

Mara Patricia Traina Chacon-Mikahil

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/5319719/publications.pdf>

Version: 2024-02-01

106
papers

1,553
citations

304602

22
h-index

330025

37
g-index

109
all docs

109
docs citations

109
times ranked

2395
citing authors

#	ARTICLE	IF	CITATIONS
1	Comparisons Between Low-Intensity Resistance Training With Blood Flow Restriction and High-Intensity Resistance Training on Quadriceps Muscle Mass and Strength in Elderly. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 1071-1076.	1.0	183
2	Effect of Resistance, Endurance, and Concurrent Training on TNF- α , IL-6, and CRP. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 50-56.	0.2	135
3	Effect of resistance training on inflammatory markers of older adults: A meta-analysis. <i>Experimental Gerontology</i> , 2018, 111, 188-196.	1.2	106
4	Effect of Concurrent Training with Blood Flow Restriction in the Elderly. <i>International Journal of Sports Medicine</i> , 2015, 36, 395-399.	0.8	87
5	Sixteen weeks of resistance training can decrease the risk of metabolic syndrome in healthy postmenopausal women. <i>Clinical Interventions in Aging</i> , 2013, 8, 1221.	1.3	64
6	Vastus Lateralis Muscle Cross-sectional Area Ultrasonography Validity for Image Fitting in Humans. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 3293-3297.	1.0	55
7	Combined Training Reduces Subclinical Inflammation in Obese Middle-Age Men. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 2207-2215.	0.2	55
8	Interleukin-6 increases the expression and activity of insulin-degrading enzyme. <i>Scientific Reports</i> , 2017, 7, 46750.	1.6	51
9	Resistance Training Prevents Muscle Loss Induced by Caloric Restriction in Obese Elderly Individuals: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2018, 10, 423.	1.7	51
10	Effects of 12-weeks of combined training without caloric restriction on inflammatory markers in overweight girls. <i>Journal of Sports Sciences</i> , 2016, 34, 1902-1912.	1.0	47
11	Metabolic time-course response after resistance exercise: A metabolomics approach. <i>Journal of Sports Sciences</i> , 2017, 35, 1211-1218.	1.0	47
12	Combined training, FNDC5/irisin levels and metabolic markers in obese men: A randomised controlled trial. <i>European Journal of Sport Science</i> , 2017, 17, 629-637.	1.4	39
13	Augmented Anabolic Responses after 8-wk Cycling with Blood Flow Restriction. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 84-93.	0.2	35
14	Time Course of Resistance Training-Induced Muscle Hypertrophy in the Elderly. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 159-163.	1.0	34
15	Exercise training protects human and rodent β cells against endoplasmic reticulum stress and apoptosis. <i>FASEB Journal</i> , 2018, 32, 1524-1536.	0.2	33
16	Cardiovascular Responses to Different Resistance Exercise Protocols in Elderly. <i>International Journal of Sports Medicine</i> , 2017, 38, 928-936.	0.8	32
17	Association of skeletal muscle and serum metabolites with maximum power output gains in response to continuous endurance or high-intensity interval training programs: The TIMES study - A randomized controlled trial. <i>PLoS ONE</i> , 2019, 14, e0212115.	1.1	31
18	Effects of eccentric exercise on systemic concentrations of pro- and anti-inflammatory cytokines and prostaglandin (E2): comparison between young and postmenopausal women. <i>European Journal of Applied Physiology</i> , 2012, 112, 3205-3213.	1.2	29

#	ARTICLE	IF	CITATIONS
19	Metabolomics Approach in the Investigation of Metabolic Changes in Obese Men after 24 Weeks of Combined Training. <i>Journal of Proteome Research</i> , 2017, 16, 2151-2159.	1.8	28
20	Attenuated PGC-1 α Isoforms following Endurance Exercise with Blood Flow Restriction. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 1699-1707.	0.2	27
21	Acute, short-, and long-term effects of different types of exercise in central arterial stiffness: a systematic review and meta-analysis. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 923-932.	0.4	27
22	Obese with higher FNDC5/Irisin levels have a better metabolic profile, lower lipopolysaccharide levels and type 2 diabetes risk. <i>Archives of Endocrinology and Metabolism</i> , 2017, 61, 524-533.	0.3	24
23	Comparison of maximal muscle strength of elbow flexors and knee extensors between younger and older men with the same level of daily activity. <i>Clinical Interventions in Aging</i> , 2013, 8, 401.	1.3	21
24	Effect of the flexibility training performed immediately before resistance training on muscle hypertrophy, maximum strength and flexibility. <i>European Journal of Applied Physiology</i> , 2017, 117, 767-774.	1.2	21
25	Cardiac autonomic and haemodynamic recovery after a single session of aerobic exercise with and without blood flow restriction in older adults. <i>Journal of Sports Sciences</i> , 2017, 35, 2412-2420.	1.0	21
26	Anaerobic metabolism induces greater total energy expenditure during exercise with blood flow restriction. <i>PLoS ONE</i> , 2018, 13, e0194776.	1.1	20
27	Comparison in responses to maximal eccentric exercise between elbow flexors and knee extensors of older adults. <i>Journal of Science and Medicine in Sport</i> , 2014, 17, 91-95.	0.6	18
28	The effect of an airflow restriction mask (ARM) on metabolic, ventilatory, and electromyographic responses to continuous cycling exercise. <i>PLoS ONE</i> , 2020, 15, e0237010.	1.1	17
29	Early metabolic response after resistance exercise with blood flow restriction in well-trained men: a metabolomics approach. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018, 43, 240-246.	0.9	15
30	Do baseline blood pressure and type of exercise influence level of reduction induced by training in hypertensive older adults? A meta-analysis of controlled trials. <i>Experimental Gerontology</i> , 2020, 140, 111052.	1.2	15
31	The effects of exercise training on hypertensive older adults: an umbrella meta-analysis. <i>Hypertension Research</i> , 2021, 44, 1434-1443.	1.5	13
32	Metabolomics and Exercise: possibilities and perspectives. <i>Motriz Revista De Educacao Fisica</i> , 2017, 23, .	0.3	12
33	Effects of resistance training in gray matter density of elderly. <i>Sport Sciences for Health</i> , 2017, 13, 233-238.	0.4	11
34	LOW-LOAD RESISTANCE EXERCISE IMPROVES COGNITIVE FUNCTION IN OLDER ADULTS. <i>Revista Brasileira De Medicina Do Esporte</i> , 2018, 24, 125-129.	0.1	11
35	The blood lactate concentration responses in a real indoor sport climbing competition. <i>Science and Sports</i> , 2015, 30, 228-231.	0.2	10
36	Acute low-intensity cycling with blood-flow restriction has no effect on metabolic signaling in human skeletal muscle compared to traditional exercise. <i>European Journal of Applied Physiology</i> , 2017, 117, 345-358.	1.2	10

#	ARTICLE	IF	CITATIONS
37	Low-intensity resistance training with partial blood flow restriction and high-intensity resistance training induce similar changes in skeletal muscle transcriptome in elderly humans. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 216-220.	0.9	10
38	Combined training increases thermogenic fat activity in patients with overweight and type 2 diabetes. <i>International Journal of Obesity</i> , 2022, 46, 1145-1154.	1.6	10
39	Commentary: Metabolomics-Based Studies Assessing Exercise-Induced Alterations of the Human Metabolome: A Systematic Review. <i>Frontiers in Physiology</i> , 2020, 11, 353.	1.3	9
40	Concurrent Training with Blood Flow Restriction does not Decrease Inflammatory Markers. <i>International Journal of Sports Medicine</i> , 2018, 39, 29-36.	0.8	7
41	Carotid intima-media thickness is associated with media rather than intima thickness. <i>Atherosclerosis</i> , 2017, 261, 169-171.	0.4	6
42	Acute low- compared to high-load resistance training to failure results in greater energy expenditure during exercise in healthy young men. <i>PLoS ONE</i> , 2019, 14, e0224801.	1.1	6
43	Association Between Changes in Serum and Skeletal Muscle Metabolomics Profile With Maximum Power Output Gains in Response to Different Aerobic Training Programs: The Times Study. <i>Frontiers in Physiology</i> , 2021, 12, 756618.	1.3	6
44	Correlações entre protocolos de determinação do limiar anaeróbico e o desempenho aeróbico em nadadores adolescentes. <i>Revista Brasileira De Medicina Do Esporte</i> , 2007, 13, 245-250.	0.1	5
45	Resposta da taxa metabólica de repouso após 16 semanas de treinamento com pesos em mulheres na pós-menopausa. <i>Revista Brasileira De Medicina Do Esporte</i> , 2011, 17, 350-353.	0.1	5
46	Acute/Chronic Responses of Combined Training on Serum Pro-thermogenic/Anti-inflammatory Inducers and Its Relation With Fed and Fasting State in Overweight Type 2 Diabetic Individuals. <i>Frontiers in Physiology</i> , 2021, 12, 736244.	1.3	5
47	The effect of eccentric contraction velocity on muscle damage: A review. <i>Isokinetics and Exercise Science</i> , 2013, 21, 1-9.	0.2	4
48	About the article: Effect of combined aerobic and resistance training versus aerobic training on arterial stiffness. <i>International Journal of Cardiology</i> , 2015, 184, 519-520.	0.8	4
49	Effects of induced local ischemia during a 4-km cycling time trial on neuromuscular fatigue development. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2021, 320, R812-R823.	0.9	4
50	HIIT vs. SIT: What Is the Better to Improve $\dot{V}E_{T_{max}}$? A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 13120.	1.2	4
51	Influência da idade no comportamento da frequência cardíaca na transição repouso-exercício: uma análise por deltas e regressão linear. <i>Revista Brasileira De Medicina Do Esporte</i> , 2012, 18, 300-304.	0.1	3
52	Time-course of health-related adaptations in response to combined training in hypertensive elderly: immune and autonomic modulation interactions. <i>Motriz Revista De Educacao Fisica</i> , 2018, 24, .	0.3	3
53	Efeito do treinamento concorrente nos componentes da síndrome metabólica de homens de meia-idade. <i>Fisioterapia Em Movimento</i> , 2012, 25, 649-658.	0.4	2
54	Dor muscular e atividade de creatina quinase após sessões excêntricas: uma análise de cluster. <i>Revista Brasileira De Medicina Do Esporte</i> , 2014, 20, 257-261.	0.1	2

#	ARTICLE	IF	CITATIONS
55	The number of sessions required to stabilize peak torque and rate of torque development in isometric contractions in young, middle-age and older individuals. <i>Isokinetics and Exercise Science</i> , 2016, 24, 165-170.	0.2	2
56	Relações da força muscular com indicadores de hipertrofia após 32 semanas de treinamento com pesos em mulheres na pós-menopausa. <i>Motricidade</i> , 2010, 6, .	0.2	2
57	Is The Exercise-Induced Increase in Central Arterial Stiffness a Risk Factor for Health?. <i>Journal of Archives in Military Medicine</i> , 2016, 4, .	0.0	2
58	Influence of physical training on the food choices of elderly individuals. <i>Mundo Da Saude</i> , 2020, 44, 300-310.	0.0	2
59	Effects of combined training on total ghrelin and tumor necrosis factor- α in obese middle-aged men. <i>Motriz Revista De Educacao Fisica</i> , 2018, 24, .	0.3	1
60	Dano muscular: resposta inflamatória sistêmica após as séries excêntricas máximas. <i>Revista Brasileira De EducaçãO Física E Esporte: RBEFE</i> , 2012, 26, 367-374.	0.1	1
61	Importância da força muscular para a qualidade de vida de idosos sedentários. <i>Revista Brasileira De Qualidade De Vida</i> , 2017, 9, .	0.1	1
62	Load progression in strength exercises through a physical combined training program for elderly people. <i>Revista Dos Trabalhos De IniciaçãO Científica Da UNICAMP</i> , 2019, , .	0.0	1
63	GestaGrad: projeto estratégico PRG de indicadores de fluxo acadêmico. , 0, , .		1
64	Quality of life, sexual function, and bariatric surgery: a systematic review. <i>Obesity and Metabolism</i> , 2020, 17, 64-72.	0.4	1
65	Elderly perform lower number of repetitions maximum than young at low instead high load resistance exercise. <i>Manual Therapy, Posturology & Rehabilitation Journal</i> , 0, , 1-5.	0.0	1
66	Pre-competitive overload period impairs parasympathetic modulation in athletes: A systematic review and meta-analysis. <i>Physiology and Behavior</i> , 2022, 250, 113780.	1.0	1
67	The Effect of a Periodized Resistance Training on Inflammatory Markers in Middle-Aged Men. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 504-505.	0.2	0
68	Far-infrared Emitting Fabric Improves Aerobic Metabolism, Oxidative Stress and Exercise Tolerance, Independent of Nitric Oxide. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 939.	0.2	0
69	Cardiovascular Responses To Different Resistance Exercise Intensities In Young And Older Adults. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 281.	0.2	0
70	Higher Physical Activity Level Improves Leptin Concentrations in Spinal Cord Injury Subjects. <i>BioMed Research International</i> , 2021, 2021, 1-8.	0.9	0
71	Treinamento com pesos e indicadores de agilidade de mulheres idosas. , 2010, 8, 68-82.		0
72	Adaptações morfofuncionais após 12 semanas de treinamento concorrente em homens de meia idade. , 2012, 10, 1-19.		0

#	ARTICLE	IF	CITATIONS
73	NOVOS ACHADOS RELACIONADOS AO TECIDO ADIPOSEO: UMA REVISÃO DE LITERATURA SOBRE O BROWNING E IRISINA. Arquivos De Ciências Da Saúde, 2015, 22, 9.	0.3	0
74	EFFECTS OF AEROBIC TRAINING WITH BLOOD FLOW RESTRICTION IN CARDIORESPIRATORY AND MUSCLE FUNCTION. , 0, , .		0
75	HIGH-INTENSITY ENDURANCE EXERCISE INCREASES MORE MUSCLE PGC1- β mRNA EXPRESSION THAN LOW-INTENSITY ENDURANCE EXERCISE WITH BLOOD FLOW RESTRICTION. , 0, , .		0
76	CONSUMO ENERGÉTICO DURANTE SESSÃO DE EXERCÍCIO AERÓBIO COM RESTRIÇÃO DO FLUXO SANGUÍNEO EM IDOSOS. , 0, , .		0
77	EFFECTS OF MUSCLE STRENGTH EXERCISE PROTOCOLS ON POST-EXERCISE HYPOTENSION IN ELDERLY. , 0, , .		0
78	CONTRIBUTION OF ENERGY SYSTEMS FOR AEROBIC TRAINING SESSION WITH AND WITHOUT BLOOD FLOW RESTRICTION. , 0, , .		0
79	Influência da força muscular no volume e na intensidade da atividade física diária de idosos. Revista Brasileira De Educação Física E Esporte: RBEFE, 2016, 30, 541-546.	0.1	0
80	ACUTE EFFECTS OF RESISTANCE AND AEROBIC EXERCISES WITH BLOOD FLOW RESTRICTION ON BLOOD PRESSURE IN ELDERLY. , 0, , .		0
81	TREINAMENTO AERÓBIO COM RESTRIÇÃO DO FLUXO SANGUÍNEO SOBRE AS RESPOSTAS FUNCIONAIS, MORFOLÓGICAS E MOLECULARES EM JOVENS. , 0, , .		0
82	OXIDATION OF SUBSTRATES ENERGY DURING SESSION OF AEROBIC TRAINING WITH AND WITHOUT BLOOD FLOW RESTRICTION. , 0, , .		0
83	Autophagy and Metabolic Signaling in Human Skeletal Muscle after Acute Low-Intensity Exercise Cycling with Blood Flow Restriction.. , 0, , .		0
84	ENERGY EXPENDITURE DURING AND AFTER TWO RESISTANCE TRAINING PROTOCOLS WITH SAME HYPERTROPHIC GAIN AND INTENSITY BUT DIFFERENT VOLUMES. , 0, , .		0
85	ENERGY EXPENDITURE: IS HIGH INTENSITY INTERVAL TRAINING (HIIT) BETTER THAN CONTINUOUS AEROBIC TRAINING?. , 0, , .		0
86	Estudo da relação entre níveis séricos de proteína c-reativa em indivíduos atletas e sedentários com lesão da medula espinhal.. , 0, , .		0
87	EFFECT OF COMBINED TRAINING ON THE HYPERTENSIVE ELDERLY QUALITY OF LIFE. , 0, , .		0
88	CONTRIBUTION OF ENERGY EXPENDITURE DURING ACUTE SESSION OF HIGH INTENSITY INTERVAL TRAINING AND CONTINUOUS AEROBIC TRAINING. , 0, , .		0
89	TIME COURSE OF METABOLIC RESPONSES AFTER HIGH INTENSITY INTERVAL TRAINING (HIIT): METABOLOMIC STUDY. , 0, , .		0
90	Biomarkers of Maximal Oxygen Consumption: a comparison between responders and non-responders to high-intensity interval and continuous endurance training. , 0, , .		0

#	ARTICLE	IF	CITATIONS
91	EFFECT OF AEROBIC EXERCISES ON COGNITIVE FUNCTION OF ELDERLY. , 0, , .		0
92	THE USE OF A METABOLOMIC APPROACH TO INVESTIGATE METABOLIC DIFFERENCES BETWEEN SEXES IN OVERWEIGHT ADOLESCENTS. , 0, , .		0
93	The Influence of Total Load on Cardiac Autonomic Recovery Following Resistance Exercise in Young and older adults. FASEB Journal, 2018, 32, 891.9.	0.2	0
94	Association between skeletal muscle metabolomics profile and cardiorespiratory fitness in young men. Revista Dos Trabalhos De Iniciação Científica Da UNICAMP, 2019, , .	0.0	0
95	Energetic and metabolic responses after acute sessions of continuous endurance training and high-intensity interval training. Revista Dos Trabalhos De Iniciação Científica Da UNICAMP, 2019, , .	0.0	0
96	Efeitos de um programa de treinamento combinado sobre a saúde de idosos hipertensos. Revista Dos Trabalhos De Iniciação Científica Da UNICAMP, 2019, , .	0.0	0
97	Metabolomics responses in saliva after an acute session of high-intensity interval and continuous endurance training. , 0, , .		0
98	Metabolomic analysis of predictor molecular biomarkers of respiratory fitness in hypertensive women. , 0, , .		0
99	Association between individual responses of blood pressure and fasting glycemia in hypertensive women after 12 weeks of continuous aerobic training. , 0, , .		0
100	Associação entre respostas individuais da composição corporal e pressão arterial sistólica após treinamento aeróbico em idosas hipertensas. , 0, , .		0
101	Influência de um programa de treinamento aeróbico sistematizado sobre a função cognitiva e atenção plena em hipertensas. , 0, , .		0
102	Responsividade da pressão arterial frente a diferentes protocolos de treinamento aeróbico em hipertensos. , 0, , .		0
103	Baseline Cardiac Autonomic Predictors Of Blood Pressure Response To Standardized Endurance Training In Hypertensive Women. Medicine and Science in Sports and Exercise, 2020, 52, 12-12.	0.2	0
104	Resistance training and cardiovascular autonomic modulation in humans: a systematic review and meta-analysis. Manual Therapy, Posturology & Rehabilitation Journal, 0, , 1-8.	0.0	0
105	Habitual physical activity is not associated with lower cardiovascular risk profile or higher aerobic fitness. Manual Therapy, Posturology & Rehabilitation Journal, 0, , 1-6.	0.0	0
106	Função cognitiva após exercícios aeróbicos com e sem restrição do fluxo sanguíneo em adultos mais velhos. , 0, 20, e022005.		0