

Rita Ostan

List of Publications by Year in descending order

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Version: 2024-02-01

66
papers

5,846
citations

117453

34
h-index

118652

62
g-index

66
all docs

66
docs citations

66
times ranked

9110
citing authors

#	ARTICLE	IF	CITATIONS
1	Through Ageing, and Beyond: Gut Microbiota and Inflammatory Status in Seniors and Centenarians. PLoS ONE, 2010, 5, e10667.	1.1	1,107
2	Gut Microbiota and Extreme Longevity. Current Biology, 2016, 26, 1480-1485.	1.8	668
3	Age-related differences in the expression of circulating microRNAs: miR-21 as a new circulating marker of inflammaging. Mechanisms of Ageing and Development, 2012, 133, 675-685.	2.2	218
4	Metabolic Signatures of Extreme Longevity in Northern Italian Centenarians Reveal a Complex Remodeling of Lipids, Amino Acids, and Gut Microbiota Metabolism. PLoS ONE, 2013, 8, e56564.	1.1	205
5	An inflammatory aging clock (iAge) based on deep learning tracks multimorbidity, immunosenescence, frailty and cardiovascular aging. Nature Aging, 2021, 1, 598-615.	5.3	202
6	Gut microbiota changes in the extreme decades of human life: a focus on centenarians. Cellular and Molecular Life Sciences, 2018, 75, 129-148.	2.4	190
7	Gender, aging and longevity in humans: an update of an intriguing/neglected scenario paving the way to a gender-specific medicine. Clinical Science, 2016, 130, 1711-1725.	1.8	182
8	Role of epigenetics in human aging and longevity: genome-wide DNA methylation profile in centenarians and centenarians's offspring. Age, 2013, 35, 1961-1973.	3.0	174
9	Immunosenescence and Immunogenetics of Human Longevity. NeuroImmunoModulation, 2008, 15, 224-240.	0.9	165
10	Inflammaging and Cancer: A Challenge for the Mediterranean Diet. Nutrients, 2015, 7, 2589-2621.	1.7	160
11	Inflammaging and human longevity in the omics era. Mechanisms of Ageing and Development, 2017, 165, 129-138.	2.2	148
12	Immune system, cell senescence, aging and longevity--inflamm-aging reappraised. Current Pharmaceutical Design, 2013, 19, 1675-9.	0.9	144
13	Mediterranean diet and inflammaging within the hormesis paradigm. Nutrition Reviews, 2017, 75, 442-455.	2.6	132
14	Serum profiling of healthy aging identifies phospho- and sphingolipid species as markers of human longevity. Aging, 2014, 6, 9-25.	1.4	126
15	(-)-Epigallocatechin-3-gallate downregulates Pg-P and BCRP in a tamoxifen resistant MCF-7 cell line. Phytomedicine, 2010, 17, 356-362.	2.3	114
16	Age-dependent modifications of Type 1 and Type 2 cytokines within virgin and memory CD4+ T cells in humans. Mechanisms of Ageing and Development, 2006, 127, 560-566.	2.2	112
17	Vitamin E's gene interactions in aging and inflammatory age-related diseases: Implications for treatment. A systematic review. Ageing Research Reviews, 2014, 14, 81-101.	5.0	110
18	Mediterranean-Style Diet Improves Systolic Blood Pressure and Arterial Stiffness in Older Adults. Hypertension, 2019, 73, 578-586.	1.3	106

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19	Impact of personalized diet and probiotic supplementation on inflammation, nutritional parameters and intestinal microbiota – The –RISTOMED project– Randomized controlled trial in healthy older people. <i>Clinical Nutrition</i> , 2015, 34, 593-602.	2.3	102
20	Immune System, Cell Senescence, Aging and Longevity - Inflamm-Aging Reappraised. <i>Current Pharmaceutical Design</i> , 2013, 19, 1675-1679.	0.9	101
21	Oral administration of d-Limonene controls inflammation in rat colitis and displays anti-inflammatory properties as diet supplementation in humans. <i>Life Sciences</i> , 2013, 92, 1151-1156.	2.0	93
22	One-year Mediterranean diet promotes epigenetic rejuvenation with country- and sex-specific effects: a pilot study from the NU-AGE project. <i>GeroScience</i> , 2020, 42, 687-701.	2.1	76
23	Complexity of Anti-immunosenescence Strategies in Humans. <i>Artificial Organs</i> , 2006, 30, 730-742.	1.0	68
24	Are Nutrition-Related Knowledge and Attitudes Reflected in Lifestyle and Health Among Elderly People? A Study Across Five European Countries. <i>Frontiers in Physiology</i> , 2018, 9, 994.	1.3	67
25	A parallel randomized trial on the effect of a healthful diet on inflammaging and its consequences in European elderly people: Design of the NU-AGE dietary intervention study. <i>Mechanisms of Ageing and Development</i> , 2013, 134, 523-530.	2.2	64
26	Reprint of: A parallel randomized trial on the effect of a healthful diet on inflammaging and its consequences in European elderly people: Design of the NU-AGE dietary intervention study. <i>Mechanisms of Ageing and Development</i> , 2014, 136-137, 14-21.	2.2	59
27	Micronutrient–gene interactions related to inflammatory/immune response and antioxidant activity in ageing and inflammation. A systematic review. <i>Mechanisms of Ageing and Development</i> , 2014, 136-137, 29-49.	2.2	58
28	Nutrition and Inflammation: Are Centenarians Similar to Individuals on Calorie-Restricted Diets?. <i>Annual Review of Nutrition</i> , 2018, 38, 329-356.	4.3	58
29	Centenarians as super-controls to assess the biological relevance of genetic risk factors for common age-related diseases: A proof of principle on type 2 diabetes. <i>Aging</i> , 2013, 5, 373-385.	1.4	57
30	Centenarians’s offspring as a model of healthy aging: a reappraisal of the data on Italian subjects and a comprehensive overview. <i>Aging</i> , 2016, 8, 510-519.	1.4	52
31	Remodelling of biological parameters during human ageing: evidence for complex regulation in longevity and in type 2 diabetes. <i>Age</i> , 2013, 35, 419-429.	3.0	48
32	Changes in Dietary Intake and Adherence to the NU-AGE Diet Following a One-Year Dietary Intervention among European Older Adults—Results of the NU-AGE Randomized Trial. <i>Nutrients</i> , 2018, 10, 1905.	1.7	48
33	A Mediterranean-like dietary pattern with vitamin D3 (10 µg/d) supplements reduced the rate of bone loss in older Europeans with osteoporosis at baseline: results of a 1-y randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2018, 108, 633-640.	2.2	46
34	Impact of diet and nutraceutical supplementation on inflammation in elderly people. Results from the RISTOMED study, an open-label randomized control trial. <i>Clinical Nutrition</i> , 2016, 35, 812-818.	2.3	39
35	The Aging Thyroid: A Reappraisal Within the Geroscience Integrated Perspective. <i>Endocrine Reviews</i> , 2019, 40, 1250-1270.	8.9	37
36	Gender-specific association of body composition with inflammatory and adipose-related markers in healthy elderly Europeans from the NU-AGE study. <i>European Radiology</i> , 2019, 29, 4968-4979.	2.3	36

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37	Identification of novel plasma glycosylation-associated markers of aging. <i>Oncotarget</i> , 2016, 7, 7455-7468.	0.8	35
38	Immune parameters identify Italian centenarians with a longer five-year survival independent of their health and functional status. <i>Experimental Gerontology</i> , 2014, 54, 14-20.	1.2	34
39	Cognitive status in the oldest old and centenarians: a condition crucial for quality of life methodologically difficult to assess. <i>Mechanisms of Ageing and Development</i> , 2017, 165, 185-194.	2.2	33
40	Heterogeneity of Thyroid Function and Impact of Peripheral Thyroxine Deiodination in Centenarians and Semi-Supercentenarians: Association With Functional Status and Mortality. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2019, 74, 802-810.	1.7	32
41	Does the longevity of one or both parents influence the health status of their offspring?. <i>Experimental Gerontology</i> , 2013, 48, 395-400.	1.2	31
42	Metabolic syndrome in the offspring of centenarians: focus on prevalence, components, and adipokines. <i>Age</i> , 2013, 35, 1995-2007.	3.0	30
43	Home palliative care professionals perception of challenges during the Covid-19 outbreak: A qualitative study. <i>Palliative Medicine</i> , 2021, 35, 862-874.	1.3	28
44	Caring Advanced Cancer Patients at Home During COVID-19 Outbreak: Burnout and Psychological Morbidity Among Palliative Care Professionals in Italy. <i>Journal of Pain and Symptom Management</i> , 2021, 61, e4-e12.	0.6	27
45	Effect of zinc ions on apoptosis in PBMCs from healthy aged subjects. <i>Biogerontology</i> , 2006, 7, 437-447.	2.0	25
46	A Cross-Sectional Analysis of Body Composition Among Healthy Elderly From the European NU-AGE Study: Sex and Country Specific Features. <i>Frontiers in Physiology</i> , 2018, 9, 1693.	1.3	22
47	Influence of f-MLP, ACTH(1-24) and CRH on in vitro Chemotaxis of Monocytes from Centenarians. <i>NeuroImmunoModulation</i> , 2008, 15, 285-289.	0.9	18
48	Cross-Sectional Analysis of the Correlation Between Daily Nutrient Intake Assessed by 7-Day Food Records and Biomarkers of Dietary Intake Among Participants of the NU-AGE Study. <i>Frontiers in Physiology</i> , 2018, 9, 1359.	1.3	17
49	Caregivers in home palliative care: gender, psychological aspects, and patient's functional status as main predictors for their quality of life. <i>Supportive Care in Cancer</i> , 2020, 28, 3227-3235.	1.0	17
50	Thyroid hormones and frailty in persons experiencing extreme longevity. <i>Experimental Gerontology</i> , 2020, 138, 111000.	1.2	17
51	Population-specific association of genes for telomere-associated proteins with longevity in an Italian population. <i>Biogerontology</i> , 2015, 16, 353-364.	2.0	16
52	Changing from a Western to a Mediterranean-style diet does not affect iron or selenium status: results of the New Dietary Strategies Addressing the Specific Needs of the Elderly Population for Healthy Aging in Europe (NU-AGE) 1-year randomized clinical trial in elderly Europeans. <i>American Journal of Clinical Nutrition</i> , 2020, 111, 98-109.	2.2	12
53	Evaluation of Lymphocyte Response to the Induced Oxidative Stress in a Cohort of Ageing Subjects, including Semisupercentenarians and Their Offspring. <i>Mediators of Inflammation</i> , 2018, 2018, 1-14.	1.4	11
54	Deficiency of Mitochondrial Aspartate-Glutamate Carrier 1 Leads to Oligodendrocyte Precursor Cell Proliferation Defects Both In Vitro and In Vivo. <i>International Journal of Molecular Sciences</i> , 2019, 20, 4486.	1.8	10

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55	Sex-Specific Associations of Blood-Based Nutrient Profiling With Body Composition in the Elderly. <i>Frontiers in Physiology</i> , 2019, 9, 1935.	1.3	10
56	Identifying the prevalence of unmet supportive care needs among family caregivers of cancer patients: an Italian investigation on home palliative care setting. <i>Supportive Care in Cancer</i> , 2022, 30, 3451-3461.	1.0	10
57	Both objective and paradoxical insomnia elicit a stress response involving mitokine production. <i>Aging</i> , 2020, 12, 10497-10505.	1.4	9
58	Tackling the Pandemic a Year Later: Burnout Among Home Palliative Care Clinicians. <i>Journal of Pain and Symptom Management</i> , 2022, 63, e349-e356.	0.6	8
59	Quality of Life: Psychological Symptoms—Effects of a 2-Month Healthy Diet and Nutraceutical Intervention; A Randomized, Open-Label Intervention Trial (RISTOMED). <i>Nutrients</i> , 2020, 12, 800.	1.7	4
60	<i>Inflammaging.</i> , 2018, , 1-31.		4
61	A Novel Approach to Improve the Estimation of a Diet Adherence Considering Seasonality and Short Term Variability — The NU-AGE Mediterranean Diet Experience. <i>Frontiers in Physiology</i> , 2019, 10, 149.	1.3	3
62	<i>Inflammaging.</i> , 2019, , 1599-1629.		3
63	New Targets for the Identification of an Anti-Inflammatory Anti-Senescence Activity. , 0, , .		3
64	Can Naloxegol Therapy Improve Quality of Life in Patients with Advanced Cancer?. <i>Cancers</i> , 2021, 13, 5736.	1.7	3
65	The ANT Home Care Model in Palliative and End-of-Life Care. An Investigation on Family Caregivers—Satisfaction with the Services Provided.. <i>Translational Medicine @ UniSa</i> , 2021, 23, 1-6.	0.8	2
66	<i>Inflamm-Aging.</i> , 2009, , 893-918.		0