

Spyridon N Karras

List of Publications by Year in descending order

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Version: 2024-02-01

98
papers

2,262
citations

270111

25
h-index

286692

43
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98
all docs

98
docs citations

98
times ranked

3569
citing authors

#	ARTICLE	IF	CITATIONS
1	Implementation of Christian Orthodox fasting improves plasma adiponectin concentrations compared with time-restricted eating in overweight premenopausal women. <i>International Journal of Food Sciences and Nutrition</i> , 2022, 73, 210-220.	1.3	13
2	Critical Appraisal of Large Vitamin D Randomized Controlled Trials. <i>Nutrients</i> , 2022, 14, 303.	1.7	59
3	Effects of Vitamin D Supplementation on 24-Hour Blood Pressure in Patients with Low 25-Hydroxyvitamin D Levels: A Randomized Controlled Trial. <i>Nutrients</i> , 2022, 14, 1360.	1.7	9
4	Outdoor Activity in the Daytime, but Not the Nighttime, Predicts Better Mental Health Status During the COVID-19 Curfew in the United Arab Emirates. <i>Frontiers in Public Health</i> , 2022, 10, 829362.	1.3	3
5	Upregulation of Irisin and Vitamin D-Binding Protein Concentrations by Increasing Maternal 25-Hydroxyvitamin D Concentrations in Combination with Specific Genotypes of Vitamin D-Binding Protein Polymorphisms. <i>Nutrients</i> , 2022, 14, 90.	1.7	0
6	Hypercalcemia in Pregnancy Due to CYP24A1 Mutations: Case Report and Review of the Literature. <i>Nutrients</i> , 2022, 14, 2518.	1.7	12
7	Effects of orthodox religious fasting versus combined energy and time restricted eating on body weight, lipid concentrations and glycaemic profile. <i>International Journal of Food Sciences and Nutrition</i> , 2021, 72, 82-92.	1.3	29
8	Similar late effects of a 7-week orthodox religious fasting and a time restricted eating pattern on anthropometric and metabolic profiles of overweight adults. <i>International Journal of Food Sciences and Nutrition</i> , 2021, 72, 248-258.	1.3	22
9	Effects of Christian Orthodox Fasting Versus Time-Restricted Eating on Plasma Irisin Concentrations Among Overweight Metabolically Healthy Individuals. <i>Nutrients</i> , 2021, 13, 1071.	1.7	10
10	Vitamin D equilibrium affects sex-specific changes in lipid concentrations during Christian Orthodox fasting. <i>Journal of Steroid Biochemistry and Molecular Biology</i> , 2021, 211, 105903.	1.2	3
11	Protein disulfide isomerase A3 might be involved in the regulation of 24-dehydrocholesterol reductase via vitamin D equilibrium in primary cortical neurons. <i>In Vitro Cellular and Developmental Biology - Animal</i> , 2021, 57, 704-714.	0.7	4
12	Investigating the Role of Functional Polymorphism of Maternal and Neonatal Vitamin D Binding Protein in the Context of 25-Hydroxyvitamin D Cutoffs as Determinants of Maternal-Neonatal Vitamin D Status Profiles in a Sunny Mediterranean Region. <i>Nutrients</i> , 2021, 13, 3082.	1.7	6
13	Diverse Effects of Combinations of Maternal-Neonatal VDR Polymorphisms and 25-Hydroxyvitamin D Concentrations on Neonatal Birth Anthropometry: Functional Phenocopy Variability Dependence, Highlights the Need for Targeted Maternal 25-Hydroxyvitamin D Cut-Offs during Pregnancy. <i>Nutrients</i> , 2021, 13, 443.	1.7	6
14	Associations between Genetic Variants in the Vitamin D Metabolism Pathway and Severity of COVID-19 among UAE Residents. <i>Nutrients</i> , 2021, 13, 3680.	1.7	20
15	Rapid and Effective Vitamin D Supplementation May Present Better Clinical Outcomes in COVID-19 (SARS-CoV-2) Patients by Altering Serum INOS1, IL1B, IFNg, Cathelicidin-LL37, and ICAM1. <i>Nutrients</i> , 2021, 13, 4047.	1.7	45
16	Into the deep blue sea: A review of the safety of recreational diving in people with diabetes mellitus. <i>European Journal of Sport Science</i> , 2020, 20, 1-16.	1.4	5
17	Rising Glucagon-Like Peptide 1 Concentrations After Parathyroidectomy in Patients With Primary Hyperparathyroidism. <i>Journal of Surgical Research</i> , 2020, 245, 22-30.	0.8	6
18	Increased parathyroid hormone is associated with higher fasting glucose in individuals with normocalcemic primary hyperparathyroidism and prediabetes: A pilot study. <i>Diabetes Research and Clinical Practice</i> , 2020, 160, 107985.	1.1	17

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19	Vitamin D receptor FokI polymorphism is a determinant of both maternal and neonatal vitamin D concentrations at birth. <i>Journal of Steroid Biochemistry and Molecular Biology</i> , 2020, 199, 105568.	1.2	9
20	Clinical identification of older adults with hypovitaminosis D: Feasibility, acceptability and accuracy of the "Vitamin D Status Diagnosticator"™ in primary care. <i>Journal of Steroid Biochemistry and Molecular Biology</i> , 2020, 197, 105523.	1.2	3
21	Characterizing neonatal vitamin D deficiency in the modern era: A maternal-neonatal birth cohort from Southern Europe. <i>Journal of Steroid Biochemistry and Molecular Biology</i> , 2020, 198, 105555.	1.2	8
22	Association between CUBN gene variants, type 2 diabetes and vitamin D concentrations in an elderly Greek population. <i>Journal of Steroid Biochemistry and Molecular Biology</i> , 2020, 198, 105549.	1.2	7
23	Vitamin D and Delirium in Older Adults: A Case-Control Study in Geriatric Acute Care Unit. <i>Frontiers in Neurology</i> , 2020, 11, 1034.	1.1	9
24	Orthodox religious fasting: A vital subset of the Mediterranean diet. , 2020, , 73-78.		1
25	Improving Glucose Homeostasis after Parathyroidectomy for Normocalcemic Primary Hyperparathyroidism with Co-Existing Prediabetes. <i>Nutrients</i> , 2020, 12, 3522.	1.7	11
26	Vitamin D and intestinal homeostasis: Barrier, microbiota, and immune modulation. <i>Journal of Steroid Biochemistry and Molecular Biology</i> , 2020, 200, 105663.	1.2	110
27	Profiling older community-dwellers with hypovitaminosis D: A classification tree analysis. <i>International Journal for Vitamin and Nutrition Research</i> , 2020, 90, 195-199.	0.6	1
28	Anti-incretin Effect: A Missing Link between Obesity, Diabetes, and Metabolic Surgery. , 2020, , 199-204.		0
29	Christian Orthodox fasting in practice: A comparative evaluation between Greek Orthodox general population fasters and Athonian monks. <i>Nutrition</i> , 2019, 59, 69-76.	1.1	23
30	Anti-incretin effect: The other face of Janus in human glucose homeostasis. <i>Obesity Reviews</i> , 2019, 20, 1597-1607.	3.1	4
31	Variations in 25-Hydroxyvitamin D in Countries from the Middle East and Europe: The Roles of UVB Exposure and Diet. <i>Nutrients</i> , 2019, 11, 2065.	1.7	25
32	Unbalanced X;9 translocation in an infertile male with de novo duplication Xp22.31p22.33. <i>Journal of Assisted Reproduction and Genetics</i> , 2019, 36, 769-775.	1.2	3
33	First Report of Diabetes Phenotype due to a Loss-of-Function <i>ABCC8</i> Mutation Previously Known to Cause Congenital Hyperinsulinism. <i>Case Reports in Genetics</i> , 2019, 2019, 1-5.	0.1	11
34	Pharmacologic adjunctive to insulin therapies in type 1 diabetes: The journey has just begun. <i>World Journal of Diabetes</i> , 2019, 10, 234-240.	1.3	4
35	Reviews based on 1st Mediterranean Experts Meeting on the topic "Vitamin D in the prevention of health disparities during adult life": <i>Hormones</i> , 2019, 18, 1-2.	0.9	1
36	Adiponectin and vitamin D-binding protein concentrations are independently associated in apparently healthy women but not men: a validation cohort. <i>Hormones</i> , 2019, 18, 99-102.	0.9	1

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37	The Effects of High Altitude on Glucose Homeostasis, Metabolic Control, and Other Diabetes-Related Parameters: From Animal Studies to Real Life. <i>High Altitude Medicine and Biology</i> , 2019, 20, 1-11.	0.5	26
38	Orthodox religious fasting as a medical nutrition therapy for dyslipidemia: where do we stand and how far can we go?. <i>European Journal of Clinical Nutrition</i> , 2018, 72, 474-479.	1.3	20
39	The role of telenursing in the management of Diabetes Type 1: A randomized controlled trial. <i>International Journal of Nursing Studies</i> , 2018, 80, 29-35.	2.5	33
40	Understanding vitamin D metabolism in pregnancy: From physiology to pathophysiology and clinical outcomes. <i>Metabolism: Clinical and Experimental</i> , 2018, 86, 112-123.	1.5	94
41	Adiponectin and vitamin D-binding protein are independently associated at birth in both mothers and neonates. <i>Endocrine</i> , 2018, 59, 164-174.	1.1	10
42	The combined effect of vitamin D and parathyroid hormone concentrations on glucose homeostasis in older patients with prediabetes: A cross-sectional study. <i>Diabetes and Vascular Disease Research</i> , 2018, 15, 150-153.	0.9	22
43	Should the last be first? Questions and dilemmas regarding early short-term insulin treatment in Type 2 Diabetes Mellitus. <i>Expert Opinion on Biological Therapy</i> , 2018, 18, 1113-1121.	1.4	7
44	The Role of Vitamin D in Fertility and during Pregnancy and Lactation: A Review of Clinical Data. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 2241.	1.2	101
45	Rationale and Plan for Vitamin D Food Fortification: A Review and Guidance Paper. <i>Frontiers in Endocrinology</i> , 2018, 9, 373.	1.5	249
46	Deconvoluting the Biological Roles of Vitamin D-Binding Protein During Pregnancy: A Both Clinical and Theoretical Challenge. <i>Frontiers in Endocrinology</i> , 2018, 9, 259.	1.5	31
47	Results of the First Genome-Wide Association Study of Latent Autoimmune Diabetes in Adults further highlight the need for a novel diabetes classification system. <i>Annals of Translational Medicine</i> , 2018, 6, S102-S102.	0.7	7
48	Vitamin D and Subjective Memory Complaint in Community-Dwelling Older Adults. <i>Current Alzheimer Research</i> , 2018, 15, 664-670.	0.7	11
49	Pharmacogenetics of Glucagon-like Peptide-1 Agonists for the Treatment of Type 2 Diabetes Mellitus. <i>Current Clinical Pharmacology</i> , 2018, 12, 202-209.	0.2	10
50	The Relationship between Primary Hyperparathyroidism and Thrombotic Events: Report of Three Cases and a Review of Potential Mechanisms. <i>International Journal of Hematology-Oncology and Stem Cell Research</i> , 2018, 12, 175-180.	0.3	4
51	Vitamin D administration during pregnancy as prevention for pregnancy, neonatal and postnatal complications. <i>Reviews in Endocrine and Metabolic Disorders</i> , 2017, 18, 307-322.	2.6	69
52	Maternal vitamin D status during pregnancy in Europe: the two sides of the story. <i>European Journal of Nutrition</i> , 2017, 56, 2207-2208.	1.8	7
53	Vitamin D and cardiovascular disease: From atherosclerosis to myocardial infarction and stroke. <i>International Journal of Cardiology</i> , 2017, 230, 577-584.	0.8	96
54	Effects of Orthodox religious fasting on human health: a systematic review. <i>European Journal of Nutrition</i> , 2017, 56, 2439-2455.	1.8	32

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55	Unraveling the metabolic health benefits of fasting related to religious beliefs: A narrative review. <i>Nutrition</i> , 2017, 35, 14-20.	1.1	92
56	Re: Jennifer R. Rider, Kathryn M. Wilson, Jennifer A. Sinnott, Rachel S. Kelly, Lorelei A. Muccia, Edward L. Giovannucci. Ejaculation Frequency and Risk of Prostate Cancer: Updated Results with an Additional Decade of Follow-up. <i>Eur Urol</i> 2016;70:974â€“82. <i>European Urology</i> , 2017, 71, e16-e17.	0.9	0
57	Defining optimal vitamin D cut-off levels: the role of parathyroid hormone concentrations. <i>Hormones</i> , 2017, 15, 565-567.	0.9	1
58	The Road Not So Travelled: Should Measurement of Vitamin D Epimers during Pregnancy Affect Our Clinical Decisions?. <i>Nutrients</i> , 2017, 9, 90.	1.7	8
59	Glucagon-Like Peptide-1 (GLP-1) Receptor Agonists in the Treatment of Obese Women with Polycystic Ovary Syndrome. <i>Current Vascular Pharmacology</i> , 2017, 15, 218-229.	0.8	27
60	Vitamin D in Fibromyalgia: A Causative or Confounding Biological Interplay?. <i>Nutrients</i> , 2016, 8, 343.	1.7	45
61	Patient With Severe Hyponatremia Caused by Adrenal Insufficiency Due to Ectopic Posterior Pituitary Lobe and Miscommunication Between Hypothalamus and Pituitary. <i>Medicine (United States)</i> , 2016, 95, e2872.	0.4	1
62	Vitamin D and gonadal function in men: a potential inverse U-shaped association?. <i>Andrology</i> , 2016, 4, 542-544.	1.9	20
63	Lipoprotein(a) in postmenopausal women: assessment of cardiovascular risk and therapeutic options. <i>International Journal of Clinical Practice</i> , 2016, 70, 967-977.	0.8	30
64	Maternal vitamin D levels during pregnancy and neonatal health: evidence to date and clinical implications. <i>Therapeutic Advances in Musculoskeletal Disease</i> , 2016, 8, 124-135.	1.2	56
65	Do studies reporting an U-shaped serum 25-hydroxyvitamin D health outcome relationships reflect adverse effects?. <i>Dermato-Endocrinology</i> , 2016, 8, e1187349.	1.9	86
66	Haemophilia A and B as a cause for secondary osteoporosis and increased fracture risk. <i>Blood Coagulation and Fibrinolysis</i> , 2015, 26, 599-603.	0.5	17
67	Editorial (Thematic Issue: The Interplay between TSH and Lipids. What Should Clinicians Know?). <i>Current Vascular Pharmacology</i> , 2015, 13, 91-94.	0.8	0
68	Maternal vitamin D status in pregnancy: a critical appraisal of current analytical data on maternal and neonatal outcomes. <i>Hormones</i> , 2015, 14, 224-231.	0.9	9
69	Vitamin D epimer: a significant bioregulator or an inactive compound?. <i>Osteoporosis International</i> , 2015, 26, 2345-2346.	1.3	2
70	Vitamin D-related changes in intracranial volume in older adults: A quantitative neuroimaging study. <i>Maturitas</i> , 2015, 80, 312-317.	1.0	23
71	Vitamin D and white matter abnormalities in older adults: A quantitative volumetric analysis of brain MRI. <i>Experimental Gerontology</i> , 2015, 63, 41-47.	1.2	33
72	Compliance with osteoporosis medications an underestimated determinant of anti-fracture efficacy. <i>Current Medical Research and Opinion</i> , 2015, 31, 1015-1016.	0.9	2

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73	Vitamin D during pregnancy: why observational studies suggest deficiency and interventional studies show no improvement in clinical outcomes? A narrative review. <i>Journal of Endocrinological Investigation</i> , 2015, 38, 1265-1275.	1.8	32
74	Sarcopenia in post-menopausal women: Is there any role for vitamin D?. <i>Maturitas</i> , 2015, 82, 56-64.	1.0	55
75	A rare case of a parathyroid adenoma inside a parathyroid cyst. <i>Arquivos Brasileiros De Endocrinologia E Metabologia</i> , 2014, 58, 776-778.	1.3	6
76	Vandetanib for the treatment of thyroid cancer: an update. <i>Expert Opinion on Drug Metabolism and Toxicology</i> , 2014, 10, 469-481.	1.5	14
77	Monitoring the efficacy of once-weekly teriparatide. Are bone turnover markers useful in predicting fracture risk?. <i>Current Medical Research and Opinion</i> , 2014, 30, 1177-1178.	0.9	2
78	Should we stop prescribing pioglitazone?. <i>British Journal of Clinical Pharmacology</i> , 2014, 78, 438-439.	1.1	2
79	Vitamin D deficiency during pregnancy: confronting the issues. <i>Clinical Endocrinology</i> , 2014, 81, 154-154.	1.2	1
80	Protecting the Brain and the Heart. <i>Angiology</i> , 2014, 65, 372-378.	0.8	1
81	Subclinical Cushing's syndrome and cardiovascular disease. <i>Lancet Diabetes and Endocrinology</i> , the, 2014, 2, 361.	5.5	8
82	Maternal vitamin D status in pregnancy and offspring bone development: the unmet needs of vitamin D era. <i>Osteoporosis International</i> , 2014, 25, 795-805.	1.3	34
83	Genetic basis of familial isolated hyperparathyroidism: a case series and a narrative review of the literature. <i>Journal of Bone and Mineral Metabolism</i> , 2014, 32, 351-366.	1.3	21
84	Maternal vitamin D status in pregnancy and offspring brain development: authors'™ reply to C. Annweiler and O. Beauchet. <i>Osteoporosis International</i> , 2014, 25, 1421-1422.	1.3	1
85	The effect of vitamin D supplementation on skeletal, vascular, or cancer outcomes. <i>Lancet Diabetes and Endocrinology</i> , the, 2014, 2, 362-363.	5.5	13
86	Vitamin D supplements and bone mineral density. <i>Lancet, The</i> , 2014, 383, 1292-1293.	6.3	5
87	Vitamin D supplements: a novel therapeutic approach for Alzheimer patients. <i>Frontiers in Pharmacology</i> , 2014, 5, 6.	1.6	28
88	An observational study reveals that neonatal vitamin D is primarily determined by maternal contributions: implications of a new assay on the roles of vitamin D forms. <i>Nutrition Journal</i> , 2013, 12, 77.	1.5	74
89	Vitamin D in human reproduction: a narrative review. <i>International Journal of Clinical Practice</i> , 2013, 67, 225-235.	0.8	126
90	Pharmacokinetic evaluation of cabozantinib for the treatment of thyroid cancer. <i>Expert Opinion on Drug Metabolism and Toxicology</i> , 2013, 9, 507-515.	1.5	18

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91	Recombinant Human Thyrotropin-Aided Radioiodine Therapy in Tracheal Obstruction by an Invading Well-Differentiated Thyroid Carcinoma. Case Reports in Otolaryngology, 2013, 2013, 1-4.	0.1	0
92	The effect of monthly ibandronate on bone mineral density and bone turnover markers in patients with haemophilia A and B and increased risk for fracture. Thrombosis and Haemostasis, 2013, 110, 257-263.	1.8	17
93	Neck abscess associated with a piriform fossa sinus tract in an adult. BMJ Case Reports, 2013, 2013, bcr2013010119-bcr2013010119.	0.2	1
94	Thyroid papillary carcinoma arising in ectopic thyroid tissue within a branchial cleft cyst. BMJ Case Reports, 2013, 2013, bcr2013009312-bcr2013009312.	0.2	9
95	Severe eyelid oedema in Graves' ophthalmopathy. BMJ Case Reports, 2013, 2013, bcr2013010305-bcr2013010305.	0.2	3
96	Thyroid Dysfunction and Arterial Stiffness. Does the Restoration of Thyroid Function Tests Offer any Benefit?. Open Hypertension Journal, 2013, 5, 87-93.	0.8	1
97	EDITORIAL: Is the Beneficial Effect of Mediterranean Diet on Cardiovascular Risk Partly Mediated through Better Blood Pressure Control?. Open Hypertension Journal, 2013, 5, 36-39.	0.8	1
98	The Effects of Incretins on Energy Homeostasis: Physiology and Implications for the Treatment of Type 2 Diabetes Mellitus and Obesity. Current Vascular Pharmacology, 2012, 10, 781-791.	0.8	8