Martina Heer

List of Publications by Year
in descending order

147	6,315	57719	76872
papers	citations	44 h-index	74 g-index

154	154	154	5402
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	The NASA Twins Study: A multidimensional analysis of a year-long human spaceflight. Science, 2019, 364, .	6.0	576
2	From space to Earth: advances in human physiology from 20Âyears of bed rest studies (1986â€“2006). European Journal of Applied Physiology, 2007, 101, 143-194.	1.2	521
3	Benefits for bone from resistance exercise and nutrition in long-duration spaceflight: Evidence from biochemistry and densitometry. Journal of Bone and Mineral Research, 2012, 27, 1896-1906.	3.1	273
4	Immune System Dysregulation During Spaceflight: Potential Countermeasures for Deep Space Exploration Missions. Frontiers in Immunology, 2018, 9, 1437.	2.2	257
5	High dietary sodium chloride consumption may not induce body fluid retention in humans. American Journal of Physiology - Renal Physiology, 2000, 278, F585-F595.	1.3	239
6	Elevated Physical Activity and Low Leptin Levels Co-occur in Patients with Anorexia Nervosa. Journal of Clinical Endocrinology and Metabolism, 2003, 88, 5169-5174.	1.8	124
7	Short-term bed rest impairs amino acid-induced protein anabolism in humans. Journal of Physiology, 2004, 558, 381-388.	1.3	119
8	Bone metabolism and renal stone risk during International Space Station missions. Bone, 2015, 81, 712-720.	1.4	119
9	Space motion sickness: Incidence, etiology, and countermeasures. Autonomic Neuroscience: Basic and Clinical, 2006, 129, 77-79.	1.4	118
10	Space Flight Is Associated with Rapid Decreases of Undercarboxylated Osteocalcin and Increases of Markers of Bone Resorption without Changes in Their Circadian Variation: Observations in Two Cosmonauts. Clinical Chemistry, 2000, 46, 1136-1143.	1.5	117
11	Calorie restriction accelerates the catabolism of lean body mass during 2 wk of bed rest. American Journal of Clinical Nutrition, 2007, 86, 366-372.	2.2	111
12	Vision Changes after Spaceflight Are Related to Alterations in Folate- and Vitamin B-12-Dependent One-Carbon Metabolism,. Journal of Nutrition, 2012, 142, 427-431.	1.3	96
13	Renal and endocrine responses in humans to isotonic saline infusion during microgravity. Journal of Applied Physiology, 1995, 78, 2253-2259.	1.2	95
14	Effects of whey protein supplements on metabolism. Current Opinion in Clinical Nutrition and Metabolic Care, 2011, 14, 569-580.	1.3	90
15	Fifty Years of Human Space Travel: Implications for Bone and Calcium Research. Annual Review of Nutrition, 2014, 34, 377-400.	4.3	85
16	Bone resorption is induced on the second day of bed rest: results of a controlled crossover trial. Journal of Applied Physiology, 2003, 95, 977-982.	1.2	80
17	High serum leptin levels subsequent to weight gain predict renewed weight loss in patients with anorexia nervosa. Psychoneuroendocrinology, 2004, 29, 791-797.	1.3	78
18	Changes in Bone Turnover in Patients with Anorexia Nervosa during Eleven Weeks of Inpatient Dietary Treatment. Clinical Chemistry, 2002, 48, 754-760.	1.5	76

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19	Calorie Restriction Modulates Inactivity-Induced Changes in the Inflammatory Markers C-Reactive Protein and Pentraxin-3. Journal of Clinical Endocrinology and Metabolism, 2008, 93, 3226-3229.	1.8	76
20	Lipocalin 2: A New Mechanoresponding Gene Regulating Bone Homeostasis. Journal of Bone and Mineral Research, 2015, 30, 357-368.	3.1	76
21	Calcium and bone metabolism during space flight. Nutrition, 2002, 18, 849-852.	1.1	72
22	WISE-2005: Supine treadmill exercise within lower body negative pressure and flywheel resistive exercise as a countermeasure to bed rest-induced bone loss in women during 60-day simulated microgravity. Bone, 2008, 42, 572-581.	1.4	72
23	Men and Women in Space: Bone Loss and Kidney Stone Risk After Long-Duration Spaceflight. Journal of Bone and Mineral Research, 2014, 29, 1639-1645.	3.1	72
24	Pharmacodynamic Effects of Single and Multiple Doses of Empagliflozin in Patients With Type 2 Diabetes. Clinical Therapeutics, 2016, 38, 2265-2276.	1.1	71
25	The effect of empagliflozin on muscle sympathetic nerve activity in patients with type II diabetes mellitus. Journal of the American Society of Hypertension, 2017, 11, 604-612.	2.3	69
26	Water and sodium balances and their relation to body mass changes in microgravity. European Journal of Clinical Investigation, 2000, 30, 1066-1075.	1.7	67
27	Vibration training intervention to maintain cartilage thickness and serum concentrations of cartilage oligometric matrix protein (COMP) during immobilization. Osteoarthritis and Cartilage, 2009, 17, 1598-1603.	0.6	67
28	Long-Duration Space Flight and Bed Rest Effects on Testosterone and Other Steroids. Journal of Clinical Endocrinology and Metabolism, 2012, 97, 270-278.	1.8	61
29	Microgravity as a model of ageing. Current Opinion in Clinical Nutrition and Metabolic Care, 2003, 6, 31-40.	1.3	59
30	Space Flight Calcium: Implications for Astronaut Health, Spacecraft Operations, and Earth. Nutrients, 2012, 4, 2047-2068.	1.7	59
31	Bone turnover during inpatient nutritional therapy and outpatient follow-up in patients with anorexia nervosa compared with that in healthy control subjects. American Journal of Clinical Nutrition, 2004, 80, 774-781.	2.2	58
32	Effects of artificial gravity during bed rest on bone metabolism in humans. Journal of Applied Physiology, 2009, 107, 47-53.	1.2	58
33	Increasing sodium intake from a previous low or high intake affects water, electrolyte and acidâ€“base balance differently. British Journal of Nutrition, 2009, 101, 1286.	1.2	58
34	Gut Microbiome and Space Travelersâ€™ Health: State of the Art and Possible Pro/Prebiotic Strategies for Long-Term Space Missions. Frontiers in Physiology, 2020, 11, 553929.	1.3	56
35	Reproductive function during weight gain in anorexia nervosa. Leptin represents a metabolic gate to gonadotropin secretion. Journal of Neural Transmission, 2003, 110, 427-435.	1.4	55
36	Nitrogen Metabolism and Bone Metabolism Markers in Healthy Adults during 16 Weeks of Bed Rest. Clinical Chemistry, 2001, 47, 1688-1695.	1.5	54

#	Article	IF	Citations
37	Bone metabolism and nutritional status during 30-day head-down-tilt bed rest. Journal of Applied Physiology, 2012, 113, 1519-1529.	1.2	54
38	Microgravity inhibits intestinal calcium absorption as shown by a stable strontium test. European Journal of Clinical Investigation, 2000, 30, 1036-1043.	1.7	53
39	Genotype, Bâ€vitamin status, and androgens affect spaceflightâ€induced ophthalmic changes. FASEB Journal, 2016, 30, 141-148.	0.2	52
40	Water and sodium balance in space. American Journal of Kidney Diseases, 2001, 38, 684-690.	2.1	49
41	Reduced natriuresis during weightlessness. The Clinical Investigator, 1993, 71, 678-86.	0.6	48
42	Unexpected renal responses in space. Lancet, The, 2000, 356, 1577-1578.	6.3	47
43	Low-Grade Metabolic Acidosis May Be the Cause of Sodium Chlorideâ€“Induced Exaggerated Bone Resorption. Journal of Bone and Mineral Research, 2008, 23, 517-524.	3.1	47
44	Bed rest and resistive vibration exercise unveil novel links between skeletal muscle mitochondrial function and insulin resistance. Diabetologia, 2017, 60, 1491-1501.	2.9	47
45	Improvement of Nutritional Status as Assessed by Multifrequency BIA During 15 Weeks of Refeeding in Adolescent Girls with Anorexia Nervosa. Journal of Nutrition, 2004, 134, 3026-3030.	1.3	44
46	Acute Pharmacodynamic Effects of Empagliflozin With and Without Diuretic Agents in Patients With Type 2 Diabetes Mellitus. Clinical Therapeutics, 2016, 38, 2248-2264.e5.	1.1	43
47	Nutrient supply during recent European missions. Pflugers Archiv European Journal of Physiology, 2000, 441, R8-R14.	1.3	42
48	Nutritional interventions related to bone turnover in European space missions and simulation models. Nutrition, 2002, 18, 853-856.	1.1	42
49	Body fluid regulation in Âµ-gravity differs from that on Earth: an overview. Pflugers Archiv European Journal of Physiology, 2000, 441, R66-R72.	1.3	41
50	The effect of therapeutically induced weight gain on plasma leptin levels in patients with anorexia nervosa. Journal of Psychiatric Research, 2003, 37, 165-169.	1.5	41
51	Sympathetic nervous activity decreases during head-down bed rest but not during microgravity. Journal of Applied Physiology, 2005, 99, 1552-1557.	1.2	40
52	Metabolic Inflexibility Is an Early Marker of Bed-Restâ€“Induced Glucose Intolerance Even When Fat Mass Is Stable. Journal of Clinical Endocrinology and Metabolism, 2018, 103, 1910-1920.	1.8	40
53	20-Hz whole body vibration training fails to counteract the decrease in leg muscle volume caused by 14Âdays of 6Â° head down tilt bed rest. European Journal of Applied Physiology, 2009, 105, 271-277.	1.2	39
54	The Role of Nutritional Research in the Success of Human Space Flight. Advances in Nutrition, 2013, 4, 521-523.	2.9	38

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55	Serum sclerostin and DKK1 in relation to exercise against bone loss in experimental bed rest. Journal of Bone and Mineral Metabolism, 2016, 34, 354-365.	1.3	38
56	Pre-flight exercise and bone metabolism predict unloading-induced bone loss due to spaceflight. British Journal of Sports Medicine, 2022, 56, 196-203.	3.1	37
57	Effects of 21 days of bed rest, with or without artificial gravity, on nutritional status of humans. Journal of Applied Physiology, 2009, 107, 54-62.	1.2	36
58	A 2-year prospective study of bone metabolism and bone mineral density in adolescents with anorexia nervosa. Journal of Neural Transmission, 2007, 114, 1611-1618.	1.4	35
59	Changes in intervertebral disc morphology persist 5 mo after 21-day bed rest. Journal of Applied Physiology, 2011, 111, 1304-1314.	1.2	35
60	High sodium chloride intake exacerbates immobilization-induced bone resorption and protein losses. Journal of Applied Physiology, 2011, 111, 537-542.	1.2	34
61	Lactose does not enhance calcium bioavailability in lactose-tolerant, healthy adults. American Journal of Clinical Nutrition, 2000, 71, 931-936.	2.2	31
62	Validity of microgravity simulation models on Earth. American Journal of Kidney Diseases, 2001, 38, 668-674.	2.1	31
63	Nutrients other than carbohydrates: their effects on glucose homeostasis in humans. Diabetes/Metabolism Research and Reviews, 2015, 31, 14-35.	1.7	31
64	Putative Effects of Nutritive Polyphenols on Bone Metabolism In Vivoâ€”Evidence from Human Studies. Nutrients, 2019, 11, 871.	1.7	31
65	Factors affecting flavor perception in space: Does the spacecraft environment influence food intake by astronauts?. Comprehensive Reviews in Food Science and Food Safety, 2020, 19, 3439-3475.	5.9	30
66	Modulation of endothelial and smooth muscle function by bed rest and hypoenergetic, low-fat nutrition. Journal of Applied Physiology, 2005, 99, 2196-2203.	1.2	29
67	Specific Immunologic Countermeasure Protocol for Deep-Space Exploration Missions. Frontiers in Immunology, 2019, 10, 2407.	2.2	29
68	The effect of <scp>l</scp>â€arginine administration on muscle force and power in postmenopausal women. Clinical Physiology and Functional Imaging, 2008, 28, 307-311.	0.5	28
69	Long-term elevations of dietary sodium produce parallel increases in the renal excretion of urodilatin and sodium. Pflugers Archiv European Journal of Physiology, 1993, 425, 390-394.	1.3	27
70	Dietary acid load and bone turnover during long-duration spaceflight and bed rest. American Journal of Clinical Nutrition, 2018, 107, 834-844.	2.2	27
71	Alkaline Salts to Counteract Bone Resorption and Protein Wasting Induced by High Salt Intake: Results of a Randomized Controlled Trial. Journal of Clinical Endocrinology and Metabolism, 2012, 97, 4789-4797.	1.8	26
72	Sensitivity of serum concentration of cartilage biomarkers to 21â€days of bed rest. Journal of Orthopaedic Research, 2018, 36, 1465-1471.	1.2	25

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73	Regulation of Body Fluid and Salt Homeostasis - from Observations in Space to New Concepts on Earth. Current Pharmaceutical Biotechnology, 2005, 6, 299-304.	0.9	24
74	A nutrient cocktail prevents lipid metabolism alterations induced by 20 days of daily steps reduction and fructose overfeeding: result from a randomized study. Journal of Applied Physiology, 2019, 126, 88-101.	1.2	24
75	Renal hemodynamics in space. American Journal of Kidney Diseases, 2001, 38, 675-678.	2.1	23
76	Body mass changes, energy, and protein metabolism in space. American Journal of Kidney Diseases, 2001, 38, 691-695.	2.1	23
77	Effects of sodium intake on cardiovascular variables in humans during posture changes and ambulatory conditions. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2002, 283, R1404-R1411.	0.9	23
78	Immobilization induces a very rapid increase in osteoclast activity. Acta Astronautica, 2005, 57, 31-36.	1.7	23
79	Whole-body vibration can reduce calciuria induced by high protein intakes and may counteract bone resorption: A preliminary study. Journal of Sports Sciences, 2007, 25, 111-119.	1.0	21
80	L-Arginine, the Natural Precursor of NO, Is Not Effective for Preventing Bone Loss in Postmenopausal Women. Journal of Bone and Mineral Research, 2004, 20, 471-479.	3.1	20
81	Influence of Salt Intake on Reninâ€“Angiotensin and Natriuretic Peptide System Genes in Human Adipose Tissue. Hypertension, 2006, 48, 1103-1108.	1.3	20
82	Effects of vibration training on bone metabolism: results from a short-term bed rest study. European Journal of Applied Physiology, 2012, 112, 1741-1750.	1.2	20
83	Glucocorticoid activity and metabolism with NaCl-induced low-grade metabolic acidosis and oral alkalization: results of two randomized controlled trials. Endocrine, 2016, 52, 139-147.	1.1	20
84	Whey Protein Ingestion Enhances Postprandial Anabolism during Short-Term Bed Rest in Young Men. Journal of Nutrition, 2008, 138, 2212-2216.	1.3	19
85	Short-term high dietary calcium intake during bedrest has no effect on markers of bone turnover in healthy men. Nutrition, 2010, 26, 522-527.	1.1	19
86	Low Urinary Albumin Excretion in Astronauts during Space Missions. Nephron Physiology, 2003, 93, p102-p105.	1.5	18
87	Sexâ€specific responses of bone metabolism and renal stone risk during bed rest. Physiological Reports, 2014, 2, e12119.	0.7	17
88	Biological dosimetry to determine the UV radiation climate inside the MIR station and its role in vitamin D biosynthesis. Advances in Space Research, 1998, 22, 1643-1652.	1.2	16
89	Revised hypothesis and future perspectives. American Journal of Kidney Diseases, 2001, 38, 696-698.	2.1	16
90	How Fast Is Recovery of Impaired Glucose Tolerance after 21-Day Bed Rest (NUC Study) in Healthy Adults?. Scientific World Journal, The, 2014, 2014, 1-7.	0.8	16

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91	Effects of high-protein intake on bone turnover in long-term bed rest in women. Applied Physiology, Nutrition and Metabolism, 2017, 42, 537-546.	0.9	16
92	Caloric Restriction Decreases Orthostatic Tolerance Independently from 6Â° Head-Down Bedrest. PLoS ONE, 2015, 10, e0118812.	1.1	16
93	Natriuretic Peptide Resetting in Astronauts. Circulation, 2020, 141, 1593-1595.	1.6	14
94	Effectiveness of Resistive Vibration Exercise and Whey Protein Supplementation Plus Alkaline Salt on the Skeletal Muscle Proteome Following 21 Days of Bed Rest in Healthy Males. Journal of Proteome Research, 2020, 19, 3438-3451.	1.8	14
95	Body fluid metabolism at actual and simulated microgravity. Medicine and Science in Sports and Exercise, 1996, 28, 32-35.	0.2	14
96	Role of nutrition during long-term spaceflight. Acta Astronautica, 1995, 35, 297-311.	1.7	13
97	A combination of whey protein and potassium bicarbonate supplements during head-down-tilt bed rest: Presentation of a multidisciplinary randomized controlled trial (MEP study). Acta Astronautica, 2014, 95, 82-91.	1.7	13
98	Norepinephrine transporter inhibition alters the hemodynamic response to hypergravitation. Journal of Applied Physiology, 2008, 104, 756-760.	1.2	12
99	NT-ProBNP levels, water and sodium homeostasis in healthy men: effects of 7Âdays of dry immersion. European Journal of Applied Physiology, 2011, 111, 2229-2237.	1.2	11
100	Fluid balance and kidney function in space. American Journal of Kidney Diseases, 2001, 38, 664-667.	2.1	10
101	Physical inactivity decreases whole body glutamine turnover independently from changes in proteolysis. Journal of Physiology, 2008, 586, 4775-4781.	1.3	9
102	Antioxidant Supplementation Does Not Affect Bone Turnover Markers During 60 Days of 6Â° Head-Down Tilt Bed Rest: Results from an Exploratory Randomized Controlled Trial. Journal of Nutrition, 2021, 151, 1527-1538.	1.3	9
103	Energy and fluid metabolism in microgravity. Current Opinion in Clinical Nutrition and Metabolic Care, 2001, 4, 307-311.	1.3	8
104	Calcium kinetics during bed rest with artificial gravity and exercise countermeasures. Osteoporosis International, 2014, 25, 2237-2244.	1.3	8
105	Nutrition and Bone Health in Space. , 2015, , 687-705.		8
106	Nutrition Physiology and Metabolism in Spaceflight and Analog Studies. SpringerBriefs in Space Life Sciences, 2015, , .	0.1	8
107	Locomotion replacement exercise cannot counteract cartilage biomarker response to 5 days of immobilization in healthy adults. Journal of Orthopaedic Research, 2020, 38, 2373-2382.	1.2	8
108	Effects of different levels of physical inactivity on plasma visfatin in healthy normal-weight men. Applied Physiology, Nutrition and Metabolism, 2013, 38, 689-693.	0.9	7

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109	Antinatriuretic kidney response to weightlessness. Acta Astronautica, 1994, 33, 97-100.	1.7	6
110	Tyramine in the assessment of regional adrenergic function. Biochemical Pharmacology, 2006, 72, 1724-1729.	2.0	6
111	Increased urinary excretion rates of serotonin and metabolites during bedrest. Acta Astronautica, 2005, 56, 801-808.	1.7	4
112	An Analysis of the â€œEffect of Olibra: A 12-Week Randomized Control Trial and a Review of Earlier Studiesâ€. Journal of Diabetes Science and Technology, 2012, 6, 709-711.	1.3	4
113	Nutritional Countermeasures for Spaceflight-Related Stress. , 2012, , 387-403.		4
114	Nutritional Countermeasures for Spaceflight-Related Stress. , 2020, , 593-616.		4
115	Caloric restriction diminishes the pressor response to static exercise. Extreme Physiology and Medicine, 2016, 5, 2.	2.5	3
116	Alkalinization with potassium bicarbonate improves glutathione status and protein kinetics in young volunteers during 21-day bed rest. Clinical Nutrition, 2019, 38, 652-659.	2.3	3
117	Authorâ€™s reply:. American Journal of Kidney Diseases, 2001, 37, 651-652.	2.1	2
118	Sympathetic nervous activity decreases during head down bed rest but not during microgravity. Microgravity Science and Technology, 2007, 19, 95-97.	0.7	2
119	The negative effect of unloading exceeds the bone-sparing effect of alkaline supplementation: a bed rest study. Osteoporosis International, 2019, 30, 431-439.	1.3	2
120	Interactions Among Artificial Gravity, The Affected Physiological Systems, and Nutrition. , 2007, , 249-270.		2
121	High protein intake improves insulin sensitivity but exacerbates bone resorption in immobility. FASEB Journal, 2012, 26, 633.9.	0.2	2
122	Effects of antioxidants on bone turnover markers in 6Â° head-down tilt bed rest. Frontiers in Physiology, 0, 9, .	1.3	2
123	Sodium Regulation in the Human Body. Current Sports Medicine Reports, 2008, 7, S3-S6.	0.5	1
124	Nutrition and Human Space Flight: Evidence From 4â€“6 Month Missions to the International Space Station. Current Developments in Nutrition, 2021, 5, 863.	0.1	1
125	Men and women in space: bone loss and kidney stone risk after longâ€duration space flight (257.3). FASEB Journal, 2014, 28, 257.3.	0.2	1
126	Effects of 10 days 6Â° head-down tilt on the responses to fluid loading and lower body negative pressure. Acta Astronautica, 1991, 23, 19-24.	1.7	0

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127	Effects of saline loading during head down tilt on ANP and cyclic GMP levels and on urinary fluid excretion. Acta Astronautica, 1991, 23, 25-29.	1.7	0
128	Calcium and Vitamin D: Is Supplementation an Efficient Countermeasure to Bone Loss in Immobilization?. , 2006, , .		0
129	Energy, Macronutrient Supply, and Effects of Spaceflight. SpringerBriefs in Space Life Sciences, 2015, , 11-19.	0.1	0
130	Fat-Soluble Vitamins. SpringerBriefs in Space Life Sciences, 2015, , 27-35.	0.1	0
131	Water-Soluble Vitamins. SpringerBriefs in Space Life Sciences, 2015, , 37-40.	0.1	0
132	Nutrition and Human Space Flight: Evidence from 4â€“6 Month Missions to the International Space Station. Current Developments in Nutrition, 2020, 4, nzaa055_031.	0.1	0
133	ACCURATE ESTIMATION OF INDIVIDUAL SODIUM INTAKE WITH REPEATED SPOT URINE SAMPLING. Journal of Hypertension, 2021, 39, e325.	0.3	0
134	MO597ESTIMATING INDIVIDUAL-LEVEL SODIUM INTAKE WITH REPEATED SPOT URINE SAMPLING. Nephrology Dialysis Transplantation, 2021, 36, .	0.4	0
135	Fernweh. Space Food zwischen technischer Innovation und physiologischer Notwendigkeit. , 2002, , 121-128.		0
136	Activation Of The Serotonergic But Not The Adrenergic System During Bed Rest Immobilization. Medicine and Science in Sports and Exercise, 2005, 37, S37.	0.2	0
137	The Anabolic And Catabolic Endocrine Systems Are Differently Affected During 14 Days Of Absolute Bed Rest In Healthy Males. Medicine and Science in Sports and Exercise, 2005, 37, S37.	0.2	0
138	Contrary to ambulatory conditions, high NaClâ€intake during headâ€down bed rest leads to negative potassium balances. FASEB Journal, 2007, 21, A951.	0.2	0
139	High sodium chloride intake exacerbates immobilisation induced bone loss. FASEB Journal, 2007, 21, A355.	0.2	0
140	Acidic diet and bone mineral content in older men: the CHAMPâ€study. FASEB Journal, 2010, 24, 946.9.	0.2	0
141	Vision Changes after Space Flight Are Related to Alterations in Folateâ€Dependent Oneâ€Carbon Metabolism. FASEB Journal, 2012, 26, 126.3.	0.2	0
142	Urinary acid excretion can predict changes in bone metabolism during space flight. FASEB Journal, 2012, 26, 244.2.	0.2	0
143	KHCO3 Prevents Increase in Bone Resorption with High Protein in Bed Rest (MEP Study). FASEB Journal, 2013, 27, 615.15.	0.2	0
144	Bone metabolism and renal stone risk during bed rest for men and women (257.8). FASEB Journal, 2014, 28, 257.8.	0.2	0

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145	Dietary and Urinary Sulfur Can Predict Changes in Bone Metabolism During Space Flight. FASEB Journal, 2015, 29, 738.14.	0.2	0
146	Abstract P379: Paradoxical Natriuretic Peptide Resetting in Astronauts. Hypertension, 2018, 72, .	1.3	0
147	Preventive and Therapeutic Strategies to Counter Immune System Dysfunctioning During Spaceflight. , 2020, , 555-561.		0