

Ewa Ziemann

List of Publications by Year in descending order

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48
papers

1,081
citations

471509

17
h-index

434195

31
g-index

48
all docs

48
docs citations

48
times ranked

1328
citing authors

#	ARTICLE	IF	CITATIONS
1	Whole-Body Cryotherapy in Athletes: From Therapy to Stimulation. An Updated Review of the Literature. <i>Frontiers in Physiology</i> , 2017, 8, 258.	2.8	112
2	Five-Day Whole-Body Cryostimulation, Blood Inflammatory Markers, and Performance in High-Ranking Professional Tennis Players. <i>Journal of Athletic Training</i> , 2012, 47, 664-672.	1.8	92
3	Aerobic and Anaerobic Changes with High-Intensity Interval Training in Active College-Aged Men. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 1104-1112.	2.1	68
4	Physical Activity-Dependent Regulation of Parathyroid Hormone and Calcium-Phosphorous Metabolism. <i>International Journal of Molecular Sciences</i> , 2020, 21, 5388.	4.1	62
5	Acute Sprint Interval Exercise Increases Both Cognitive Functions and Peripheral Neurotrophic Factors in Humans: The Possible Involvement of Lactate. <i>Frontiers in Neuroscience</i> , 2019, 13, 1455.	2.8	60
6	Physical Activity and Bone Health: What Is the Role of Immune System? A Narrative Review of the Third Way. <i>Frontiers in Endocrinology</i> , 2019, 10, 60.	3.5	50
7	The whole body cryostimulation modifies irisin concentration and reduces inflammation in middle aged, obese men. <i>Cryobiology</i> , 2015, 71, 398-404.	0.7	49
8	Whole-body cryostimulation as an effective method of reducing low-grade inflammation in obese men. <i>Journal of Physiological Sciences</i> , 2013, 63, 333-343.	2.1	44
9	Whole-body cryostimulation as an effective way of reducing exercise-induced inflammation and blood cholesterol in young men. <i>European Cytokine Network</i> , 2014, 25, 14-23.	2.0	42
10	Exercise training-induced changes in inflammatory mediators and heat shock proteins in young tennis players. <i>Journal of Sports Science and Medicine</i> , 2013, 12, 282-9.	1.6	36
11	Repeated "all out" interval exercise causes an increase in serum hepcidin concentration in both trained and untrained men. <i>Cellular Immunology</i> , 2013, 283, 12-17.	3.0	31
12	Effect of Nordic Walking training on iron metabolism in elderly women. <i>Clinical Interventions in Aging</i> , 2015, 10, 1889.	2.9	27
13	Nordic walking training attenuation of oxidative stress in association with a drop in body iron stores in elderly women. <i>Biogerontology</i> , 2017, 18, 517-524.	3.9	26
14	The impact of a single bout of high intensity circuit training on myokines' concentrations and cognitive functions in women of different age. <i>Physiology and Behavior</i> , 2017, 179, 290-297.	2.1	26
15	The beneficial effects of 15 units of high-intensity circuit training in women is modified by age, baseline insulin resistance and physical capacity. <i>Diabetes Research and Clinical Practice</i> , 2019, 152, 156-165.	2.8	26
16	A 2-Week Specific Volleyball Training Supported by the Whole Body Cryostimulation Protocol Induced an Increase of Growth Factors and Counteracted Deterioration of Physical Performance. <i>Frontiers in Physiology</i> , 2018, 9, 1711.	2.8	20
17	The Exercise-Induced Irisin Is Associated with Improved Levels of Glucose Homeostasis Markers in Pregnant Women Participating in 8-Week Prenatal Group Fitness Program: A Pilot Study. <i>BioMed Research International</i> , 2017, 2017, 1-10.	1.9	19
18	Study of the preanalytical variables affecting the measurement of clinically relevant free-circulating microRNAs: focus on sample matrix, platelet depletion, and storage conditions. <i>Biochimica Medica</i> , 2020, 30, 83-95.	2.7	19

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19	The Effect of Three Days of Judo Training Sessions on the Inflammatory Response and Oxidative Stress Markers. <i>Journal of Human Kinetics</i> , 2011, 30, 65-73.	1.5	18
20	Myokines in Response to a Tournament Season among Young Tennis Players. <i>BioMed Research International</i> , 2016, 2016, 1-7.	1.9	18
21	The effect of whole-body cryostimulation on body composition and leukocyte expression of HSPA1A, HSPB1, and CRP in obese men. <i>Cryobiology</i> , 2020, 94, 100-106.	0.7	15
22	The Effect of Nordic Walking Training Combined with Vitamin D Supplementation on Postural Control and Muscle Strength in Elderly People—A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 1951.	2.6	14
23	Heat Shock Protein 27 Response to Wrestling Training in Relation to the Muscle Damage and Inflammation. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1221-1228.	2.1	13
24	Vitamin D Supplementation and Nordic Walking Training Decreases Serum Homocysteine and Ferritin in Elderly Women. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 2064.	2.6	13
25	Nordic Walking Training Causes a Decrease in Blood Cholesterol in Elderly Women Supplemented with Vitamin D. <i>Frontiers in Endocrinology</i> , 2018, 9, 42.	3.5	13
26	Adaptive Changes After 2 Weeks of 10-s Sprint Interval Training With Various Recovery Times. <i>Frontiers in Physiology</i> , 2018, 9, 392.	2.8	12
27	The effect of the competitive season in professional basketball on inflammation and iron metabolism. <i>Biology of Sport</i> , 2016, 33, 223-229.	3.2	12
28	Different Changes in Adipokines, Lipid Profile, and TNF-Alpha Levels between 10 and 20 Whole Body Cryostimulation Sessions in Individuals with I and II Degrees of Obesity. <i>Biomedicines</i> , 2022, 10, 269.	3.2	12
29	Short-Term Resistance Training Supported by Whole-Body Cryostimulation Induced a Decrease in Myostatin Concentration and an Increase in Isokinetic Muscle Strength. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 5496.	2.6	11
30	Multiple Cryotherapy Attenuates Oxi-Inflammatory Response Following Skeletal Muscle Injury. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7855.	2.6	11
31	Another Weapon against Cancer and Metastasis: Physical-Activity-Dependent Effects on Adiposity and Adipokines. <i>International Journal of Molecular Sciences</i> , 2021, 22, 2005.	4.1	11
32	Beneficial effects of whole-body cryotherapy on glucose homeostasis and amino acid profile are associated with a reduced myostatin serum concentration. <i>Scientific Reports</i> , 2021, 11, 7097.	3.3	11
33	Improvement of Attention, Executive Functions, and Processing Speed in Elderly Women as a Result of Involvement in the Nordic Walking Training Program and Vitamin D Supplementation. <i>Nutrients</i> , 2019, 11, 1311.	4.1	9
34	Acute Postexercise Change in Circulating Irisin Is Related to More Favorable Lipid Profile in Pregnant Women Attending a Structured Exercise Program and to Less Favorable Lipid Profile in Controls: An Experimental Study with Two Groups. <i>International Journal of Endocrinology</i> , 2019, 2019, 1-11.	1.5	9
35	Habitually inactive physically “a proposed procedure of counteracting cognitive decline in women with diminished insulin sensitivity through a high-intensity circuit training program. <i>Physiology and Behavior</i> , 2021, 229, 113235.	2.1	9
36	Nordic Walking Rather Than High Intensity Interval Training Reduced Myostatin Concentration More Effectively in Elderly Subjects and the Range of This Drop Was Modified by Metabolites of Vitamin D. <i>Nutrients</i> , 2021, 13, 4393.	4.1	9

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37	Plasma Concentration of Irisin and Brain-Derived-Neurotrophic Factor and Their Association With the Level of Erythrocyte Adenine Nucleotides in Response to Long-Term Endurance Training at Rest and After a Single Bout of Exercise. <i>Frontiers in Physiology</i> , 2020, 11, 923.	2.8	8
38	Iron Status in Elderly Women Impacts Myostatin, Adiponectin and Osteocalcin Levels Induced by Nordic Walking Training. <i>Nutrients</i> , 2020, 12, 1129.	4.1	8
39	The Specific Judo Training Program Combined With the Whole Body Cryostimulation Induced an Increase of Serum Concentrations of Growth Factors and Changes in Amino Acid Profile in Professional Judokas. <i>Frontiers in Physiology</i> , 2021, 12, 627657.	2.8	6
40	Impact of 12-Week Moderate-Intensity Aerobic Training on Inflammasome Complex Activation in Elderly Women. <i>Frontiers in Physiology</i> , 2022, 13, 792859.	2.8	5
41	Reduction of Skeletal Muscle Power in Adolescent Males Carrying H63D Mutation in the <i>HFE</i> Gene. <i>BioMed Research International</i> , 2017, 2017, 1-7.	1.9	4
42	Immunological Response and Match Performance of Professional Tennis Players of Different Age Groups During a Competitive Season. <i>Journal of Strength and Conditioning Research</i> , 2019, Publish Ahead of Print, 2255-2262.	2.1	4
43	Effect of <i>HFE</i> Gene Mutation on Changes in Iron Metabolism Induced by Nordic Walking in Elderly Women. <i>Clinical Interventions in Aging</i> , 2020, Volume 15, 663-671.	2.9	4
44	Planned Physical Workload in Young Tennis Players Induces Changes in Iron Indicator Levels but Does Not Cause Overreaching. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 3486.	2.6	4
45	Muscle oxygenation in response to high intensity interval exercises among high trained judokas. <i>Isokinetics and Exercise Science</i> , 2016, 24, 263-275.	0.4	3
46	Are the health effects of exercise related to changes in iron metabolism?. <i>Mediterranean Journal of Nutrition and Metabolism</i> , 2014, 7, 33-43.	0.5	2
47	A Physically Active Status Affects the Circulating Profile of Cancer-Associated miRNAs. <i>Diagnostics</i> , 2021, 11, 820.	2.6	2
48	Whole-Body Cryotherapy: Possible Application in Obesity and Diabetes. , 2020, , 173-188.		2