# Matti Uusitupa

## List of Publications by Year in descending order

Source: https://exaly.com/author-pdf/503460/publications.pdf

Version: 2024-02-01

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|---|---|---|---|
| 106 papers | 30,249 citations | 44069 48 h-index | 26613 107 g-index |
| 111 all docs | 111 docs citations | 111 times ranked | 34904 citing authors |

| # | Article | IF | Citations |
|---|---|---|---|
| 1 | Prevention of Type 2 Diabetes Mellitus by Changes in Lifestyle among Subjects with Impaired Glucose Tolerance. New England Journal of Medicine, 2001, 344, 1343-1350. | 27.0 | 9,083 |
| 2 | Genetic studies of body mass index yield new insights for obesity biology. Nature, 2015, 518, 197-206. | 27.8 | 3,823 |
| 3 | Discovery and refinement of loci associated with lipid levels. Nature Genetics, 2013, 45, 1274-1283. | 21.4 | 2,641 |
| 4 | Defining the role of common variation in the genomic and biological architecture of adult human height. Nature Genetics, 2014, 46, 1173-1186. | 21.4 | 1,818 |
| 5 | Sustained reduction in the incidence of type 2 diabetes by lifestyle intervention: follow-up of the Finnish Diabetes Prevention Study. Lancet, The, 2006, 368, 1673-1679. | 13.7 | 1,530 |
| 6 | New genetic loci link adipose and insulin biology to body fat distribution. Nature, 2015, 518, 187-196. | 27.8 | 1,328 |
| 7 | The Finnish Diabetes Prevention Study (DPS). Diabetes Care, 2003, 26, 3230-3236. | 8.6 | 1,157 |
| 8 | Genome-wide meta-analysis identifies 11 new loci for anthropometric traits and provides insights into genetic architecture. Nature Genetics, 2013, 45, 501-512. | 21.4 | 578 |
| 9 | Natural History of Peripheral Neuropathy in Patients with Non-Insulin-Dependent Diabetes Mellitus. New England Journal of Medicine, 1995, 333, 89-94. | 27.0 | 561 |
| 10 | Physical Activity in the Prevention of Type 2 Diabetes: The Finnish Diabetes Prevention Study. Diabetes, 2005, 54, 158-165. | 0.6 | 518 |
| 11 | Effects of n-6 PUFAs compared with SFAs on liver fat, lipoproteins, and inflammation in abdominal obesity: a randomized controlled trial. American Journal of Clinical Nutrition, 2012, 95, 1003-1012. | 4.7 | 391 |
| 12 | The genetics of blood pressure regulation and its target organs from association studies in 342,415 individuals. Nature Genetics, 2016, 48, 1171-1184. | 21.4 | 362 |
| 13 | The trans-ancestral genomic architecture of glycemic traits. Nature Genetics, 2021, 53, 840-860. | 21.4 | 341 |
| 14 | The Influence of Age and Sex on Genetic Associations with Adult Body Size and Shape: A Large-Scale Genome-Wide Interaction Study. PLoS Genetics, 2015, 11, e1005378. | 3.5 | 331 |
| 15 | Protein-altering variants associated with body mass index implicate pathways that control energy intake and expenditure in obesity. Nature Genetics, 2018, 50, 26-41. | 21.4 | 286 |
| 16 | Effect of the amount and type of dietary fat on cardiometabolic risk factors and risk of developing type 2 diabetes, cardiovascular diseases, and cancer: a systematic review. Food and Nutrition Research, 2014, 58, 25145. | 2.6 | 278 |
| 17 | Trans-ancestry meta-analyses identify rare and common variants associated with blood pressure and hypertension. Nature Genetics, 2016, 48, 1151-1161. | 21.4 | 261 |
| 18 | Indolepropionic acid and novel lipid metabolites are associated with a lower risk of type 2 diabetes in the Finnish Diabetes Prevention Study. Scientific Reports, 2017, 7, 46337. | 3.3 | 228 |

| # | Article | IF | Citations |
|---|---|---|---|
| 19 | Association between manganese superoxide dismutase (MnSOD) gene polymorphism and breast cancer risk. Carcinogenesis, 2001, 22, 827-829. | 2.8 | 217 |
| 20 | Prevention of Type 2 Diabetes by Lifestyle Changes: A Systematic Review and Meta-Analysis. Nutrients, 2019, 11, 2611. | 4.1 | 203 |
| 21 | Long-Term Improvement in Insulin Sensitivity by Changing Lifestyles of People with Impaired Glucose Tolerance: 4-Year Results From the Finnish Diabetes Prevention Study. Diabetes, 2003, 52, 2532-2538. | 0.6 | 184 |
| 22 | Ten-Year Mortality and Cardiovascular Morbidity in the Finnish Diabetes Prevention Studyâ€"Secondary Analysis of the Randomized Trial. PLoS ONE, 2009, 4, e5656. | 2.5 | 158 |
| 23 | Associations of serum indolepropionic acid, a gut microbiota metabolite, with type 2 diabetes and low-grade inflammation in high-risk individuals. Nutrition and Diabetes, 2018, 8, 35. | 3.2 | 147 |
| 24 | Gene expression of peripheral blood mononuclear cells as a tool in dietary intervention studies: What do we know so far?. Molecular Nutrition and Food Research, 2012, 56, 1160-1172. | 3.3 | 144 |
| 25 | FTO genetic variants, dietary intake and body mass index: insights from 177 330 individuals. Human Molecular Genetics, 2014, 23, 6961-6972. | 2.9 | 143 |
| 26 | Fatty acid biomarkers of dairy fat consumption and incidence of type 2 diabetes: A pooled analysis of prospective cohort studies. PLoS Medicine, 2018, 15, e1002670. | 8.4 | 143 |
| 27 | Susceptibility of low-density lipoprotein particles to aggregate depends on particle lipidome, is modifiable, and associates with future cardiovascular deaths. European Heart Journal, 2018, 39, 2562-2573. | 2.2 | 126 |
| 28 | Dietary carbohydrate modification induces alterations in gene expression in abdominal subcutaneous adipose tissue in persons with the metabolic syndrome: the FUNGENUT Study. American Journal of Clinical Nutrition, 2007, 85, 1417-1427. | 4.7 | 121 |
| 29 | Systemic Immune Mediators and Lifestyle Changes in the Prevention of Type 2 Diabetes. Diabetes, 2006, 55, 2340-2346. | 0.6 | 110 |
| 30 | Postprandial Lipemic Response Is Modified by the Polymorphism at Codon 54 of the Fatty Acidâ€"Binding Protein 2 Gene. Arteriosclerosis, Thrombosis, and Vascular Biology, 1998, 18, 1606-1610. | 2.4 | 104 |
| 31 | Identification of a Three-Amino Acid Deletion in theÎ± 2B-Adrenergic Receptor That Is Associated with Reduced Basal Metabolic Rate in Obese Subjects. Journal of Clinical Endocrinology and Metabolism, 1999, 84, 2429-2433. | 3.6 | 103 |
| 32 | Importance of Weight Loss Maintenance and Risk Prediction in the Prevention of Type 2 Diabetes: Analysis of European Diabetes Prevention Study RCT. PLoS ONE, 2013, 8, e57143. | 2.5 | 98 |
| 33 | The effect of a very low-calorie diet-induced weight loss on the severity of obstructive sleep apnoea and autonomic nervous function in obese patients with obstructive sleep apnoea syndrome. Clinical Physiology, 1998, 18, 377-385. | 0.7 | 95 |
| 34 | Identification and Functional Characterization of G6PC2 Coding Variants Influencing Glycemic Traits Define an Effector Transcript at the G6PC2-ABCB11 Locus. PLoS Genetics, 2015, 11, e1004876. | 3.5 | 95 |
| 35 | Body-size indicators and risk of breast cancer according to menopause and estrogen-receptor status. , 1996, 68, 8-13. | | 92 |
| 36 | Inflammation markers are modulated by responses to diets differing in postprandial insulin responses in individuals with the metabolic syndrome. American Journal of Clinical Nutrition, 2008, 87, 1497-1503. | 4.7 | 91 |

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|---|---|---|---|
| 37 | Serum Omega-3 Polyunsaturated Fatty Acids and Risk of Incident Type 2 Diabetes in Men: The Kuopio Ischemic Heart Disease Risk Factor Study. Diabetes Care, 2014, 37, 189-196. | 8.6 | 91 |
| 38 | Protein-coding variants implicate novel genes related to lipid homeostasis contributing to body-fat distribution. Nature Genetics, 2019, 51, 452-469. | 21.4 | 89 |
| 39 | FTO genotype and weight loss: systematic review and meta-analysis of 9563 individual participant data from eight randomised controlled trials. BMJ, The, 2016, 354, i4707. | 6.0 | 88 |
| 40 | Sex-dimorphic genetic effects and novel loci for fasting glucose and insulin variability. Nature Communications, 2021, 12, 24. | 12.8 | 87 |
| 41 | Plasma fatty acids as predictors of glycaemia and type 2 diabetes. Diabetologia, 2015, 58, 2533-2544. | 6.3 | 85 |
| 42 | Whole Grain Products, Fish and Bilberries Alter Glucose and Lipid Metabolism in a Randomized, Controlled Trial: The Sysdimet Study. PLoS ONE, 2011, 6, e22646. | 2.5 | 83 |
| 43 | Association of erythrocyte membrane fatty acids with changes in glycemia and risk of type 2 diabetes. American Journal of Clinical Nutrition, 2014, 99, 79-85. | 4.7 | 77 |
| 44 | A principal component meta-analysis on multiple anthropometric traits identifies novel loci for body shape. Nature Communications, 2016, 7, 13357. | 12.8 | 74 |
| 45 | A Healthy Nordic Diet Alters the Plasma Lipidomic Profile in Adults with Features of Metabolic Syndrome in a Multicenter Randomized Dietary Intervention. Journal of Nutrition, 2016, 146, 662-672. | 2.9 | 68 |
| 46 | Relevance of Vitamin D Receptor Target Genes for Monitoring the Vitamin D Responsiveness of Primary Human Cells. PLoS ONE, 2015, 10, e0124339. | 2.5 | 64 |
| 47 | Effects of Whole Grain, Fish and Bilberries on Serum Metabolic Profile and Lipid Transfer Protein Activities: A Randomized Trial (Sysdimet). PLoS ONE, 2014, 9, e90352. | 2.5 | 60 |
| 48 | Fasting serum hippuric acid is elevated after bilberry (Vaccinium myrtillus) consumption and associates with improvement of fasting glucose levels and insulin secretion in persons at high risk of developing type 2 diabetes. Molecular Nutrition and Food Research, 2017, 61, 1700019. | 3.3 | 60 |
| 49 | Metformin and Risk of Alzheimerâ€™s Disease Among Community-Dwelling People With Diabetes: A National Case-Control Study. Journal of Clinical Endocrinology and Metabolism, 2020, 105, e963-e972. | 3.6 | 60 |
| 50 | Salivary matrix metalloproteinase (MMP-8) levels and gelatinase (MMP-9) activities in patients with type 2 diabetes mellitus. Journal of Periodontal Research, 2000, 35, 259-265. | 2.7 | 50 |
| 51 | n-3 Fatty Acid Biomarkers and Incident Type 2 Diabetes: An Individual Participant-Level Pooling Project of 20 Prospective Cohort Studies. Diabetes Care, 2021, 44, 1133-1142. | 8.6 | 50 |
| 52 | Early fecal microbiota composition in children who later develop celiac disease and associated autoimmunity. Scandinavian Journal of Gastroenterology, 2018, 53, 403-409. | 1.5 | 49 |
| 53 | Healthy Nordic diet downregulates the expression of genes involved in inflammation in subcutaneous adipose tissue in individuals with features of the metabolic syndrome. American Journal of Clinical Nutrition, 2015, 101, 228-239. | 4.7 | 48 |
| 54 | The effect of fatty or lean fish intake on inflammatory gene expression in peripheral blood mononuclear cells of patients with coronary heart disease. European Journal of Nutrition, 2009, 48, 447-455. | 3.9 | 47 |

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|---|---|---|---|
| 55 | A Low-Frequency Inactivating AKT2 Variant Enriched in the Finnish Population Is Associated With Fasting Insulin Levels and Type 2 Diabetes Risk. Diabetes, 2017, 66, 2019-2032. | 0.6 | 47 |
| 56 | Geneâ€“diet interaction in relation to the prevention of obesity and type 2 diabetes: Evidence from the Finnish Diabetes Prevention Study. Nutrition, Metabolism and Cardiovascular Diseases, 2005, 15, 225-233. | 2.6 | 46 |
| 57 | Vitamin D supplementation and prevention of cardiovascular disease and cancer in the Finnish Vitamin D Trial: a randomized controlled trial. American Journal of Clinical Nutrition, 2022, 115, 1300-1310. | 4.7 | 45 |
| 58 | Insulin Secretion and Its Determinants in the Progression of Impaired Glucose Tolerance to Type 2 Diabetes in Impaired Glucose-Tolerant Individuals. Diabetes Care, 2012, 35, 211-217. | 8.6 | 44 |
| 59 | Dissecting high from low responders in a vitamin D3 intervention study. Journal of Steroid Biochemistry and Molecular Biology, 2015, 148, 275-282. | 2.5 | 44 |
| 60 | Nordic Diet and Inflammationâ€”A Review of Observational and Intervention Studies. Nutrients, 2019, 11, 1369. | 4.1 | 43 |
| 61 | Serum Leptin and Short-Term Regulation of Eating in Obese Women. Clinical Science, 1997, 92, 573-578. | 4.3 | 41 |
| 62 | Effects of bezafibrate on insulin sensitivity and glucose tolerance in subjects with combined hyperlipidemia. Clinical Pharmacology and Therapeutics, 1992, 52, 620-626. | 4.7 | 39 |
| 63 | Dietary Fat in Relation to Erythrocyte Fatty Acid Composition in Men. Lipids, 2013, 48, 1093-1102. | 1.7 | 39 |
| 64 | A Dietary Biomarker Approach Captures Compliance and Cardiometabolic Effects of a Healthy Nordic Diet in Individuals with Metabolic Syndrome. Journal of Nutrition, 2014, 144, 1642-1649. | 2.9 | 39 |
| 65 | The impact of weight reduction in the prevention of the progression of obstructive sleep apnea: an explanatory analysis of a 5-year observational follow-up trial. Sleep Medicine, 2014, 15, 329-335. | 1.6 | 38 |
| 66 | Genes and Dietary Fatty Acids in Regulation of Fatty Acid Composition of Plasma and Erythrocyte Membranes. Nutrients, 2018, 10, 1785. | 4.1 | 38 |
| 67 | Fatty acids in the de novo lipogenesis pathway and incidence of type 2 diabetes: A pooled analysis of prospective cohort studies. PLoS Medicine, 2020, 17, e1003102. | 8.4 | 38 |
| 68 | The Association between HbA1c, Fasting Glucose, 1-Hour Glucose and 2-Hour Glucose during an Oral Glucose Tolerance Test and Cardiovascular Disease in Individuals with Elevated Risk for Diabetes. PLoS ONE, 2014, 9, e109506. | 2.5 | 38 |
| 69 | Whole Grain Rye Intake, Reflected by a Biomarker, Is Associated with Favorable Blood Lipid Outcomes in Subjects with the Metabolic Syndrome â€“ A Randomized Study. PLoS ONE, 2014, 9, e110827. | 2.5 | 37 |
| 70 | MFAP5is related to obesity-associated adipose tissue and extracellular matrix remodeling and inflammation. Obesity, 2015, 23, 1371-1378. | 3.0 | 35 |
| 71 | Primary vitamin D receptor target genes as biomarkers for the vitamin D3 status in the hematopoietic system. Journal of Nutritional Biochemistry, 2014, 25, 875-884. | 4.2 | 32 |
| 72 | Glucose Metabolism Effects of Vitamin D in Prediabetes: The VitDmet Randomized Placebo-Controlled Supplementation Study. Journal of Diabetes Research, 2015, 2015, 1-8. | 2.3 | 31 |

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|---|---|---|---|
| 73 | The Effects of Different Quantities and Qualities of Protein Intake in People with Diabetes Mellitus. Nutrients, 2020, 12, 365. | 4.1 | 30 |
| 74 | Association of Serum 25-Hydroxyvitamin D with Lifestyle Factors and Metabolic and Cardiovascular Disease Markers: Population-Based Cross-Sectional Study (FIN-D2D). PLoS ONE, 2014, 9, e100235. | 2.5 | 29 |
| 75 | CMPF Does Not Associate with Impaired Glucose Metabolism in Individuals with Features of Metabolic Syndrome. PLoS ONE, 2015, 10, e0124379. | 2.5 | 27 |
| 76 | Life Style Intervention Improves Retinopathy Statusâ€"The Finnish Diabetes Prevention Study. Nutrients, 2019, 11, 1691. | 4.1 | 24 |
| 77 | Diabetes, glycaemia, and cognitionâ€"a secondary analysis of the Finnish Diabetes Prevention Study. Diabetes/Metabolism Research and Reviews, 2016, 32, 102-110. | 4.0 | 23 |
| 78 | Quantitative assessment of betainized compounds and associations with dietary and metabolic biomarkers in the randomized study of the healthy Nordic diet (SYSDIET). American Journal of Clinical Nutrition, 2019, 110, 1108-1118. | 4.7 | 23 |
| 79 | Effects of a healthy Nordic diet on gene expression changes in peripheral blood mononuclear cells in response to an oral glucose tolerance test in subjects with metabolic syndrome: a SYSDIET sub-study. Genes and Nutrition, 2016, 11, 3. | 2.5 | 20 |
| 80 | Lifetime alcohol consumption and breast cancer: a caseâ€"control study in Finland. Public Health Nutrition, 2000, 3, 11-18. | 2.2 | 18 |
| 81 | Changes in lifestyle modestly reduce the estimated cardiovascular disease risk in one-year follow-up of the Finnish diabetes prevention program (FIN-D2D). European Journal of Cardiovascular Nursing, 2015, 14, 145-152. | 0.9 | 18 |
| 82 | Diet, Inflammation and Prediabetesâ€"Impact of Quality of Diet. Canadian Journal of Diabetes, 2013, 37, 327-331. | 0.8 | 17 |
| 83 | An Isocaloric Nordic Diet Modulates RELA and TNFRSF1A Gene Expression in Peripheral Blood Mononuclear Cells in Individuals with Metabolic Syndromeâ€"A SYSDIET Sub-Study. Nutrients, 2019, 11, 2932. | 4.1 | 16 |
| 84 | Dietary polyunsaturated fatty acids and the Pro12Ala polymorphisms of PPARG regulate serum lipids through divergent pathways: a randomized crossover clinical trial. Genes and Nutrition, 2015, 10, 43. | 2.5 | 15 |
| 85 | Adherence to the Nordic Nutrition Recommendations in a Nordic population with metabolic syndrome: high salt consumption and low dietary fibre intake (The SYSDIET study). Food and Nutrition Research, 2013, 57, 21391. | 2.6 | 14 |
| 86 | Remission of type 2 diabetes: mission not impossible. Lancet, The, 2018, 391, 515-516. | 13.7 | 13 |
| 87 | Serum adiponectin/Ferritin ratio in relation to the risk of type 2 diabetes and insulin sensitivity. Diabetes Research and Clinical Practice, 2018, 141, 264-274. | 2.8 | 10 |
| 88 | Healthy Nordic Diet Modulates the Expression of Genes Related to Mitochondrial Function and Immune Response in Peripheral Blood Mononuclear Cells from Subjects with Metabolic Syndromeâ€"A SYSDIET Subâ€Study. Molecular Nutrition and Food Research, 2019, 63, e1801405. | 3.3 | 10 |
| 89 | Long-term outcomes of lifestyle intervention to prevent type 2 diabetes in people at high risk in primary health care. Primary Care Diabetes, 2021, 15, 444-450. | 1.8 | 10 |
| 90 | Prevention of type 2 diabetesâ€"success story that is waiting for next steps. European Journal of Clinical Nutrition, 2018, 72, 1260-1266. | 2.9 | 9 |

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|---|---|---|---|
| 91 | Screening for mutations in the exon 26 of the apolipoprotein B gene in hypercholesterolemic finnish families by the single-strand conformation polymorphism method. Human Mutation, 1994, 4, 217-223. | 2.5 | 8 |
| 92 | Following in the Footsteps of the North Karelia Project: Prevention of Type 2 Diabetes. Global Heart, 2016, 11, 223. | 2.3 | 8 |
| 93 | Analysis of the SYSDIET Healthy Nordic Diet randomized trial based on metabolic profiling reveal beneficial effects on glucose metabolism and blood lipids. Clinical Nutrition, 2022, 41, 441-451. | 5.0 | 8 |
| 94 | Comparison between Lovastatin and Cholestyramine in the Treatment of Moderate to Severe Primary Hypercholesterolaemia. Annals of Medicine, 1992, 24, 121-127. | 3.8 | 7 |
| 95 | Serum Levels of Plasmalogens and Fatty Acid Metabolites Associate with Retinal Microangiopathy in Participants from the Finnish Diabetes Prevention Study. Nutrients, 2021, 13, 4452. | 4.1 | 7 |
| 96 | Development of gliadin-specific immune responses in children with HLA-associated genetic risk for celiac disease. Scandinavian Journal of Gastroenterology, 2016, 51, 168-177. | 1.5 | 6 |
| 97 | Lifestyle changes and cardiovascular risk reduction in diabetes. Lancet Diabetes and Endocrinology,the, 2016, 4, 877-878. | 11.4 | 5 |
| 98 | Evolving Nutritional Therapy for Diabetes Mellitus. Nutrients, 2020, 12, 423. | 4.1 | 5 |
| 99 | Do depressive symptoms have an impact on the effectiveness of lifestyle counseling in prevention of type 2 diabetes? One-year follow-up of FIN-D2D. Primary Care Diabetes, 2014, 8, 43-47. | 1.8 | 4 |
| 100 | Lifestyle Changes Aiming at Weight Loss Should Always Be Included in the Treatment of Obese Patients with Obstructive Sleep Apnea. Sleep, 2014, 37, 1021-1021. | 1.1 | 4 |
| 101 | Good news from the Da Qing Diabetes Prevention Outcome Studyâ€"healthy lifestyles result in long-term cardiovascular benefits. Annals of Translational Medicine, 2019, 7, S368-S368. | 1.7 | 3 |
| 102 | Midâ€infrared spectroscopy and multivariate curve resolution for analyzing human adipose tissue triacylglycerols. European Journal of Lipid Science and Technology, 2010, 112, 1308-1314. | 1.5 | 2 |
| 103 | Divergent pathologies and treatment options for diabetic neuropathies. Diabetologia, 2020, 63, 1947-1948. | 6.3 | 2 |
| 104 | Hypertension in Diabetic Patientsâ€"Use of Exercise in Treatment. Annals of Medicine, 1991, 23, 335-338. | 3.8 | 1 |
| 105 | PUFA Ï‰-3 and Ï‰-6 biomarkers and sleep: a pooled analysis of cohort studies on behalf of the Fatty Acids and Outcomes Research Consortium (FORCE). American Journal of Clinical Nutrition, 2022, 115, 864-876. | 4.7 | 1 |
| 106 | Interaction of Diet/Lifestyle Intervention and TCF7L2 Genotype on Glycemic Control and Adiposity among Overweight or Obese Adults: Big Data from Seven Randomized Controlled Trials Worldwide. Health Data Science, 2021, 2021, . | 2.3 | 0 |