

# Ammar W Ashor

## List of Publications by Year in Descending Order

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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.

41 papers	1,630 citations	19 h-index	40 g-index
43 ext. papers	2,091 ext. citations	3.5 avg, IF	4.88 L-index

#	Paper	IF	Citations
41	Adherence to a healthy dietary pattern is associated with greater anti-oxidant capacity and improved glycemic control in Iraqi patients with Type 2 Diabetes. <i>Mediterranean Journal of Nutrition and Metabolism</i> , <b>2022</b> , 1-12	1.3	
40	Relationship between urinary nitrate concentrations and cognitive function in older adults: findings from the NHANES survey. <i>International Journal of Food Sciences and Nutrition</i> , <b>2021</b> , 72, 805-815	3.7	3
39	Mediterranean diet and the hallmarks of ageing. <i>European Journal of Clinical Nutrition</i> , <b>2021</b> , 75, 1176-1192	1.92	17
38	The Association of Higher Composite Biomarker Score of Antioxidant Vitamins with Lower Cardiovascular Diseases Risk: A Cross-Sectional Study. <i>Current Research in Nutrition and Food Science</i> , <b>2021</b> , 9, 945-952	1.1	
37	The correlation of pro- and anti-inflammatory markers with glycaemic indices in healthy participants and in patients with type 2 diabetes mellitus.. <i>JPMA the Journal of the Pakistan Medical Association</i> , <b>2021</b> , 71(Suppl 8), S72-S76	0.4	
36	Mediterranean Diet Increases Endothelial Function in Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Journal of Nutrition</i> , <b>2020</b> , 150, 1151-1159	4.1	23
35	Association of hand grip strength with cardiometabolic markers in type 2 diabetes mellitus <b>2020</b> ,		1
34	Iraqi Experts Consensus on the Management of Type 2 Diabetes/Prediabetes in Adults. <i>Clinical Medicine Insights: Endocrinology and Diabetes</i> , <b>2020</b> , 13, 1179551420942232	4.3	5
33	Effects of inorganic nitrate and vitamin C co-supplementation on blood pressure and vascular function in younger and older healthy adults: A randomised double-blind crossover trial. <i>Clinical Nutrition</i> , <b>2020</b> , 39, 708-717	5.9	14
32	Limited evidence for a beneficial effect of vitamin C supplementation on biomarkers of cardiovascular diseases: an umbrella review of systematic reviews and meta-analyses. <i>Nutrition Research</i> , <b>2019</b> , 61, 1-12	4	28
31	Lycopene and tomato and risk of cardiovascular diseases: A systematic review and meta-analysis of epidemiological evidence. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2019</b> , 59, 141-158	11.5	66
30	Effects of inorganic nitrate and nitrite consumption on cognitive function and cerebral blood flow: A systematic review and meta-analysis of randomized clinical trials. <i>Critical Reviews in Food Science and Nutrition</i> , <b>2019</b> , 59, 2400-2410	11.5	15
29	Bone mineral density in adult patients with type I diabetes mellitus attending specialized center for endocrinology and diabetes in Baghdad. <i>JPMA the Journal of the Pakistan Medical Association</i> , <b>2019</b> , 69(Suppl 3), S17-S21	0.4	
28	Vitamin B12 status and peripheral neuropathy in patients with type 2 diabetes mellitus. <i>JPMA the Journal of the Pakistan Medical Association</i> , <b>2019</b> , 69(Suppl 3), S40-S44	0.4	1
27	Dietary nitrate does not modify blood pressure and cardiac output at rest and during exercise in older adults: a randomised cross-over study. <i>International Journal of Food Sciences and Nutrition</i> , <b>2018</b> , 69, 74-83	3.7	14
26	Does dietary nitrate say NO to cardiovascular ageing? Current evidence and implications for research. <i>Proceedings of the Nutrition Society</i> , <b>2018</b> , 77, 112-123	2.9	14
25	Effects of vitamin D supplementation on endothelial function: a systematic review and meta-analysis of randomised clinical trials. <i>European Journal of Nutrition</i> , <b>2017</b> , 56, 1095-1104	5.2	33

24	Tomato and lycopene supplementation and cardiovascular risk factors: A systematic review and meta-analysis. <i>Atherosclerosis</i> , <b>2017</b> , 257, 100-108	3.1	148
23	Medium-term effects of dietary nitrate supplementation on systolic and diastolic blood pressure in adults: a systematic review and meta-analysis. <i>Journal of Hypertension</i> , <b>2017</b> , 35, 1353-1359	1.9	49
22	Effects of vitamin C supplementation on glycaemic control: a systematic review and meta-analysis of randomised controlled trials. <i>European Journal of Clinical Nutrition</i> , <b>2017</b> , 71, 1371-1380	5.2	51
21	Systematic review and meta-analysis of randomised controlled trials testing the effects of vitamin C supplementation on blood lipids. <i>Clinical Nutrition</i> , <b>2016</b> , 35, 626-37	5.9	26
20	Effects of inorganic nitrate and beetroot supplementation on endothelial function: a systematic review and meta-analysis. <i>European Journal of Nutrition</i> , <b>2016</b> , 55, 451-459	5.2	82
19	Inorganic Nitrate Supplementation in Young and Old Obese Adults Does Not Affect Acute Glucose and Insulin Responses but Lowers Oxidative Stress. <i>Journal of Nutrition</i> , <b>2016</b> , 146, 2224-2232	4.1	19
18	Vitamin C, Antioxidant Status, and Cardiovascular Aging <b>2016</b> , 609-619		6
17	Dietary nitrate does not affect physical activity or outcomes in healthy older adults in a randomized, cross-over trial. <i>Nutrition Research</i> , <b>2016</b> , 36, 1361-1369	4	18
16	Effects of beetroot juice supplementation on microvascular blood flow in older overweight and obese subjects: a pilot randomised controlled study. <i>Journal of Human Hypertension</i> , <b>2015</b> , 29, 511-3	2.6	18
15	Effect of vitamin C and vitamin E supplementation on endothelial function: a systematic review and meta-analysis of randomised controlled trials. <i>British Journal of Nutrition</i> , <b>2015</b> , 113, 1182-94	3.6	52
14	Effects of handgrip exercise or inorganic nitrate supplementation on 24-h ambulatory blood pressure and peripheral arterial function in overweight and obese middle age and older adults: A pilot RCT. <i>Maturitas</i> , <b>2015</b> , 82, 228-35	5	22
13	Exercise modalities and endothelial function: a systematic review and dose-response meta-analysis of randomized controlled trials. <i>Sports Medicine</i> , <b>2015</b> , 45, 279-96	10.6	137
12	Effect of web-based tailored lifestyle interventions on fruit and vegetable consumption in adults: A systematic review and meta-analysis of randomised controlled trials. <i>Proceedings of the Nutrition Society</i> , <b>2015</b> , 74,	2.9	3
11	Associations between FTO genotype and total energy and macronutrient intake in adults: a systematic review and meta-analysis. <i>Obesity Reviews</i> , <b>2015</b> , 16, 666-78	10.6	40
10	Effects of the Dietary Approach to Stop Hypertension (DASH) diet on cardiovascular risk factors: a systematic review and meta-analysis. <i>British Journal of Nutrition</i> , <b>2015</b> , 113, 1-15	3.6	315
9	Ageing modifies the effects of beetroot juice supplementation on 24-hour blood pressure variability: An individual participant meta-analysis. <i>Nitric Oxide - Biology and Chemistry</i> , <b>2015</b> , 47, 97-105	5	35
8	Antioxidant vitamin supplementation reduces arterial stiffness in adults: a systematic review and meta-analysis of randomized controlled trials. <i>Journal of Nutrition</i> , <b>2014</b> , 144, 1594-602	4.1	25
7	Effect of vitamin C on endothelial function in health and disease: a systematic review and meta-analysis of randomised controlled trials. <i>Atherosclerosis</i> , <b>2014</b> , 235, 9-20	3.1	94

6	Effects of exercise modalities on arterial stiffness and wave reflection: a systematic review and meta-analysis of randomized controlled trials. <i>PLoS ONE</i> , <b>2014</b> , 9, e110034	3.7	240
5	Inverted U shaped effect of nicotine on the severity of depressive symptoms: A population-based survey. <i>Journal of Young Pharmacists</i> , <b>2013</b> , 5, 60-3	1.8	6
4	Effect of a single dose of dextromethorphan on psychomotor performance and working memory capacity. <i>Indian Journal of Psychological Medicine</i> , <b>2012</b> , 34, 140-3	1.8	3
3	Variable influence of the degree of smoking dependence on adult attention deficit/hyperactivity disorder in Iraqi medical students. <i>Neurosciences</i> , <b>2012</b> , 17, 241-7	0.1	1
2	The placebo effect on psychomotor performance and working memory capacity: randomized single blind cross-over trial. <i>Annals of Neurosciences</i> , <b>2011</b> , 18, 141-4	1.1	3
1	Degree of dependence influences the effects of smoking on psychomotor performance and working memory capacity. <i>Neurosciences</i> , <b>2011</b> , 16, 353-7	0.1	3