

# Emilia Ruggiero

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/5798080/publications.pdf>

Version: 2024-02-01

88

papers

2,990

citations

186254

28

h-index

189881

50

g-index

91

all docs

91

docs citations

91

times ranked

4971

citing authors

#	ARTICLE	IF	CITATIONS
1	The tenth anniversary as a UNESCO world cultural heritage: an unmissable opportunity to get back to the cultural roots of the Mediterranean diet. <i>European Journal of Clinical Nutrition</i> , 2022, 76, 179-183.	2.9	19
2	Factors for heterogeneous outcomes of angina and myocardial ischemia without obstructive coronary atherosclerosis. <i>Journal of Internal Medicine</i> , 2022, 291, 197-206.	6.0	3
3	Fine-grained investigation of the relationship between human nutrition and global DNA methylation patterns. <i>European Journal of Nutrition</i> , 2022, 61, 1231-1243.	3.9	3
4	Psychological distress resulting from the COVID-19 confinement is associated with unhealthy dietary changes in two Italian population-based cohorts. <i>European Journal of Nutrition</i> , 2022, 61, 1491-1505.	3.9	12
5	Retrospective Recall of Psychological Distress Experienced During the First COVID-19 Lockdown in Italy: Results From the ALT RISCOVID-19 Survey. <i>International Journal of Public Health</i> , 2022, 67, 1604345.	2.3	0
6	COVID-19 confinement impact on weight gain and physical activity in the older adult population: Data from the LOST in Lombardia study. <i>Clinical Nutrition ESPEN</i> , 2022, 48, 329-335.	1.2	14
7	Targeting the ASMAse/S1P pathway protects from sortilin-evoked vascular damage in hypertension. <i>Journal of Clinical Investigation</i> , 2022, 132, .	8.2	23
8	Impact of Nationwide Lockdowns Resulting from the First Wave of the COVID-19 Pandemic on Food Intake, Eating Behaviors, and Diet Quality: A Systematic Review. <i>Advances in Nutrition</i> , 2022, 13, 388-423.	6.4	54
9	Psychological Resilience, Cardiovascular Disease, and Metabolic Disturbances: A Systematic Review. <i>Frontiers in Psychology</i> , 2022, 13, 817298.	2.1	8
10	Changes in a Mediterranean lifestyle during the COVID-19 pandemic among elderly Italians: an analysis of gender and socioeconomic inequalities in the "LOST in Lombardia" study. <i>International Journal of Food Sciences and Nutrition</i> , 2022, 73, 683-692.	2.8	11
11	Mediterranean diet and other dietary patterns in association with biological aging in the Moli-sani Study cohort. <i>Clinical Nutrition</i> , 2022, 41, 1025-1033.	5.0	7
12	Association of Psychological Resilience with All-Cause and Cardiovascular Mortality in a General Population in Italy: Prospective Findings from the Moli-Sani Study. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 222.	2.6	2
13	The impact of COVID-19 lockdown announcements on mental health: quasi-natural experiment in Lombardy, Italy. <i>European Journal of Public Health</i> , 2022, , .	0.3	3
14	The Impact of COVID-19 Confinement on Tinnitus and Hearing Loss in Older Adults: Data From the LOST in Lombardia Study. <i>Frontiers in Neurology</i> , 2022, 13, 838291.	2.4	7
15	Clinical Network for Big Data and Personalized Health: Study Protocol and Preliminary Results. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 6365.	2.6	1
16	Epidemiology of breast cancer, a paradigm of the "common soil" hypothesis. <i>Seminars in Cancer Biology</i> , 2021, 72, 4-10.	9.6	74
17	Skin toxicity following radiotherapy in patients with breast carcinoma: is anthocyanin supplementation beneficial?. <i>Clinical Nutrition</i> , 2021, 40, 2068-2077.	5.0	9
18	The CASSIOPEA Study (Economic Crisis and Adherence to the Mediterranean diet: possible impact on) Tj ETQq0 0 0 rgBT /Overlock 10 T Rationale, design and characteristics of participants. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 1053-1062.	2.6	4

#	ARTICLE	IF	CITATIONS
19	Ultra-processed food consumption is associated with increased risk of all-cause and cardiovascular mortality in the Moli-sani Study. <i>American Journal of Clinical Nutrition</i> , 2021, 113, 446-455.	4.7	103
20	Egg consumption and cardiovascular risk: a doseâ€“response meta-analysis of prospective cohort studies. <i>European Journal of Nutrition</i> , 2021, 60, 1833-1862.	3.9	40
21	Precision Medicine and Public Health: New Challenges for Effective and Sustainable Health. <i>Journal of Personalized Medicine</i> , 2021, 11, 135.	2.5	27
22	Changes in ultra-processed food consumption during the first Italian lockdown following the COVID-19 pandemic and major correlates: results from two population-based cohorts. <i>Public Health Nutrition</i> , 2021, 24, 3905-3915.	2.2	28
23	Egg consumption and risk of all-cause and cause-specific mortality in an Italian adult population. <i>European Journal of Nutrition</i> , 2021, 60, 3691-3702.	3.9	17
24	Changes in the consumption of foods characterising the Mediterranean dietary pattern and major correlates during the COVID-19 confinement in Italy: results from two cohort studies. <i>International Journal of Food Sciences and Nutrition</i> , 2021, 72, 1105-1117.	2.8	22
25	Roles of allostatic load, lifestyle and clinical risk factors in mediating the association between education and coronary heart disease risk in Europe. <i>Journal of Epidemiology and Community Health</i> , 2021, 75, 1147-1154.	3.7	9
26	Dietary Polyphenol Intake Is Associated with Biological Aging, a Novel Predictor of Cardiovascular Disease: Cross-Sectional Findings from the Moli-Sani Study. <i>Nutrients</i> , 2021, 13, 1701.	4.1	12
27	Ultra-processed food consumption and its correlates among Italian children, adolescents and adults from the Italian Nutrition & Health Survey (INHES) cohort study. <i>Public Health Nutrition</i> , 2021, 24, 6258-6271.	2.2	27
28	Comparison of the Nutritional Quality of Branded and Private-Label Food Products Sold in Italy: Focus on the Cereal-Based Products Collected From the Food Labeling of Italian Products Study. <i>Frontiers in Nutrition</i> , 2021, 8, 660766.	3.7	2
29	Dietary selenium intake and risk of hospitalization for type 2 diabetes in the Moli-sani study cohort. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 1738-1746.	2.6	25
30	Association between body mass index, waist circumference, and relative fat mass with the risk of first unprovoked venous thromboembolism. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 3122-3130.	2.6	7
31	Age-specific atrial fibrillation incidence, attributable risk factors and risk of stroke and mortality: results from the MORGAM Consortium. <i>Open Heart</i> , 2021, 8, e001624.	2.3	20
32	Protective effect of oral anticoagulant drugs in atrial fibrillation patients admitted for COVID-19: Results from the CORIST study. <i>Thrombosis Research</i> , 2021, 203, 138-141.	1.7	5
33	Reduced pulmonary function, low-grade inflammation and increased risk of total and cardiovascular mortality in a general adult population: Prospective results from the Moli-sani study. <i>Respiratory Medicine</i> , 2021, 184, 106441.	2.9	12
34	Circulating Inflammation Markers Partly Explain the Link Between the Dietary Inflammatory Index and Depressive Symptoms. <i>Journal of Inflammation Research</i> , 2021, Volume 14, 4955-4968.	3.5	8
35	Dietary factors and the risk of lumbar spinal stenosis: a caseâ€“control analysis from the PREFACE Study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, , .	2.6	1
36	Identification of dietary patterns in a general population of North Italian adults and their association with arterial stiffness. The RoCAV study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2021, 31, 44-51.	2.6	5

#	ARTICLE	IF	CITATIONS
37	Combined influence of depression severity and low-grade inflammation on incident hospitalization and mortality risk in Italian adults. <i>Journal of Affective Disorders</i> , 2021, 279, 173-182.	4.1	12
38	Association of a traditional Mediterranean diet and non-Mediterranean dietary scores with all-cause and cause-specific mortality: prospective findings from the Moli-sani Study. <i>European Journal of Nutrition</i> , 2021, 60, 729-746.	3.9	18
39	Egg consumption and cardiovascular risk: a dose-response meta-analysis of prospective cohort studies. , 2021, 60, 1833.		1
40	Daily Coffee Drinking Is Associated with Lower Risks of Cardiovascular and Total Mortality in a General Italian Population: Results from the Moli-sani Study. <i>Journal of Nutrition</i> , 2021, 151, 395-404.	2.9	15
41	Epidemiological and genetic overlap among biological aging clocks: New challenges in biogerontology. <i>Ageing Research Reviews</i> , 2021, 72, 101502.	10.9	13
42	Hydroxichloroquine for COVID-19 infection: Do we have a final word after one year?. <i>European Journal of Internal Medicine</i> , 2021, 94, 4-5.	2.2	1
43	Occupational class differences in ankle-brachial index and pulse wave velocity measurements to detect subclinical vascular disease. <i>Medicina Del Lavoro</i> , 2021, 112, 268-278.	0.4	0
44	Adherence to the Mediterranean Diet during the COVID-19 national lockdowns: a systematic review of observational studies. <i>Acta Biomedica</i> , 2021, 92, e2021440.	0.3	21
45	Temporal relations between atrial fibrillation and ischaemic stroke and their prognostic impact on mortality. <i>Europace</i> , 2020, 22, 522-529.	1.7	11
46	Cardiovascular risk factors control according to diabetes status and prior cardiovascular events in patients managed in different settings. <i>Diabetes Research and Clinical Practice</i> , 2020, 168, 108370.	2.8	3
47	Socioeconomic determinants of the adherence to the Mediterranean diet. , 2020, , 495-501.		0
48	Common cardiovascular risk factors and in-hospital mortality in 3,894 patients with COVID-19: survival analysis and machine learning-based findings from the multicentre Italian CORIST Study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2020, 30, 1899-1913.	2.6	137
49	Cardiac Troponin I and Incident Stroke in European Cohorts. <i>Stroke</i> , 2020, 51, 2770-2777.	2.0	9
50	Analysis of Food Labels to Evaluate the Nutritional Quality of Bread Products and Substitutes Sold in Italy: Results from the Food Labelling of Italian Products (FLIP) Study. <i>Foods</i> , 2020, 9, 1905.	4.3	17
51	Reply. <i>Journal of the American College of Cardiology</i> , 2020, 75, 1866-1867.	2.8	0
52	High-Sensitivity Cardiac Troponin I Levels and Prediction of Heart Failure. <i>JACC: Heart Failure</i> , 2020, 8, 401-411.	4.1	26
53	COVID-19 lockdown impact on lifestyle habits of Italian adults. <i>Acta Biomedica</i> , 2020, 91, 87-89.	0.3	71
54	Socioeconomic and psychosocial determinants of adherence to the Mediterranean diet in a general adult Italian population. <i>European Journal of Public Health</i> , 2019, 29, 328-335.	0.3	37

#	ARTICLE	IF	CITATIONS
55	Association between variants of neuromedin U gene and taste thresholds and food preferences in European children: Results from the IDEFICS study. <i>Appetite</i> , 2019, 142, 104376.	3.7	4
56	Machine Learning Approaches for the Estimation of Biological Aging: The Road Ahead for Population Studies. <i>Frontiers in Medicine</i> , 2019, 6, 146.	2.6	27
57	Association of Circulating Metabolites With Risk of Coronary Heart Disease in a European Population. <i>JAMA Cardiology</i> , 2019, 4, 1270.	6.1	39
58	Associations between Dietary Pulses Alone or with Other Legumes and Cardiometabolic Disease Outcomes: An Umbrella Review and Updated Systematic Review and Meta-analysis of Prospective Cohort Studies. <i>Advances in Nutrition</i> , 2019, 10, S308-S319.	6.4	74
59	Too many individuals are unaware of their blood lipid levels, but might still get health benefit from the Mediterranean diet through lipid-independent mechanisms. <i>European Journal of Preventive Cardiology</i> , 2019, 26, 1953-1956.	1.8	3
60	Consumption of whole grain food and its determinants in a general Italian population: Results from the INHES study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2019, 29, 611-620.	2.6	16
61	NT-proBNP (N-Terminal Pro-B-Type Natriuretic Peptide) and the Risk of Stroke. <i>Stroke</i> , 2019, 50, 610-617.	2.0	41
62	Sex-Specific Epidemiology of Heart Failure Risk and Mortality in Europe. <i>JACC: Heart Failure</i> , 2019, 7, 204-213.	4.1	54
63	Chili Pepper Consumption and Mortality in Italian Adults. <i>Journal of the American College of Cardiology</i> , 2019, 74, 3139-3149.	2.8	57
64	Application of non-HDL cholesterol for population-based cardiovascular risk stratification: results from the Multinational Cardiovascular Risk Consortium. <i>Lancet, The</i> , 2019, 394, 2173-2183.	13.7	177
65	Interaction between Mediterranean diet and statins on mortality risk in patients with cardiovascular disease: Findings from the Moli-sani Study. <i>International Journal of Cardiology</i> , 2019, 276, 248-254.	1.7	19
66	Alcohol consumption and hospitalization burden in an adult Italian population: prospective results from the Moli-sani study. <i>Addiction</i> , 2019, 114, 636-650.	3.3	14
67	Association of proinflammatory diet with low-grade inflammation: results from the Moli-sani study. <i>Nutrition</i> , 2018, 54, 182-188.	2.4	66
68	Favorable association of polyphenol-rich diets with lung function: Cross-sectional findings from the Moli-sani study. <i>Respiratory Medicine</i> , 2018, 136, 48-57.	2.9	24
69	Reduced mortality risk by a polyphenol-rich diet: An analysis from the Moli-sani study. <i>Nutrition</i> , 2018, 48, 87-95.	2.4	31
70	Mediterranean diet and mortality in the elderly: a prospective cohort study and a meta-analysis. <i>British Journal of Nutrition</i> , 2018, 120, 841-854.	2.3	74
71	Cardiovascular disease prevention at the workplace: assessing the prognostic value of lifestyle risk factors and job-related conditions. <i>International Journal of Public Health</i> , 2018, 63, 723-732.	2.3	16
72	Mediterranean diet, dietary polyphenols and low grade inflammation: results from the MOLI-SANI study. <i>British Journal of Clinical Pharmacology</i> , 2017, 83, 107-113.	2.4	164

#	ARTICLE	IF	CITATIONS
73	Food group consumption in an Italian population using the updated food classification system FoodEx2: Results from the Italian Nutrition & Health Survey (INHES) study. Nutrition, Metabolism and Cardiovascular Diseases, 2017, 27, 307-328.	2.6	35
74	Relative contribution of health-related behaviours and chronic diseases to the socioeconomic patterning of low-grade inflammation. International Journal of Public Health, 2017, 62, 551-562.	2.3	28
75	Reduction by coffee consumption of prostate cancer risk: Evidence from the Moli-sani cohort and cellular models. International Journal of Cancer, 2017, 141, 72-82.	5.1	27
76	Moderate Alcohol Consumption Is Associated With Lower Risk for Heart Failure But Not Atrial Fibrillation. JACC: Heart Failure, 2017, 5, 837-844.	4.1	30
77	Fish intake is associated with lower cardiovascular risk in a Mediterranean population: Prospective results from the Moli-sani study. Nutrition, Metabolism and Cardiovascular Diseases, 2017, 27, 865-873.	2.6	31
78	Frontal plane T-wave axis orientation predicts coronary events: Findings from the Moli-sani study. Atherosclerosis, 2017, 264, 51-57.	0.8	3
79	Polyphenol intake is associated with low-grade inflammation, using a novel data analysis from the Moli-sani study. Thrombosis and Haemostasis, 2016, 115, 344-352.	3.4	91
80	A score of low-grade inflammation and risk of mortality: prospective findings from the Moli-sani study. Haematologica, 2016, 101, 1434-1441.	3.5	97
81	Adherence to the traditional Mediterranean diet and mortality in subjects with diabetes. Prospective results from the MOLI-SANI study. European Journal of Preventive Cardiology, 2016, 23, 400-407.	1.8	92
82	Circulating Tissue Factor Levels and Risk of Stroke. Stroke, 2015, 46, 1501-1507.	2.0	7
83	Espresso Coffee Consumption and Risk of Coronary Heart Disease in a Large Italian Cohort. PLoS ONE, 2015, 10, e0126550.	2.5	35
84	Adherence to a Mediterranean diet is associated with a better health-related quality of life: a possible role of high dietary antioxidant content. BMJ Open, 2013, 3, e003003.	1.9	118
85	Distribution of short and lifetime risks for cardiovascular disease in Italians. European Journal of Preventive Cardiology, 2012, 19, 723-730.	1.8	72
86	Low income is associated with poor adherence to a Mediterranean diet and a higher prevalence of obesity: cross-sectional results from the Moli-sani study. BMJ Open, 2012, 2, e001685.	1.9	117
87	The Mediterranean diet: The reasons for a success. Thrombosis Research, 2012, 129, 401-404.	1.7	106
88	White blood cell count, sex and age are major determinants of heterogeneity of platelet indices in an adult general population: results from the MOLI-SANI project. Haematologica, 2011, 96, 1180-1188.	3.5	151