

Julio J Ochoa

List of Publications by Year in descending order

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Version: 2024-02-01

90
papers

2,340
citations

147786

31
h-index

243610

44
g-index

90
all docs

90
docs citations

90
times ranked

2901
citing authors

#	ARTICLE	IF	CITATIONS
1	COVID-19 during Gestation: Maternal Implications of Evoked Oxidative Stress and Iron Metabolism Impairment. <i>Antioxidants</i> , 2022, 11, 184.	5.1	8
2	Inflammation and oxidative stress, the links between obesity and COVID-19: a narrative review. <i>Journal of Physiology and Biochemistry</i> , 2022, 78, 581-591.	3.0	11
3	Implications of Vitamins in COVID-19 Prevention and Treatment through Immunomodulatory and Anti-Oxidative Mechanisms. <i>Antioxidants</i> , 2022, 11, 5.	5.1	9
4	DESIGN OF A TRAINING PLAN FOR BEGINNER PROFESSORS FROM THE DEPARTMENT OF PHYSIOLOGY. , 2021, , .		0
5	THE IMPORTANCE OF EMOTIONAL INTELLIGENCE IN THE UNIVERSITY PROFESSORS. <i>EDULEARN Proceedings</i> , 2021, , .	0.0	0
6	FISIO-ESCAPE: A GAMIFICATION EXPERIENCE FOR PHYSIOLOGY LEARNING “ ESCAPING FROM CONFINEMENT. , 2021, , .		0
7	Implementation of a Physical Activity Program Protocol in Schoolchildren: Effects on the Endocrine Adipose Tissue and Cognitive Functions. <i>Frontiers in Nutrition</i> , 2021, 8, 761213.	3.7	2
8	Association of sedentary time and physical activity levels with immunometabolic markers in early pregnancy: The GESTAFIT project. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 148-158.	2.9	11
9	Ubiquinol supplementation modulates energy metabolism and bone turnover during high intensity exercise. <i>Food and Function</i> , 2020, 11, 7523-7531.	4.6	10
10	Impact of Early Nutrition, Physical Activity and Sleep on the Fetal Programming of Disease in the Pregnancy: A Narrative Review. <i>Nutrients</i> , 2020, 12, 3900.	4.1	33
11	Lockdown, Emotional Intelligence, Academic Engagement and Burnout in Pharmacy Students during the Quarantine. <i>Pharmacy (Basel, Switzerland)</i> , 2020, 8, 194.	1.6	37
12	Oropharyngeal Colostrum Positively Modulates the Inflammatory Response in Preterm Neonates. <i>Nutrients</i> , 2020, 12, 413.	4.1	19
13	Beneficial Effect of Ubiquinol on Hematological and Inflammatory Signaling during Exercise. <i>Nutrients</i> , 2020, 12, 424.	4.1	14
14	INNOVATION IN TUTORSHIP: COOPERATION BETWEEN EXPERIENCED AND BEGINNERS UNIVERSITY PROFESSORS. <i>EDULEARN Proceedings</i> , 2020, , .	0.0	0
15	COOPERATIVE LEARNING BASED ON SIMULATION OF SCIENTIFIC CONGRESSES. <i>EDULEARN Proceedings</i> , 2020, , .	0.0	0
16	Enhancement of immune response mediated by oropharyngeal colostrum administration in preterm neonates. <i>Pediatric Allergy and Immunology</i> , 2019, 30, 234-241.	2.6	20
17	Heart Histopathology and Mitochondrial Ultrastructure in Aged Rats Fed for 24 Months on Different Unsaturated Fats (Virgin Olive Oil, Sunflower Oil or Fish Oil) and Affected by Different Longevity. <i>Nutrients</i> , 2019, 11, 2390.	4.1	14
18	Iron Deficiency and Iron Homeostasis in Low Birth Weight Preterm Infants: A Systematic Review. <i>Nutrients</i> , 2019, 11, 1090.	4.1	42

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19	Longevity and Cause of Death in Male Wistar Rats Fed Lifelong Diets Based on Virgin Olive Oil, Sunflower Oil, or Fish Oil. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2019, 75, 442-451.	3.6	11
20	Influence of a Concurrent Exercise Training Intervention during Pregnancy on Maternal and Arterial and Venous Cord Serum Cytokines: The GESTAFIT Project. <i>Journal of Clinical Medicine</i> , 2019, 8, 1862.	2.4	17
21	ELABORATION OF TEACHING MATERIAL FOR STUDENTS WITH SPECIAL NEEDS. , 2019, , .		0
22	EVALUATION OF THE CURRENT LEARNING SITUATION OF UNIVERSITY STUDENTS WITH VISUAL AND HEARING SPECIAL NEEDS. <i>EDULEARN Proceedings</i> , 2019, , .	0.0	0
23	Influence of a Concurrent Exercise Training Program During Pregnancy on Colostrum and Mature Human Milk Inflammatory Markers: Findings From the GESTAFIT Project. <i>Journal of Human Lactation</i> , 2018, 34, 089033441875926.	1.6	10
24	Gene pathways associated with mitochondrial function, oxidative stress and telomere length are differentially expressed in the liver of rats fed lifelong on virgin olive, sunflower or fish oils. <i>Journal of Nutritional Biochemistry</i> , 2018, 52, 36-44.	4.2	39
25	Omega-3 LCPUFA supplementation improves neonatal and maternal bone turnover: A randomized controlled trial. <i>Journal of Functional Foods</i> , 2018, 46, 167-174.	3.4	2
26	USE OF A GAMIFICATION TOOL IN THE UNIVERSITY CLASSROOM TO MOTIVATE A NEW GENERATION OF STUDENTS. , 2018, , .		0
27	DESIGN OF AANDA (APPLICATE Y APPRUEBA: NEW DIDACTIC APPLICATION) IN PHYSIOLOGY SCIENCES. <i>EDULEARN Proceedings</i> , 2018, , .	0.0	0
28	Omega-3 LCPUFA supplement: a nutritional strategy to prevent maternal and neonatal oxidative stress. <i>Maternal and Child Nutrition</i> , 2017, 13, .	3.0	17
29	Role of Melatonin Supplementation During Strenuous Exercise. , 2017, , 95-103.		1
30	Changes in Adiposity and Body Composition during Anemia Recovery with Goat or Cow Fermented Milks. <i>Journal of Agricultural and Food Chemistry</i> , 2017, 65, 4057-4065.	5.2	5
31	Cytokine distribution in mothers and breastfed children after omega-3 LCPUFAs supplementation during the last trimester of pregnancy and the lactation period: A randomized, controlled trial. <i>Prostaglandins Leukotrienes and Essential Fatty Acids</i> , 2017, 126, 32-38.	2.2	8
32	Age-Related Loss in Bone Mineral Density of Rats Fed Lifelong on a Fish Oil-Based Diet Is Avoided by Coenzyme Q10 Addition. <i>Nutrients</i> , 2017, 9, 176.	4.1	20
33	Loss of Bone Mineral Density Associated with Age in Male Rats Fed on Sunflower Oil Is Avoided by Virgin Olive Oil Intake or Coenzyme Q Supplementation. <i>International Journal of Molecular Sciences</i> , 2017, 18, 1397.	4.1	19
34	PRELIMINARY DESIGN OF AN APPLICATION TO IMPROVE THE TEACHING AND LEARNING PROCESS. , 2017, , .		0
35	Short-term ubiquinol supplementation reduces oxidative stress associated with strenuous exercise in healthy adults: A randomized trial. <i>BioFactors</i> , 2016, 42, 612-622.	5.4	20
36	Effects of supervised aerobic and strength training in overweight and grade I obese pregnant women on maternal and foetal health markers: the GESTAFIT randomized controlled trial. <i>BMC Pregnancy and Childbirth</i> , 2016, 16, 290.	2.4	39

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37	Influence of Omega-3 Fatty Acids on Bone Turnover. , 2016, , 285-291.		3
38	Interactions Between Omega-3 Fatty Acids and Iron. , 2016, , 293-299.		2
39	Gender specific differences in oxidative stress and inflammatory signaling in healthy term neonates and their mothers. Pediatric Research, 2016, 80, 595-601.	2.3	31
40	Cognition. World Review of Nutrition and Dietetics, 2016, 114, 66-83.	0.3	3
41	Fermented goat milk consumption improves melatonin levels and influences positively the antioxidant status during nutritional ferropenic anemia recovery. Food and Function, 2016, 7, 834-842.	4.6	10
42	Coenzyme Q Protects Against Age-Related Alveolar Bone Loss Associated to n-6 Polyunsaturated Fatty Acid Rich-Diets by Modulating Mitochondrial Mechanisms. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2016, 71, 593-600.	3.6	21
43	Coenzyme Q10 Supplementation and Exercise in Healthy Humans: A Systematic Review. Current Drug Metabolism, 2016, 17, 345-358.	1.2	37
44	STRATEGIES TO ACQUIRE AND TO EVALUATE TRANSVERSE COMPETENCES WITH POSTGRADUATE STUDENTS. INTED Proceedings, 2016, , .	0.0	0
45	Effects of Maternal Î©â€³ Supplementation on Fatty Acids and on Visual and Cognitive Development. Journal of Pediatric Gastroenterology and Nutrition, 2015, 61, 472-480.	1.8	50
46	Sunflower Oil but Not Fish Oil Resembles Positive Effects of Virgin Olive Oil on Aged Pancreas after Life-Long Coenzyme Q Addition. International Journal of Molecular Sciences, 2015, 16, 23425-23445.	4.1	14
47	A New Approach to Oxidative Stress and Inflammatory Signaling during Labour in Healthy Mothers and Neonates. Oxidative Medicine and Cellular Longevity, 2015, 2015, 1-8.	4.0	29
48	Umbilical cord serum lipids between early and late clamping in full-term newborns. A systematic assignment treatment group. Journal of Maternal-Fetal and Neonatal Medicine, 2015, 28, 186-189.	1.5	3
49	DHA supplementation: A nutritional strategy to improve prenatal Fe homeostasis and prevent birth outcomes related with Fe-deficiency. Journal of Functional Foods, 2015, 19, 385-393.	3.4	7
50	Goat milk consumption modulates liver divalent metal transporter 1 (DMT1) expression and serum hepcidin during Fe repletion in Fe-deficiency anemia. Journal of Dairy Science, 2014, 97, 147-154.	3.4	10
51	The Timing of Cord Clamping and Oxidative Stress in Term Newborns. Pediatrics, 2014, 134, 257-264.	2.1	21
52	Comparative Analysis of Pancreatic Changes in Aged Rats Fed Life Long With Sunflower, Fish, or Olive Oils. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2014, 69, 934-944.	3.6	21
53	A New Insight to Bone Turnover: Role of -3 Polyunsaturated Fatty Acids. Scientific World Journal, The, 2013, 2013, 1-16.	2.1	46
54	Diets Based on Virgin Olive Oil or Fish Oil but Not on Sunflower Oil Prevent Age-Related Alveolar Bone Resorption by Mitochondrial-Related Mechanisms. PLoS ONE, 2013, 8, e74234.	2.5	48

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55	Coenzyme Q10 supplementation ameliorates inflammatory signaling and oxidative stress associated with strenuous exercise. <i>European Journal of Nutrition</i> , 2012, 51, 791-799.	3.9	54
56	Squalene ameliorates atherosclerotic lesions through the reduction of <sc>CD</sc>36 scavenger receptor expression in macrophages. <i>Molecular Nutrition and Food Research</i> , 2012, 56, 733-740.	3.3	35
57	Phlebodium decumanum is a natural supplement that ameliorates the oxidative stress and inflammatory signalling induced by strenuous exercise in adult humans. <i>European Journal of Applied Physiology</i> , 2012, 112, 3119-3128.	2.5	14
58	Melatonin supplementation ameliorates oxidative stress and inflammatory signaling induced by strenuous exercise in adult human males. <i>Journal of Pineal Research</i> , 2011, 51, 373-380.	7.4	79
59	Age-related changes in brain mitochondrial DNA deletion and oxidative stress are differentially modulated by dietary fat type and coenzyme Q10. <i>Free Radical Biology and Medicine</i> , 2011, 50, 1053-1064.	2.9	88
60	Coenzyme Q addition to an n-6 PUFA-rich diet resembles benefits on age-related mitochondrial DNA deletion and oxidative stress of a MUFA-rich diet in rat heart. <i>Mechanisms of Ageing and Development</i> , 2010, 131, 38-47.	4.6	47
61	The antioxidant effect of a diet rich in Maillard reaction products is attenuated after consumption by healthy male adolescents. <i>In vitro</i> and <i>in vivo</i> comparative study. <i>Journal of the Science of Food and Agriculture</i> , 2008, 88, 1245-1252.	3.5	29
62	Oxidative stress status in liver mitochondria and lymphocyte DNA damage of atherosclerotic rabbits supplemented with water soluble coenzyme Q₁₀. <i>BioFactors</i> , 2008, 32, 263-273.	5.4	19
63	Fluidity and oxidative stress in erythrocytes from very low birth weight infants during their first 7 days of life. <i>Free Radical Research</i> , 2007, 41, 1035-1040.	3.3	14
64	Effect of Lifelong Coenzyme Q10 Supplementation on Age-Related Oxidative Stress and Mitochondrial Function in Liver and Skeletal Muscle of Rats Fed on a Polyunsaturated Fatty Acid (PUFA)-Rich Diet. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2007, 62, 1211-1218.	3.6	30
65	Coenzyme Q concentration and total antioxidant capacity of human milk at different stages of lactation in mothers of preterm and full-term infants. <i>Free Radical Research</i> , 2006, 40, 199-206.	3.3	75
66	Olive Oil and Mitochondrial Oxidative Stress. <i>International Journal for Vitamin and Nutrition Research</i> , 2006, 76, 178-183.	1.5	18
67	Age-Related Mitochondrial DNA Deletion in Rat Liver Depends on Dietary Fat Unsaturation. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2006, 61, 107-114.	3.6	48
68	Olive oil and mitochondrial oxidative stress: studies on adriamycin toxicity, physical exercise and ageing.. , 2006, , 119-151.		11
69	Lifeâ€long supplementation with a low dosage of coenzyme Q₁₀ in the rat: Effects on antioxidant status and DNA damage. <i>BioFactors</i> , 2005, 25, 73-86.	5.4	43
70	Coenzyme Q10 Protects From Aging-Related Oxidative Stress and Improves Mitochondrial Function in Heart of Rats Fed a Polyunsaturated Fatty Acid (PUFA)-Rich Diet. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2005, 60, 970-975.	3.6	46
71	Conjugated linoleic acids (CLAs) decrease prostate cancer cell proliferation: different molecular mechanisms for cis-9, trans-11 and trans-10, cis-12 isomers. <i>Carcinogenesis</i> , 2004, 25, 1185-1191.	2.8	136
72	Coenzyme Q supplementation protects from age-related DNA double-strand breaks and increases lifespan in rats fed on a PUFA-rich diet. <i>Experimental Gerontology</i> , 2004, 39, 189-194.	2.8	77

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73	Dietary fat type (virgin olive vs. sunflower oils) affects age-related changes in DNA double-strand-breaks, antioxidant capacity and blood lipids in rats. <i>Experimental Gerontology</i> , 2004, 39, 1189-1198.	2.8	72
74	Olive oil and modulation of cell signaling in disease prevention. <i>Lipids</i> , 2004, 39, 1223-31.	1.7	75
75	Olive oil, dietary fat and ageing, a mitochondrial approach. <i>Grasas Y Aceites</i> , 2004, 55, .	0.9	0
76	Ageing-related oxidative stress depends on dietary lipid source in rat postmitotic tissues. <i>Journal of Bioenergetics and Biomembranes</i> , 2003, 35, 267-275.	2.3	49
77	Dietary fat (virgin olive oil or sunflower oil) and physical training interactions on blood lipids in the rat. <i>Nutrition</i> , 2003, 19, 363-368.	2.4	26
78	Melatonin protects against lipid peroxidation and membrane rigidity in erythrocytes from patients undergoing cardiopulmonary bypass surgery. <i>Journal of Pineal Research</i> , 2003, 35, 104-108.	7.4	39
79	Oxidative stress in patients undergoing cardiac surgery: comparative study of revascularization and valve replacement procedures. <i>Journal of Surgical Research</i> , 2003, 111, 248-254.	1.6	20
80	Oxidative Stress is Evident in Erythrocytes as well as Plasma in Patients Undergoing Heart Surgery Involving Cardiopulmonary Bypass. <i>Free Radical Research</i> , 2003, 37, 11-17.	3.3	28
81	Oxidative Stress in Erythrocytes from Premature and Full-term Infants During their First 72 h of Life. <i>Free Radical Research</i> , 2003, 37, 317-322.	3.3	49
82	Dietary oils high in oleic acid but with different unsaponifiable fraction contents have different effects in fatty acid composition and peroxidation in rabbit LDL. <i>Nutrition</i> , 2002, 18, 60-65.	2.4	34
83	Ageing-related tissue-specific alterations in mitochondrial composition and function are modulated by dietary fat type in the rat. <i>Journal of Bioenergetics and Biomembranes</i> , 2002, 34, 517-524.	2.3	52
84	Dietary fat type and regular exercise affect mitochondrial composition and function depending on specific tissue in the rat. <i>Journal of Bioenergetics and Biomembranes</i> , 2001, 33, 127-134.	2.3	44
85	Dietary oils high in oleic acid, but with different non-glyceride contents, have different effects on lipid profiles and peroxidation in rabbit hepatic mitochondria. <i>Journal of Nutritional Biochemistry</i> , 2001, 12, 357-364.	4.2	46
86	Oxidative Stress Induced by Exercise and Dietary Fat Modulates the Coenzyme Q and Vitamin A Balance Between Plasma and Mitochondria. <i>International Journal for Vitamin and Nutrition Research</i> , 1999, 69, 243-249.	1.5	41
87	Virgin olive oil and coenzyme Q ₁₀ protect heart mitochondria from peroxidative damage during aging. <i>BioFactors</i> , 1999, 9, 337-343.	5.4	41
88	Plasma antioxidants are strongly affected by iron-induced lipid peroxidation in rats subjected to physical exercise and different dietary fats. <i>BioFactors</i> , 1998, 8, 119-127.	5.4	11
89	Lipid peroxidation and antioxidants in erythrocyte membranes of full term and preterm newborns. <i>BioFactors</i> , 1998, 8, 133-137.	5.4	51
90	Lipid peroxidation and antioxidants in newborns. <i>Molecular Aspects of Medicine</i> , 1997, 18, 229-232.	6.4	5