Ewa Ziemann

List of Publications by Year
in descending order

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48	1,081	535685 17	488211 31
papers	citations	h-index	g-index

48	48	48	1405
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	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. Biomedicines, 2022, 10, 269.	1.4	12
2	Impact of 12-Week Moderate-Intensity Aerobic Training on Inflammasome Complex Activation in Elderly Women. Frontiers in Physiology, 2022, 13, 792859.	1.3	5
3	Planned Physical Workload in Young Tennis Players Induces Changes in Iron Indicator Levels but Does Not Cause Overreaching. International Journal of Environmental Research and Public Health, 2022, 19, 3486.	1.2	4
4	Habitually inactive physically â€“ a proposed procedure of counteracting cognitive decline in women with diminished insulin sensitivity through a high-intensity circuit training program. Physiology and Behavior, 2021, 229, 113235.	1.0	9
5	Another Weapon against Cancer and Metastasis: Physical-Activity-Dependent Effects on Adiposity and Adipokines. International Journal of Molecular Sciences, 2021, 22, 2005.	1.8	11
6	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. Frontiers in Physiology, 2021, 12, 627657.	1.3	6
7	Beneficial effects of whole-body cryotherapy on glucose homeostasis and amino acid profile are associated with a reduced myostatin serum concentration. Scientific Reports, 2021, 11, 7097.	1.6	11
8	A Physically Active Status Affects the Circulating Profile of Cancer-Associated miRNAs. Diagnostics, 2021, 11, 820.	1.3	2
9	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. Nutrients, 2021, 13, 4393.	1.7	9
10	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. Frontiers in Physiology, 2020, 11, 923.	1.3	8
11	Physical Activity-Dependent Regulation of Parathyroid Hormone and Calcium-Phosphorous Metabolism. International Journal of Molecular Sciences, 2020, 21, 5388.	1.8	62
12	Short-Term Resistance Training Supported by Whole-Body Cryostimulation Induced a Decrease in Myostatin Concentration and an Increase in Isokinetic Muscle Strength. International Journal of Environmental Research and Public Health, 2020, 17, 5496.	1.2	11
13	Multiple Cryotherapy Attenuates Oxi-Inflammatory Response Following Skeletal Muscle Injury. International Journal of Environmental Research and Public Health, 2020, 17, 7855.	1.2	11
14	Effect of HFE Gene Mutation on Changes in Iron Metabolism Induced by Nordic Walking in Elderly Women . Clinical Interventions in Aging, 2020, Volume 15, 663-671.	1.3	4
15	Iron Status in Elderly Women Impacts Myostatin, Adiponectin and Osteocalcin Levels Induced by Nordic Walking Training. Nutrients, 2020, 12, 1129.	1.7	8
16	The effect of whole-body cryostimulation on body composition and leukocyte expression of HSPA1A, HSPB1, and CRP in obese men. Cryobiology, 2020, 94, 100-106.	0.3	15
17	Whole-Body Cryotherapy: Possible Application in Obesity and Diabesity. , 2020, , 173-188.		2
18	Study of the preanalytical variables affecting the measurement of clinically relevant free-circulating microRNAs: focus on sample matrix, platelet depletion, and storage conditions. Biochemia Medica, 2020, 30, 83-95.	1.2	19

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19	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. Nutrients, 2019, 11, 1311.	1.7	9
20	Physical Activity and Bone Health: What Is the Role of Immune System? A Narrative Review of the Third Way. Frontiers in Endocrinology, 2019, 10, 60.	1.5	50
21	The beneficial effects of 15 units of high-intensity circuit training in women is modified by age, baseline insulin resistance and physical capacity. Diabetes Research and Clinical Practice, 2019, 152, 156-165.	1.1	26
22	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. International Journal of Endocrinology, 2019, 2019, 1-11.	0.6	9
23	Immunological Response and Match Performance of Professional Tennis Players of Different Age Groups During a Competitive Season. Journal of Strength and Conditioning Research, 2019, Publish Ahead of Print, 2255-2262.	1.0	4
24	Acute Sprint Interval Exercise Increases Both Cognitive Functions and Peripheral Neurotrophic Factors in Humans: The Possible Involvement of Lactate. Frontiers in Neuroscience, 2019, 13, 1455.	1.4	60
25	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. Frontiers in Physiology, 2018, 9, 1711.	1.3	20
26	Vitamin D Supplementation and Nordic Walking Training Decreases Serum Homocysteine and Ferritin in Elderly Women. International Journal of Environmental Research and Public Health, 2018, 15, 2064.	1.2	13
27	The Effect of Nordic Walking Training Combined with Vitamin D Supplementation on Postural Control and Muscle Strength in Elderly Peopleâ€"A Randomized Controlled Trial. International Journal of Environmental Research and Public Health, 2018, 15, 1951.	1.2	14
28	Adaptive Changes After 2 Weeks of 10-s Sprint Interval Training With Various Recovery Times. Frontiers in Physiology, 2018, 9, 392.	1.3	12
29	Nordic Walking Training Causes a Decrease in Blood Cholesterol in Elderly Women Supplemented with Vitamin D. Frontiers in Endocrinology, 2018, 9, 42.	1.5	13
30	Heat Shock Protein 27 Response to Wrestling Training in Relation to the Muscle Damage and Inflammation. Journal of Strength and Conditioning Research, 2017, 31, 1221-1228.	1.0	13
31	Nordic walking training attenuation of oxidative stress in association with a drop in body iron stores in elderly women. Biogerontology, 2017, 18, 517-524.	2.0	26
32	The impact of a single bout of high intensity circuit training on myokines' concentrations and cognitive functions in women of different age. Physiology and Behavior, 2017, 179, 290-297.	1.0	26
33	Whole-Body Cryotherapy in Athletes: From Therapy to Stimulation. An Updated Review of the Literature. Frontiers in Physiology, 2017, 8, 258.	1.3	112
34	Reduction of Skeletal Muscle Power in Adolescent Males Carrying H63D Mutation in theHFEGene. BioMed Research International, 2017, 2017, 1-7.	0.9	4
35	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. BioMed Research International, 2017, 2017, 1-10.	0.9	19
36	Myokines in Response to a Tournament Season among Young Tennis Players. BioMed Research International, 2016, 2016, 1-7.	0.9	18

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37	Muscle oxygenation in response to high intensity interval exercises among high trained judokas. Isokinetics and Exercise Science, 2016, 24, 263-275.	0.2	3
38	The effect of the competitive season in professional basketball on inflammation and iron metabolism. Biology of Sport, 2016, 33, 223-229.	1.7	12
39	Effect of Nordic Walking training on iron metabolism in elderly women. Clinical Interventions in Aging, 2015, 10, 1889.	1.3	27
40	The whole body cryostimulation modifies irisin concentration and reduces inflammation in middle aged, obese men. Cryobiology, 2015, 71, 398-404.	0.3	49
41	Are the health effects of exercise related to changes in iron metabolism?. Mediterranean Journal of Nutrition and Metabolism, 2014, 7, 33-43.	0.2	2
42	Whole-body cryostimulation as an effective way of reducing exercise-induced inflammation and blood cholesterol in young men-->. European Cytokine Network, 2014, 25, 14-23.	1.1	42
43	Whole-body cryostimulation as an effective method of reducing low-grade inflammation in obese men. Journal of Physiological Sciences, 2013, 63, 333-343.	0.9	44
44	Repeated â€œall outâ€•interval exercise causes an increase in serum hepcidin concentration in both trained and untrained men. Cellular Immunology, 2013, 283, 12-17.	1.4	31
45	Exercise training-induced changes in inflammatory mediators and heat shock proteins in young tennis players. Journal of Sports Science and Medicine, 2013, 12, 282-9.	0.7	36
46	Five-Day Whole-Body Cryostimulation, Blood Inflammatory Markers, and Performance in High-Ranking Professional Tennis Players. Journal of Athletic Training, 2012, 47, 664-672.	0.9	92
47	The Effect of Three Days of Judo Training Sessions on the Inflammatory Response and Oxidative Stress Markers. Journal of Human Kinetics, 2011, 30, 65-73.	0.7	18
48	Aerobic and Anaerobic Changes with High-Intensity Interval Training in Active College-Aged Men. Journal of Strength and Conditioning Research, 2011, 25, 1104-1112.	1.0	68