A 250IU/week dose of vitamin D was as effective as a 50IU/d dose in healthy adults, but a regimen of four weekly followed by monthly doses of 1250IU raised the risk of hypercalciuria. <i>British Journal of Nutrition</i> , 2013 , 110, 1866-72	3.6	5
18	Iron status and its relations with oxidative damage and bone loss during long-duration space flight on the International Space Station. <i>American Journal of Clinical Nutrition</i> , 2013 , 98, 217-23	7	55
17	Benefits for bone from resistance exercise and nutrition in long-duration spaceflight: Evidence from biochemistry and densitometry. <i>Journal of Bone and Mineral Research</i> , 2012 , 27, 1896-906	6.3	218
16	Long-duration space flight and bed rest effects on testosterone and other steroids. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2012 , 97, 270-8	5.6	49
15	Space flight calcium: implications for astronaut health, spacecraft operations, and Earth. <i>Nutrients</i> , 2012 , 4, 2047-68	6.7	46
14	Vision changes after spaceflight are related to alterations in folate- and vitamin B-12-dependent one-carbon metabolism. <i>Journal of Nutrition</i> , 2012 , 142, 427-31	4.1	72
13	Bone metabolism and nutritional status during 30-day head-down-tilt bed rest. <i>Journal of Applied Physiology</i> , 2012 , 113, 1519-29	3.7	43
12	Saturation diving alters folate status and biomarkers of DNA damage and repair. <i>PLoS ONE</i> , 2012 , 7, e31058	3.7	15
11	Vitamin K status in spaceflight and ground-based models of spaceflight. <i>Journal of Bone and Mineral Research</i> , 2011 , 26, 948-54	6.3	31
10	Response to vitamin D supplementation during Antarctic winter is related to BMI, and supplementation can mitigate Epstein-Barr Virus Reactivation. <i>Journal of Nutrition</i> , 2011 , 141, 692-7	4.1	49

9	Response to vitamin D intake: from the Antarctic to the Institute of Medicine. <i>Journal of Nutrition</i> , 2011 , 141, 985-6	4.1	4
8	Capacity of omega-3 fatty acids or eicosapentaenoic acid to counteract weightlessness-induced bone loss by inhibiting NF-kappaB activation: from cells to bed rest to astronauts. <i>Journal of Bone and Mineral Research</i> , 2010 , 25, 1049-57	6.3	68
7	Body iron stores and oxidative damage in humans increased during and after a 10- to 12-day undersea dive. <i>Journal of Nutrition</i> , 2009 , 139, 90-5	4.1	15
6	Stability of analytes related to clinical chemistry and bone metabolism in blood specimens after delayed processing. <i>Clinical Biochemistry</i> , 2009 , 42, 907-10	3.5	22
5	Nutritional status assessment before, during, and after long-duration head-down bed rest. <i>Aviation, Space, and Environmental Medicine</i> , 2009 , 80, A15-22		42
4	Nutrition issues for space exploration. <i>Acta Astronautica</i> , 2008 , 63, 609-613	2.9	16
3	Nutritional status is altered in the self-neglecting elderly. <i>Journal of Nutrition</i> , 2006 , 136, 2534-41	4.1	35
2	The nutritional status of astronauts is altered after long-term space flight aboard the International Space Station. <i>Journal of Nutrition</i> , 2005 , 135, 437-43	4.1	183
1	Nutritional status changes in humans during a 14-day saturation dive: the NASA Extreme Environment Mission Operations V project. <i>Journal of Nutrition</i> , 2004 , 134, 1765-71	4.1	29