

# Mara Patricia Traina Chacon-Mikahil

## List of Publications by Year in descending order

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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	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
2	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
3	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
4	The effects of exercise training on hypertensive older adults: an umbrella meta-analysis. <i>Hypertension Research</i> , 2021, 44, 1434-1443.	1.5	13
5	Higher Physical Activity Level Improves Leptin Concentrations in Spinal Cord Injury Subjects. <i>BioMed Research International</i> , 2021, 2021, 1-8.	0.9	0
6	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
7	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
8	HIIT vs. SIT: What Is the Better to Improve $\dot{V}\dot{E}^{\text{TM}}\text{O}_2\text{max}$ ? A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 13120.	1.2	4
9	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
10	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
11	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
12	Quality of life, sexual function, and bariatric surgery: a systematic review. <i>Obesity and Metabolism</i> , 2020, 17, 64-72.	0.4	1
13	Influence of physical training on the food choices of elderly individuals. <i>Mundo Da Saude</i> , 2020, 44, 300-310.	0.0	2
14	Baseline Cardiac Autonomic Predictors Of Blood Pressure Response To Standardized Endurance Training In Hypertensive Women. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 12-12.	0.2	0
15	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
16	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
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	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

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19	Load progression in strength exercises through a physical combined training program for elderly people. Revista Dos Trabalhos De Iniciação Científica Da UNICAMP, 2019, , .	0.0	1
20	Association between skeletal muscle metabolomics profile and cardiorespiratory fitness in young men. Revista Dos Trabalhos De Iniciação Científica Da UNICAMP, 2019, , .	0.0	0
21	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
22	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
23	Early metabolic response after resistance exercise with blood flow restriction in well-trained men: a metabolomics approach. Applied Physiology, Nutrition and Metabolism, 2018, 43, 240-246.	0.9	15
24	Concurrent Training with Blood Flow Restriction does not Decrease Inflammatory Markers. International Journal of Sports Medicine, 2018, 39, 29-36.	0.8	7
25	Exercise training protects human and rodent $\beta$ cells against endoplasmic reticulum stress and apoptosis. FASEB Journal, 2018, 32, 1524-1536.	0.2	33
26	Cardiovascular Responses To Different Resistance Exercise Intensities In Young And Older Adults. Medicine and Science in Sports and Exercise, 2018, 50, 281.	0.2	0
27	Effects of combined training on total ghrelin and tumor necrosis factor- $\alpha$ in obese middle-aged men. Motriz Revista De Educacao Fisica, 2018, 24, .	0.3	1
28	LOW-LOAD RESISTANCE EXERCISE IMPROVES COGNITIVE FUNCTION IN OLDER ADULTS. Revista Brasileira De Medicina Do Esporte, 2018, 24, 125-129.	0.1	11
29	Acute, short-, and long-term effects of different types of exercise in central arterial stiffness: a systematic review and meta-analysis. Journal of Sports Medicine and Physical Fitness, 2018, 58, 923-932.	0.4	27
30	Effect of resistance training on inflammatory markers of older adults: A meta-analysis. Experimental Gerontology, 2018, 111, 188-196.	1.2	106
31	Resistance Training Prevents Muscle Loss Induced by Caloric Restriction in Obese Elderly Individuals: A Systematic Review and Meta-Analysis. Nutrients, 2018, 10, 423.	1.7	51
32	Anaerobic metabolism induces greater total energy expenditure during exercise with blood flow restriction. PLoS ONE, 2018, 13, e0194776.	1.1	20
33	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
34	Time-course of health-related adaptations in response to combined training in hypertensive elderly: immune and autonomic modulation interactions. Motriz Revista De Educacao Fisica, 2018, 24, .	0.3	3
35	Acute low-intensity cycling with blood-flow restriction has no effect on metabolic signaling in human skeletal muscle compared to traditional exercise. European Journal of Applied Physiology, 2017, 117, 345-358.	1.2	10
36	Effect of the flexibility training performed immediately before resistance training on muscle hypertrophy, maximum strength and flexibility. European Journal of Applied Physiology, 2017, 117, 767-774.	1.2	21

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37	Interleukin-6 increases the expression and activity of insulin-degrading enzyme. <i>Scientific Reports</i> , 2017, 7, 46750.	1.6	51
38	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
39	Carotid intima-media thickness is associated with media rather than intima thickness. <i>Atherosclerosis</i> , 2017, 261, 169-171.	0.4	6
40	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
41	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
42	Cardiovascular Responses to Different Resistance Exercise Protocols in Elderly. <i>International Journal of Sports Medicine</i> , 2017, 38, 928-936.	0.8	32
43	Metabolic time-course response after resistance exercise: A metabolomics approach. <i>Journal of Sports Sciences</i> , 2017, 35, 1211-1218.	1.0	47
44	Effects of resistance training in gray matter density of elderly. <i>Sport Sciences for Health</i> , 2017, 13, 233-238.	0.4	11
45	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
46	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
47	Metabolomics and Exercise: possibilities and perspectives. <i>Motriz Revista De Educacao Fisica</i> , 2017, 23, .	0.3	12
48	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
49	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
50	Attenuated PGC-1 $\alpha$ Isoforms following Endurance Exercise with Blood Flow Restriction. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 1699-1707.	0.2	27
51	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
52	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
53	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
54	Influência da força muscular no volume e na intensidade da atividade física diária de idosos. <i>Revista Brasileira De Educação Física E Esporte: RBEFE</i> , 2016, 30, 541-546.	0.1	0

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55	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
56	The blood lactate concentration responses in a real indoor sport climbing competition. <i>Science and Sports</i> , 2015, 30, 228-231.	0.2	10
57	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
58	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
59	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
60	NOVOS ACHADOS RELACIONADOS AO TECIDO ADIPOSEO: UMA REVISÃO DE LITERATURA SOBRE O BROWNING E IRISINA. <i>Arquivos De Ciências Da Saúde</i> , 2015, 22, 9.	0.3	0
61	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
62	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
63	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
64	The effect of eccentric contraction velocity on muscle damage: A review. <i>Isokinetics and Exercise Science</i> , 2013, 21, 1-9.	0.2	4
65	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
66	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
67	Effect of Resistance, Endurance, and Concurrent Training on TNF- $\alpha$ , IL-6, and CRP. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 50-56.	0.2	135
68	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
69	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
70	Influência da idade no comportamento da frequência cardíaca na transição do repouso-exercício: uma análise por deltas e regressão linear. <i>Revista Brasileira De Medicina Do Esporte</i> , 2012, 18, 300-304.	0.1	3
71	Adaptações morfofuncionais após 12 semanas de treinamento concorrente em homens de meia idade. , 2012, 10, 1-19.		0
72	Dano muscular: resposta inflamatória sistêmica após sessões excêntricas máximas. <i>Revista Brasileira De Educação Física E Esporte: RBEFE</i> , 2012, 26, 367-374.	0.1	1

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73	Resposta da taxa metabólica de repouso após 16 semanas de treinamento com pesos em mulheres na pós-menopausa. Revista Brasileira De Medicina Do Esporte, 2011, 17, 350-353.	0.1	5
74	The Effect of a Periodized Resistance Training on Inflammatory Markers in Middle-Aged Men. Medicine and Science in Sports and Exercise, 2010, 42, 504-505.	0.2	0
75	Relações da força muscular com indicadores de hipertrofia após 32 semanas de treinamento com pesos em mulheres na pós-menopausa. Motricidade, 2010, 6, .	0.2	2
76	Treinamento com pesos e indicadores de agilidade de mulheres idosas. , 2010, 8, 68-82.		0
77	Correlações entre protocolos de determinação do limiar anaeróbio e o desempenho aeróbio em nadadores adolescentes. Revista Brasileira De Medicina Do Esporte, 2007, 13, 245-250.	0.1	5
78	EFFECTS OF AEROBIC TRAINING WITH BLOOD FLOW RESTRICTION IN CARDIORESPIRATORY AND MUSCLE FUNCTION. , 0, , .		0
79	HIGH-INTENSITY ENDURANCE EXERCISE INCREASES MORE MUSCLE PGC1- $\beta$ mRNA EXPRESSION THAN LOW-INTENSITY ENDURANCE EXERCISE WITH BLOOD FLOW RESTRICTION. , 0, , .		0
80	CONSUMO ENERGÉTICO DURANTE SESSÃO DE EXERCÍCIO AERÓBIO COM RESTRIÇÃO DO FLUXO SANGUÍNEO EM IDOSOS. , 0, , .		0
81	EFFECTS OF MUSCLE STRENGTH EXERCISE PROTOCOLS ON POST-EXERCISE HYPOTENSION IN ELDERLY. , 0, , .		0
82	CONTRIBUTION OF ENERGY SYSTEMS FOR AEROBIC TRAINING SESSION WITH AND WITHOUT BLOOD FLOW RESTRICTION. , 0, , .		0
83	ACUTE EFFECTS OF RESISTANCE AND AEROBIC EXERCISES WITH BLOOD FLOW RESTRICTION ON BLOOD PRESSURE IN ELDERLY. , 0, , .		0
84	TREINAMENTO AERÓBIO COM RESTRIÇÃO DO FLUXO SANGUÍNEO SOBRE AS RESPOSTAS FUNCIONAIS, MORFOLÓGICAS E MOLECULARES EM JOVENS. , 0, , .		0
85	OXIDATION OF SUBSTRATES ENERGY DURING SESSION OF AEROBIC TRAINING WITH AND WITHOUT BLOOD FLOW RESTRICTION. , 0, , .		0
86	Autophagy and Metabolic Signaling in Human Skeletal Muscle after Acute Low-Intensity Exercise Cycling with Blood Flow Restriction. , 0, , .		0
87	ENERGY EXPENDITURE DURING AND AFTER TWO RESISTANCE TRAINING PROTOCOLS WITH SAME HYPERTROPHIC GAIN AND INTENSITY BUT DIFFERENT VOLUMES. , 0, , .		0
88	ENERGY EXPENDITURE: IS HIGH INTENSITY INTERVAL TRAINING (HIIT) BETTER THAN CONTINUOUS AEROBIC TRAINING?. , 0, , .		0
89	Estudo da relação entre níveis séricos de proteína c-reativa em indivíduos atletas e sedentários com lesão da medula espinal. , 0, , .		0
90	EFFECT OF COMBINED TRAINING ON THE HYPERTENSIVE ELDERLY QUALITY OF LIFE. , 0, , .		0

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91	CONTRIBUTION OF ENERGY EXPENDITURE DURING ACUTE SESSION OF HIGH INTENSITY INTERVAL TRAINING AND CONTINUOUS AEROBIC TRAINING. , 0, , .		0
92	TIME COURSE OF METABOLIC RESPONSES AFTER HIGH INTENSITY INTERVAL TRAINING (HIIT): METABOLOMIC STUDY. , 0, , .		0
93	Biomarkers of Maximal Oxygen Consumption: a comparison between responders and non-responders to high-intensity interval and continuous endurance training. , 0, , .		0
94	EFFECT OF AEROBIC EXERCISES ON COGNITIVE FUNCTION OF ELDERLY. , 0, , .		0
95	THE USE OF A METABOLOMIC APPROACH TO INVESTIGATE METABOLIC DIFFERENCES BETWEEN SEXES IN OVERWEIGHT ADOLESCENTS. , 0, , .		0
96	GestaGrad: projeto estratgico PRG de indicadores de fluxo acadmico. , 0, , .		1
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	Associao entre respostas individuais da composio corporal e presso arterial sistlica aps treinamento aerbio em idosas hipertensas. , 0, , .		0
101	Influncia de um programa de treinamento aerbio sistematizado sobre a funo cognitiva e ateno plena em hipertensas. , 0, , .		0
102	Elderly perform lower number of repetitions maximum than young at low instead high load resistance exercise. Manual Therapy, Posturology & Rehabilitation Journal, 0, , 1-5.	0.0	1
103	Responsividade da presso arterial frente a diferentes protocolos de treinamento aerbio em hipertensos. , 0, , .		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	Funo cognitiva aps exerccios aerbicos com e sem restrio do fluxo sanguneo em adultos mais velhos. , 0, 20, e022005.		0