

Matti Uusitupa

List of Publications by Year in descending order

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Version: 2024-02-01

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	Analysis of the SYSDIET Healthy Nordic Diet randomized trial based on metabolic profiling reveal beneficial effects on glucose metabolism and blood lipids. <i>Clinical Nutrition</i> , 2022, 41, 441-451.	5.0	8
2	Vitamin D supplementation and prevention of cardiovascular disease and cancer in the Finnish Vitamin D Trial: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2022, 115, 1300-1310.	4.7	45
3	PUFA ω -3 and ω -6 biomarkers and sleep: a pooled analysis of cohort studies on behalf of the Fatty Acids and Outcomes Research Consortium (FORCE). <i>American Journal of Clinical Nutrition</i> , 2022, 115, 864-876.	4.7	1
4	Sex-dimorphic genetic effects and novel loci for fasting glucose and insulin variability. <i>Nature Communications</i> , 2021, 12, 24.	12.8	87
5	n-3 Fatty Acid Biomarkers and Incident Type 2 Diabetes: An Individual Participant-Level Pooling Project of 20 Prospective Cohort Studies. <i>Diabetes Care</i> , 2021, 44, 1133-1142.	8.6	50
6	The trans-ancestral genomic architecture of glyceemic traits. <i>Nature Genetics</i> , 2021, 53, 840-860.	21.4	341
7	Long-term outcomes of lifestyle intervention to prevent type 2 diabetes in people at high risk in primary health care. <i>Primary Care Diabetes</i> , 2021, 15, 444-450.	1.8	10
8	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. <i>Health Data Science</i> , 2021, 2021, .	2.3	0
9	Serum Levels of Plasmalogens and Fatty Acid Metabolites Associate with Retinal Microangiopathy in Participants from the Finnish Diabetes Prevention Study. <i>Nutrients</i> , 2021, 13, 4452.	4.1	7
10	Metformin and Risk of Alzheimer's Disease Among Community-Dwelling People With Diabetes: A National Case-Control Study. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2020, 105, e963-e972.	3.6	60
11	Divergent pathologies and treatment options for diabetic neuropathies. <i>Diabetologia</i> , 2020, 63, 1947-1948.	6.3	2
12	Fatty acids in the de novo lipogenesis pathway and incidence of type 2 diabetes: A pooled analysis of prospective cohort studies. <i>PLoS Medicine</i> , 2020, 17, e1003102.	8.4	38
13	Evolving Nutritional Therapy for Diabetes Mellitus. <i>Nutrients</i> , 2020, 12, 423.	4.1	5
14	The Effects of Different Quantities and Qualities of Protein Intake in People with Diabetes Mellitus. <i>Nutrients</i> , 2020, 12, 365.	4.1	30
15	Life Style Intervention Improves Retinopathy Status—The Finnish Diabetes Prevention Study. <i>Nutrients</i> , 2019, 11, 1691.	4.1	24
16	Nordic Diet and Inflammation—A Review of Observational and Intervention Studies. <i>Nutrients</i> , 2019, 11, 1369.	4.1	43
17	Prevention of Type 2 Diabetes by Lifestyle Changes: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2019, 11, 2611.	4.1	203
18	Quantitative assessment of betainized compounds and associations with dietary and metabolic biomarkers in the randomized study of the healthy Nordic diet (SYSDIET). <i>American Journal of Clinical Nutrition</i> , 2019, 110, 1108-1118.	4.7	23

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19	Healthy Nordic Diet Modulates the Expression of Genes Related to Mitochondrial Function and Immune Response in Peripheral Blood Mononuclear Cells from Subjects with Metabolic Syndrome—A SYSDIET Sub-Study. <i>Molecular Nutrition and Food Research</i> , 2019, 63, e1801405.	3.3	10
20	Protein-coding variants implicate novel genes related to lipid homeostasis contributing to body-fat distribution. <i>Nature Genetics</i> , 2019, 51, 452-469.	21.4	89
21	Good news from the Da Qing Diabetes Prevention Outcome Study—healthy lifestyles result in long-term cardiovascular benefits. <i>Annals of Translational Medicine</i> , 2019, 7, S368-S368.	1.7	3
22	An Isocaloric Nordic Diet Modulates RELA and TNFRSF1A Gene Expression in Peripheral Blood Mononuclear Cells in Individuals with Metabolic Syndrome—A SYSDIET Sub-Study. <i>Nutrients</i> , 2019, 11, 2932.	4.1	16
23	Early fecal microbiota composition in children who later develop celiac disease and associated autoimmunity. <i>Scandinavian Journal of Gastroenterology</i> , 2018, 53, 403-409.	1.5	49
24	Remission of type 2 diabetes: mission not impossible. <i>Lancet, The</i> , 2018, 391, 515-516.	13.7	13
25	Genes and Dietary Fatty Acids in Regulation of Fatty Acid Composition of Plasma and Erythrocyte Membranes. <i>Nutrients</i> , 2018, 10, 1785.	4.1	38
26	Fatty acid biomarkers of dairy fat consumption and incidence of type 2 diabetes: A pooled analysis of prospective cohort studies. <i>PLoS Medicine</i> , 2018, 15, e1002670.	8.4	143
27	Prevention of type 2 diabetes—success story that is waiting for next steps. <i>European Journal of Clinical Nutrition</i> , 2018, 72, 1260-1266.	2.9	9
28	Associations of serum indolepropionic acid, a gut microbiota metabolite, with type 2 diabetes and low-grade inflammation in high-risk individuals. <i>Nutrition and Diabetes</i> , 2018, 8, 35.	3.2	147
29	Serum adiponectin/Ferritin ratio in relation to the risk of type 2 diabetes and insulin sensitivity. <i>Diabetes Research and Clinical Practice</i> , 2018, 141, 264-274.	2.8	10
30	Susceptibility of low-density lipoprotein particles to aggregate depends on particle lipidome, is modifiable, and associates with future cardiovascular deaths. <i>European Heart Journal</i> , 2018, 39, 2562-2573.	2.2	126
31	Protein-altering variants associated with body mass index implicate pathways that control energy intake and expenditure in obesity. <i>Nature Genetics</i> , 2018, 50, 26-41.	21.4	286
32	Indolepropionic acid and novel lipid metabolites are associated with a lower risk of type 2 diabetes in the Finnish Diabetes Prevention Study. <i>Scientific Reports</i> , 2017, 7, 46337.	3.3	228
33	Fasting serum hippuric acid is elevated after bilberry (<i>Vaccinium myrtillus</i>) consumption and associates with improvement of fasting glucose levels and insulin secretion in persons at high risk of developing type 2 diabetes. <i>Molecular Nutrition and Food Research</i> , 2017, 61, 1700019.	3.3	60
34	A Low-Frequency Inactivating <i>AKT2</i> Variant Enriched in the Finnish Population Is Associated With Fasting Insulin Levels and Type 2 Diabetes Risk. <i>Diabetes</i> , 2017, 66, 2019-2032.	0.6	47
35	A Healthy Nordic Diet Alters the Plasma Lipidomic Profile in Adults with Features of Metabolic Syndrome in a Multicenter Randomized Dietary Intervention. <i>Journal of Nutrition</i> , 2016, 146, 662-672.	2.9	68
36	FTO genotype and weight loss: systematic review and meta-analysis of 9563 individual participant data from eight randomised controlled trials. <i>BMJ, The</i> , 2016, 354, i4707.	6.0	88

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37	A principal component meta-analysis on multiple anthropometric traits identifies novel loci for body shape. <i>Nature Communications</i> , 2016, 7, 13357.	12.8	74
38	Lifestyle changes and cardiovascular risk reduction in diabetes. <i>Lancet Diabetes and Endocrinology</i> , 2016, 4, 877-878.	11.4	5
39	Trans-ancestry meta-analyses identify rare and common variants associated with blood pressure and hypertension. <i>Nature Genetics</i> , 2016, 48, 1151-1161.	21.4	261
40	The genetics of blood pressure regulation and its target organs from association studies in 342,415 individuals. <i>Nature Genetics</i> , 2016, 48, 1171-1184.	21.4	362
41	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. <i>Genes and Nutrition</i> , 2016, 11, 3.	2.5	20
42	Diabetes, glycaemia, and cognition – a secondary analysis of the Finnish Diabetes Prevention Study. <i>Diabetes/Metabolism Research and Reviews</i> , 2016, 32, 102-110.	4.0	23
43	Development of gliadin-specific immune responses in children with HLA-associated genetic risk for celiac disease. <i>Scandinavian Journal of Gastroenterology</i> , 2016, 51, 168-177.	1.5	6
44	Following in the Footsteps of the North Karelia Project: Prevention of Type 2 Diabetes. <i>Global Heart</i> , 2016, 11, 223.	2.3	8
45	MFAP5 is related to obesity-associated adipose tissue and extracellular matrix remodeling and inflammation. <i>Obesity</i> , 2015, 23, 1371-1378.	3.0	35
46	Glucose Metabolism Effects of Vitamin D in Prediabetes: The VitDmet Randomized Placebo-Controlled Supplementation Study. <i>Journal of Diabetes Research</i> , 2015, 2015, 1-8.	2.3	31
47	CMPF Does Not Associate with Impaired Glucose Metabolism in Individuals with Features of Metabolic Syndrome. <i>PLoS ONE</i> , 2015, 10, e0124379.	2.5	27
48	The Influence of Age and Sex on Genetic Associations with Adult Body Size and Shape: A Large-Scale Genome-Wide Interaction Study. <i>PLoS Genetics</i> , 2015, 11, e1005378.	3.5	331
49	Healthy Nordic diet downregulates the expression of genes involved in inflammation in subcutaneous adipose tissue in individuals with features of the metabolic syndrome. <i>American Journal of Clinical Nutrition</i> , 2015, 101, 228-239.	4.7	48
50	New genetic loci link adipose and insulin biology to body fat distribution. <i>Nature</i> , 2015, 518, 187-196.	27.8	1,328
51	Genetic studies of body mass index yield new insights for obesity biology. <i>Nature</i> , 2015, 518, 197-206.	27.8	3,823
52	Identification and Functional Characterization of G6PC2 Coding Variants Influencing Glycemic Traits Define an Effector Transcript at the G6PC2-ABCB11 Locus. <i>PLoS Genetics</i> , 2015, 11, e1004876.	3.5	95
53	Dissecting high from low responders in a vitamin D3 intervention study. <i>Journal of Steroid Biochemistry and Molecular Biology</i> , 2015, 148, 275-282.	2.5	44
54	Changes in lifestyle modestly reduce the estimated cardiovascular disease risk in one-year follow-up of the Finnish diabetes prevention program (FIN-D2D). <i>European Journal of Cardiovascular Nursing</i> , 2015, 14, 145-152.	0.9	18

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55	Dietary polyunsaturated fatty acids and the Pro12Ala polymorphisms of PPAR γ regulate serum lipids through divergent pathways: a randomized crossover clinical trial. <i>Genes and Nutrition</i> , 2015, 10, 43.	2.5	15
56	Plasma fatty acids as predictors of glycaemia and type 2 diabetes. <i>Diabetologia</i> , 2015, 58, 2533-2544.	6.3	85
57	Relevance of Vitamin D Receptor Target Genes for Monitoring the Vitamin D Responsiveness of Primary Human Cells. <i>PLoS ONE</i> , 2015, 10, e0124339.	2.5	64
58	Whole Grain Rye Intake, Reflected by a Biomarker, Is Associated with Favorable Blood Lipid Outcomes in Subjects with the Metabolic Syndrome – A Randomized Study. <i>PLoS ONE</i> , 2014, 9, e110827.	2.5	37
59	Effects of Whole Grain, Fish and Bilberries on Serum Metabolic Profile and Lipid Transfer Protein Activities: A Randomized Trial (Sysdimet). <i>PLoS ONE</i> , 2014, 9, e90352.	2.5	60
60	Association of Serum 25-Hydroxyvitamin D with Lifestyle Factors and Metabolic and Cardiovascular Disease Markers: Population-Based Cross-Sectional Study (FIN-D2D). <i>PLoS ONE</i> , 2014, 9, e100235.	2.5	29
61	FTO genetic variants, dietary intake and body mass index: insights from 177 330 individuals. <i>Human Molecular Genetics</i> , 2014, 23, 6961-6972.	2.9	143
62	A Dietary Biomarker Approach Captures Compliance and Cardiometabolic Effects of a Healthy Nordic Diet in Individuals with Metabolic Syndrome. <i>Journal of Nutrition</i> , 2014, 144, 1642-1649.	2.9	39
63	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. <i>Sleep Medicine</i> , 2014, 15, 329-335.	1.6	38
64	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. <i>Primary Care Diabetes</i> , 2014, 8, 43-47.	1.8	4
65	Serum Omega-3 Polyunsaturated Fatty Acids and Risk of Incident Type 2 Diabetes in Men: The Kuopio Ischemic Heart Disease Risk Factor Study. <i>Diabetes Care</i> , 2014, 37, 189-196.	8.6	91
66	Association of erythrocyte membrane fatty acids with changes in glycemia and risk of type 2 diabetes. <i>American Journal of Clinical Nutrition</i> , 2014, 99, 79-85.	4.7	77
67	Defining the role of common variation in the genomic and biological architecture of adult human height. <i>Nature Genetics</i> , 2014, 46, 1173-1186.	21.4	1,818
68	Primary vitamin D receptor target genes as biomarkers for the vitamin D3 status in the hematopoietic system. <i>Journal of Nutritional Biochemistry</i> , 2014, 25, 875-884.	4.2	32
69	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. <i>Food and Nutrition Research</i> , 2014, 58, 25145.	2.6	278
70	Lifestyle Changes Aiming at Weight Loss Should Always Be Included in the Treatment of Obese Patients with Obstructive Sleep Apnea. <i>Sleep</i> , 2014, 37, 1021-1021.	1.1	4
71	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. <i>PLoS ONE</i> , 2014, 9, e109506.	2.5	38
72	Discovery and refinement of loci associated with lipid levels. <i>Nature Genetics</i> , 2013, 45, 1274-1283.	21.4	2,641

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73	Dietary Fat in Relation to Erythrocyte Fatty Acid Composition in Men. <i>Lipids</i> , 2013, 48, 1093-1102.	1.7	39
74	Diet, Inflammation and Prediabetes—Impact of Quality of Diet. <i>Canadian Journal of Diabetes</i> , 2013, 37, 327-331.	0.8	17
75	Genome-wide meta-analysis identifies 11 new loci for anthropometric traits and provides insights into genetic architecture. <i>Nature Genetics</i> , 2013, 45, 501-512.	21.4	578
76	Importance of Weight Loss Maintenance and Risk Prediction in the Prevention of Type 2 Diabetes: Analysis of European Diabetes Prevention Study RCT. <i>PLoS ONE</i> , 2013, 8, e57143.	2.5	98
77	Adherence to the Nordic Nutrition Recommendations in a Nordic population with metabolic syndrome: high salt consumption and low dietary fibre intake (The SYSDIET study). <i>Food and Nutrition Research</i> , 2013, 57, 21391.	2.6	14
78	Insulin Secretion and Its Determinants in the Progression of Impaired Glucose Tolerance to Type 2 Diabetes in Impaired Glucose-Tolerant Individuals. <i>Diabetes Care</i> , 2012, 35, 211-217.	8.6	44
79	Effects of n-6 PUFAs compared with SFAs on liver fat, lipoproteins, and inflammation in abdominal obesity: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2012, 95, 1003-1012.	4.7	391
80	Gene expression of peripheral blood mononuclear cells as a tool in dietary intervention studies: What do we know so far?. <i>Molecular Nutrition and Food Research</i> , 2012, 56, 1160-1172.	3.3	144
81	Whole Grain Products, Fish and Bilberries Alter Glucose and Lipid Metabolism in a Randomized, Controlled Trial: The Sysdimet Study. <i>PLoS ONE</i> , 2011, 6, e22646.	2.5	83
82	Mid-infrared spectroscopy and multivariate curve resolution for analyzing human adipose tissue triacylglycerols. <i>European Journal of Lipid Science and Technology</i> , 2010, 112, 1308-1314.	1.5	2
83	Ten-Year Mortality and Cardiovascular Morbidity in the Finnish Diabetes Prevention Study—Secondary Analysis of the Randomized Trial. <i>PLoS ONE</i> , 2009, 4, e5656.	2.5	158
84	The effect of fatty or lean fish intake on inflammatory gene expression in peripheral blood mononuclear cells of patients with coronary heart disease. <i>European Journal of Nutrition</i> , 2009, 48, 447-455.	3.9	47
85	Inflammation markers are modulated by responses to diets differing in postprandial insulin responses in individuals with the metabolic syndrome. <i>American Journal of Clinical Nutrition</i> , 2008, 87, 1497-1503.	4.7	91
86	Dietary carbohydrate modification induces alterations in gene expression in abdominal subcutaneous adipose tissue in persons with the metabolic syndrome: the FUNGENUT Study. <i>American Journal of Clinical Nutrition</i> , 2007, 85, 1417-1427.	4.7	121
87	Sustained reduction in the incidence of type 2 diabetes by lifestyle intervention: follow-up of the Finnish Diabetes Prevention Study. <i>Lancet</i> , The, 2006, 368, 1673-1679.	13.7	1,530
88	Systemic Immune Mediators and Lifestyle Changes in the Prevention of Type 2 Diabetes. <i>Diabetes</i> , 2006, 55, 2340-2346.	0.6	110
89	Physical Activity in the Prevention of Type 2 Diabetes: The Finnish Diabetes Prevention Study. <i>Diabetes</i> , 2005, 54, 158-165.	0.6	518
90	Gene-diet interaction in relation to the prevention of obesity and type 2 diabetes: Evidence from the Finnish Diabetes Prevention Study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2005, 15, 225-233.	2.6	46

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91	The Finnish Diabetes Prevention Study (DPS). <i>Diabetes Care</i> , 2003, 26, 3230-3236.	8.6	1,157
92	Long-Term Improvement in Insulin Sensitivity by Changing Lifestyles of People with Impaired Glucose Tolerance: 4-Year Results From the Finnish Diabetes Prevention Study. <i>Diabetes</i> , 2003, 52, 2532-2538.	0.6	184
93	Prevention of Type 2 Diabetes Mellitus by Changes in Lifestyle among Subjects with Impaired Glucose Tolerance. <i>New England Journal of Medicine</i> , 2001, 344, 1343-1350.	27.0	9,083
94	Association between manganese superoxide dismutase (MnSOD) gene polymorphism and breast cancer risk. <i>Carcinogenesis</i> , 2001, 22, 827-829.	2.8	217
95	Lifetime alcohol consumption and breast cancer: a case-control study in Finland. <i>Public Health Nutrition</i> , 2000, 3, 11-18.	2.2	18
96	Salivary matrix metalloproteinase (MMP-8) levels and gelatinase (MMP-9) activities in patients with type 2 diabetes mellitus. <i>Journal of Periodontal Research</i> , 2000, 35, 259-265.	2.7	50
97	Identification of a Three-Amino Acid Deletion in the β 2-Adrenergic Receptor That Is Associated with Reduced Basal Metabolic Rate in Obese Subjects. <i>Journal of Clinical Endocrinology and Metabolism</i> , 1999, 84, 2429-2433.	3.6	103
98	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. <i>Clinical Physiology</i> , 1998, 18, 377-385.	0.7	95
99	Postprandial Lipemic Response Is Modified by the Polymorphism at Codon 54 of the Fatty Acid-Binding Protein 2 Gene. <i>Arteriosclerosis, Thrombosis, and Vascular Biology</i> , 1998, 18, 1606-1610.	2.4	104
100	Serum Leptin and Short-Term Regulation of Eating in Obese Women. <i>Clinical Science</i> , 1997, 92, 573-578.	4.3	41
101	Body-size indicators and risk of breast cancer according to menopause and estrogen-receptor status. , 1996, 68, 8-13.		92
102	Natural History of Peripheral Neuropathy in Patients with Non-Insulin-Dependent Diabetes Mellitus. <i>New England Journal of Medicine</i> , 1995, 333, 89-94.	27.0	561
103	Screening for mutations in the exon 26 of the apolipoprotein B gene in hypercholesterolemic finnish families by the single-strand conformation polymorphism method. <i>Human Mutation</i> , 1994, 4, 217-223.	2.5	8
104	Comparison between Lovastatin and Cholestyramine in the Treatment of Moderate to Severe Primary Hypercholesterolaemia. <i>Annals of Medicine</i> , 1992, 24, 121-127.	3.8	7
105	Effects of bezafibrate on insulin sensitivity and glucose tolerance in subjects with combined hyperlipidemia. <i>Clinical Pharmacology and Therapeutics</i> , 1992, 52, 620-626.	4.7	39
106	Hypertension in Diabetic Patients-Use of Exercise in Treatment. <i>Annals of Medicine</i> , 1991, 23, 335-338.	3.8	1