

# Ralph J F Manders

## List of Publications by Year in descending order

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Version: 2024-02-01

34  
papers

2,249  
citations

257101

24  
h-index

395343

33  
g-index

35  
all docs

35  
docs citations

35  
times ranked

2717  
citing authors

#	ARTICLE	IF	CITATIONS
1	Combined ingestion of protein and free leucine with carbohydrate increases postexercise muscle protein synthesis in vivo in male subjects. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2005, 288, E645-E653.	1.8	242
2	Intramyocellular lipid content in type 2 diabetes patients compared with overweight sedentary men and highly trained endurance athletes. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2004, 287, E558-E565.	1.8	185
3	Co-ingestion of protein and leucine stimulates muscle protein synthesis rates to the same extent in young and elderly lean men. <i>American Journal of Clinical Nutrition</i> , 2006, 84, 623-632.	2.2	158
4	Continuous low- to moderate-intensity exercise training is as effective as moderate- to high-intensity exercise training at lowering blood HbA1c in obese type 2 diabetes patients. <i>Diabetologia</i> , 2009, 52, 1789-1797.	2.9	147
5	Low-Intensity Exercise Reduces the Prevalence of Hyperglycemia in Type 2 Diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 219-225.	0.2	139
6	Effects of high-intensity interval exercise versus continuous moderate-intensity exercise on postprandial glycemic control assessed by continuous glucose monitoring in obese adults. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014, 39, 835-841.	0.9	137
7	Intramyocellular lipid and glycogen content are reduced following resistance exercise in untrained healthy males. <i>European Journal of Applied Physiology</i> , 2006, 96, 525-534.	1.2	117
8	Co-ingestion of a protein hydrolysate and amino acid mixture with carbohydrate improves plasma glucose disposal in patients with type 2 diabetes. <i>American Journal of Clinical Nutrition</i> , 2005, 82, 76-83.	2.2	115
9	Both resistance- and endurance-type exercise reduce the prevalence of hyperglycaemia in individuals with impaired glucose tolerance and in insulin-treated and non-insulin-treated type 2 diabetic patients. <i>Diabetologia</i> , 2012, 55, 1273-1282.	2.9	103
10	The effects of exercise and adipose tissue lipolysis on plasma adiponectin concentration and adiponectin receptor expression in human skeletal muscle. <i>European Journal of Endocrinology</i> , 2005, 152, 427-436.	1.9	90
11	A single session of resistance exercise enhances insulin sensitivity for at least 24 h in healthy men. <i>European Journal of Applied Physiology</i> , 2005, 94, 180-187.	1.2	83
12	Influence of Acute Exercise on Hyperglycemia in Insulin-Treated Type 2 Diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2006, 38, 2037-2044.	0.2	69
13	Protein Hydrolysate/Leucine Co-Ingestion Reduces the Prevalence of Hyperglycemia in Type 2 Diabetic Patients. <i>Diabetes Care</i> , 2006, 29, 2721-2722.	4.3	64
14	Insulinotropic and Muscle Protein Synthetic Effects of Branched-Chain Amino Acids: Potential Therapy for Type 2 Diabetes and Sarcopenia. <i>Nutrients</i> , 2012, 4, 1664-1678.	1.7	58
15	Glycaemic instability is an underestimated problem in Type II diabetes. <i>Clinical Science</i> , 2006, 111, 119-126.	1.8	56
16	Prehabilitation for adults diagnosed with cancer: A systematic review of long-term physical function, nutrition and patient-reported outcomes. <i>European Journal of Cancer Care</i> , 2019, 28, e13023.	0.7	56
17	Postprandial hyperglycemia is highly prevalent throughout the day in type 2 diabetes patients. <i>Diabetes Research and Clinical Practice</i> , 2011, 93, 31-37.	1.1	55
18	Exercise and 24-h Glycemic Control. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 628-635.	0.2	51

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19	Co-ingestion of a protein hydrolysate and amino acid mixture with carbohydrate improves plasma glucose disposal in patients with type 2 diabetes. <i>American Journal of Clinical Nutrition</i> , 2005, 82, 76-83.	2.2	51
20	Inhibition of adipose tissue lipolysis increases intramuscular lipid use in type 2 diabetic patients. <i>Diabetologia</i> , 2005, 48, 2097-2107.	2.9	44
21	Protein Co-Ingestion Strongly Increases Postprandial Insulin Secretion in Type 2 Diabetes Patients. <i>Journal of Medicinal Food</i> , 2014, 17, 758-763.	0.8	42
22	Poly (ADP-ribose) Polymerase-1â€“Inhibiting Flavonoids Attenuate Cytokine Release in Blood from Male Patients with Chronic Obstructive Pulmonary Disease or Type 2 Diabetes. <i>Journal of Nutrition</i> , 2009, 139, 952-957.	1.3	36
23	Effects of Increasing Insulin Secretion on Acute Postexercise Blood Glucose Disposal. <i>Medicine and Science in Sports and Exercise</i> , 2006, 38, 268-275.	0.2	31
24	Protein hydrolysate co-ingestion does not modulate 24â€“h glycemic control in long-standing type 2 diabetes patients. <i>European Journal of Clinical Nutrition</i> , 2009, 63, 121-126.	1.3	25
25	The Siconolfi step test: a valid and reliable assessment of cardiopulmonary fitness in older men with prostate cancer. <i>European Review of Aging and Physical Activity</i> , 2019, 16, 1.	1.3	18
26	Minimal effect of walking before dinner on glycemic responses in type 2 diabetes: outcomes from the multi-site E-PAraDiGM study. <i>Acta Diabetologica</i> , 2019, 56, 755-765.	1.2	16
27	Prevalence of daily hyperglycemia in obese type 2 diabetic men compared with that in lean and obese normoglycemic men: effect of consumption of a sucrose-containing beverage. <i>American Journal of Clinical Nutrition</i> , 2009, 90, 511-518.	2.2	15
28	Seasonal variation in vitamin D status, bone health and athletic performance in competitive university student athletes: a longitudinal study. <i>Journal of Nutritional Science</i> , 2020, 9, e8.	0.7	12
29	Consumption of New Zealand Blackcurrant Extract Improves Recovery from Exercise-Induced Muscle Damage in Non-Resistance Trained Men and Women: A Double-Blind Randomised Trial. <i>Nutrients</i> , 2021, 13, 2875.	1.7	11
30	Community pharmacy lifestyle intervention to increase physical activity and improve cardiovascular health of men with prostate cancer: a phase II feasibility study. <i>BMJ Open</i> , 2019, 9, e025114.	0.8	10
31	Patient activation and patient-reported outcomes of men from a community pharmacy lifestyle intervention after prostate cancer treatment. <i>Supportive Care in Cancer</i> , 2022, 30, 347-358.	1.0	7
32	The relationship between vitamin D status, intake and exercise performance in UK University-level athletes and healthy inactive controls. <i>PLoS ONE</i> , 2021, 16, e0249671.	1.1	5
33	Obesity and low levels of physical activity impact on cardiopulmonary fitness in older men after treatment for prostate cancer. <i>European Journal of Cancer Care</i> , 2021, 30, e13476.	0.7	1
34	Insulinotropic and Muscle Protein Synthetic Effects of Branched-Chain Amino Acids: Potential Therapy for Type Diabetes and Sarcopenia. , 2016, , 87-104.		0