

Juha J Hulmi

List of Publications by Citations

Source: <https://exaly.com/author-pdf/9006622/juha-j-hulmi-publications-by-citations.pdf>

Version: 2024-04-23

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

72
papers

6,314
citations

29
h-index

74
g-index

74
ext. papers

7,287
ext. citations

4.7
avg, IF

4.78
L-index

#	Paper	IF	Citations
72	Guidelines for the use and interpretation of assays for monitoring autophagy (3rd edition). <i>Autophagy</i> , 2016 , 12, 1-222	10.2	3838
71	Are skeletal muscle FNDC5 gene expression and irisin release regulated by exercise and related to health?. <i>Journal of Physiology</i> , 2013 , 591, 5393-400	3.9	170
70	Acute and long-term effects of resistance exercise with or without protein ingestion on muscle hypertrophy and gene expression. <i>Amino Acids</i> , 2009 , 37, 297-308	3.5	133
69	Effect of protein/essential amino acids and resistance training on skeletal muscle hypertrophy: A case for whey protein. <i>Nutrition and Metabolism</i> , 2010 , 7, 51	4.6	128
68	Panoramic ultrasonography is a valid method to measure changes in skeletal muscle cross-sectional area. <i>European Journal of Applied Physiology</i> , 2010 , 108, 273-9	3.4	119
67	Heterogeneity in resistance training-induced muscle strength and mass responses in men and women of different ages. <i>Age</i> , 2016 , 38, 10		107
66	VEGF-B-induced vascular growth leads to metabolic reprogramming and ischemia resistance in the heart. <i>EMBO Molecular Medicine</i> , 2014 , 6, 307-21	12	106
65	Resistance exercise with whey protein ingestion affects mTOR signaling pathway and myostatin in men. <i>Journal of Applied Physiology</i> , 2009 , 106, 1720-9	3.7	102
64	Vitamin C and E supplementation alters protein signalling after a strength training session, but not muscle growth during 10 weeks of training. <i>Journal of Physiology</i> , 2014 , 592, 5391-408	3.9	99
63	Stimuli and sensors that initiate skeletal muscle hypertrophy following resistance exercise. <i>Journal of Applied Physiology</i> , 2019 , 126, 30-43	3.7	91
62	VEGF-B gene therapy inhibits doxorubicin-induced cardiotoxicity by endothelial protection. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2016 , 113, 13144-13149	11.5	72
61	Muscle protein synthesis, mTORC1/MAPK/Hippo signaling, and capillary density are altered by blocking of myostatin and activins. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2013 , 304, E41-50	6	65
60	Postexercise myostatin and activin IIb mRNA levels: effects of strength training. <i>Medicine and Science in Sports and Exercise</i> , 2007 , 39, 289-97	1.2	63
59	Altered REDD1, myostatin, and Akt/mTOR/FoxO/MAPK signaling in streptozotocin-induced diabetic muscle atrophy. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2012 , 302, E307-15	6	59
58	Effects of alfa-hydroxy-isocaproic acid on body composition, DOMS and performance in athletes. <i>Journal of the International Society of Sports Nutrition</i> , 2010 , 7, 1	4.5	58
57	Potential role of branched-chain amino acid catabolism in regulating fat oxidation. <i>Exercise and Sport Sciences Reviews</i> , 2013 , 41, 194-200	6.7	51
56	Resistance training induced increase in muscle fiber size in young and older men. <i>European Journal of Applied Physiology</i> , 2013 , 113, 641-50	3.4	46

55	PGC-1 isoforms and their target genes are expressed differently in human skeletal muscle following resistance and endurance exercise. <i>Physiological Reports</i> , 2015 , 3, e12563	2.6	44
54	Heavy resistance exercise training and skeletal muscle androgen receptor expression in younger and older men. <i>Steroids</i> , 2011 , 76, 183-92	2.8	42
53	Moderate exercise in mice improves cancer plus chemotherapy-induced muscle wasting and mitochondrial alterations. <i>FASEB Journal</i> , 2019 , 33, 5482-5494	0.9	42
52	Treating cachexia using soluble ACVR2B improves survival, alters mTOR localization, and attenuates liver and spleen responses. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2018 , 9, 514-529	10.3	38
51	Molecular signaling in muscle is affected by the specificity of resistance exercise protocol. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2012 , 22, 240-8	4.6	35
50	Exercise restores decreased physical activity levels and increases markers of autophagy and oxidative capacity in myostatin/activin-blocked mdx mice. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2013 , 305, E171-82	6	35
49	Androgen receptors and testosterone in men--effects of protein ingestion, resistance exercise and fiber type. <i>Journal of Steroid Biochemistry and Molecular Biology</i> , 2008 , 110, 130-7	5.1	33
48	The effects of whey protein on myostatin and cell cycle-related gene expression responses to a single heavy resistance exercise bout in trained older men. <i>European Journal of Applied Physiology</i> , 2008 , 102, 205-13	3.4	33
47	Prevention of chemotherapy-induced cachexia by ACVR2B ligand blocking has different effects on heart and skeletal muscle. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2018 , 9, 417-432	10.3	33
46	Effects of high-fat diet and physical activity on pyruvate dehydrogenase kinase-4 in mouse skeletal muscle. <i>Nutrition and Metabolism</i> , 2012 , 9, 53	4.6	31
45	The effects of whey protein with or without carbohydrates on resistance training adaptations. <i>Journal of the International Society of Sports Nutrition</i> , 2015 , 12, 48	4.5	29
44	Recovery after heavy resistance exercise and skeletal muscle androgen receptor and insulin-like growth factor-I isoform expression in strength trained men. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 767-77	3.2	28
43	Protein ingestion prior to strength exercise affects blood hormones and metabolism. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 1990-7	1.2	28
42	Variable resistance training promotes greater fatigue resistance but not hypertrophy versus constant resistance training. <i>European Journal of Applied Physiology</i> , 2013 , 113, 2233-44	3.4	26
41	Exercise type and volume alter signaling pathways regulating skeletal muscle glucose uptake and protein synthesis. <i>European Journal of Applied Physiology</i> , 2015 , 115, 1835-45	3.4	25
40	Combined effect of AAV-U7-induced dystrophin exon skipping and soluble activin Type IIB receptor in mdx mice. <i>Human Gene Therapy</i> , 2012 , 23, 1269-79	4.8	25
39	Autophagy is induced by resistance exercise in young men, but unfolded protein response is induced regardless of age. <i>Acta Physiologica</i> , 2018 , 224, e13069	5.6	24
38	The Effects of Intensive Weight Reduction on Body Composition and Serum Hormones in Female Fitness Competitors. <i>Frontiers in Physiology</i> , 2016 , 7, 689	4.6	24

37	Endothelial Bmx tyrosine kinase activity is essential for myocardial hypertrophy and remodeling. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , 2015 , 112, 13063-8	11.5	23
36	Effects of resistance exercise session after oral ingestion of melatonin on physiological and performance responses of adult men. <i>European Journal of Applied Physiology</i> , 2006 , 96, 729-39	3.4	22
35	Effect of diet composition on acid-base balance in adolescents, young adults and elderly at rest and during exercise. <i>European Journal of Clinical Nutrition</i> , 2015 , 69, 399-404	5.2	20
34	Treatment with soluble activin type IIB-receptor improves bone mass and strength in a mouse model of Duchenne muscular dystrophy. <i>BMC Musculoskeletal Disorders</i> , 2017 , 18, 20	2.8	20
33	Muscle and serum metabolomes are dysregulated in colon-26 tumor-bearing mice despite amelioration of cachexia with activin receptor type 2B ligand blockade. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2019 , 316, E852-E865	6	19
32	Effects of muscular dystrophy, exercise and blocking activin receptor IIB ligands on the unfolded protein response and oxidative stress. <i>Free Radical Biology and Medicine</i> , 2016 , 99, 308-322	7.8	19
31	Lipid droplet-associated proteins in high-fat fed mice with the effects of voluntary running and diet change. <i>Metabolism: Clinical and Experimental</i> , 2014 , 63, 1031-40	12.7	19
30	High-fat feeding induces angiogenesis in skeletal muscle and activates angiogenic pathways in capillaries. <i>Angiogenesis</i> , 2013 , 16, 297-307	10.6	19
29	Molecular Pathways Mediating Immunosuppression in Response to Prolonged Intensive Physical Training, Low-Energy Availability, and Intensive Weight Loss. <i>Frontiers in Immunology</i> , 2019 , 10, 907	8.4	18
28	Myostatin/activin blocking combined with exercise reconditions skeletal muscle expression profile of mdx mice. <i>Molecular and Cellular Endocrinology</i> , 2015 , 399, 131-42	4.4	18
27	Effect of sodium bicarbonate and beta-alanine supplementation on maximal sprint swimming. <i>Journal of the International Society of Sports Nutrition</i> , 2013 , 10, 52	4.5	18
26	Effects of resistance exercise and protein ingestion on blood leukocytes and platelets in young and older men. <i>European Journal of Applied Physiology</i> , 2010 , 109, 343-53	3.4	17
25	Systemic Blockade of ACVR2B Ligands Protects Myocardium from Acute Ischemia-Reperfusion Injury. <i>Molecular Therapy</i> , 2019 , 27, 600-610	11.7	16
24	Morphological, molecular and hormonal adaptations to early morning versus afternoon resistance training. <i>Chronobiology International</i> , 2018 , 35, 450-464	3.6	14
23	Effect of strength training session on plasma amino acid concentration following oral ingestion of leucine, BCAAs or glutamine in men. <i>European Journal of Applied Physiology</i> , 2009 , 105, 215-23	3.4	13
22	Moderate energy restriction with high protein diet results in healthier outcome in women. <i>Journal of the International Society of Sports Nutrition</i> , 2010 , 7, 4	4.5	12
21	Effects of resistance training on expression of IGF-I splice variants in younger and older men. <i>European Journal of Sport Science</i> , 2016 , 16, 1055-63	3.9	12
20	Body composition and power performance improved after weight reduction in male athletes without hampering hormonal balance. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 29-36	3.2	11

19	Differentiation of Murine C2C12 Myoblasts Strongly Reduces the Effects of Myostatin on Intracellular Signaling. <i>Biomolecules</i> , 2020 , 10,	5.9	11
18	Muscle NAD depletion and Serpina3n as molecular determinants of murine cancer cachexia-the effects of blocking myostatin and activins. <i>Molecular Metabolism</i> , 2020 , 41, 101046	8.8	10
17	Upregulation of activin-B and follistatin in pulmonary fibrosis - a translational study using human biopsies and a specific inhibitor in mouse fibrosis models. <i>BMC Pulmonary Medicine</i> , 2014 , 14, 170	3.5	10
16	Blocking Activin Receptor Ligands Is Not Sufficient to Rescue Cancer-Associated Gut Microbiota-A Role for Gut Microbial Flagellin in Colorectal Cancer and Cachexia?. <i>Cancers</i> , 2019 , 11,	6.6	8
15	Effect of strength training session on plasma amino acid concentration following oral ingestion of arginine or taurine in men. <i>Amino Acids</i> , 2008 , 35, 99-106	3.5	7
14	Cannabinoid receptor 1 and acute resistance exercise--In vivo and in vitro studies in human skeletal muscle. <i>Peptides</i> , 2015 , 67, 55-63	3.8	6
13	Activin Receptor Ligand Blocking and Cancer Have Distinct Effects on Protein and Redox Homeostasis in Skeletal Muscle and Liver. <i>Frontiers in Physiology</i> , 2018 , 9, 1917	4.6	6
12	Targeting the Activin Receptor Signaling to Counteract the Multi-Systemic Complications of Cancer and Its Treatments. <i>Cells</i> , 2021 , 10,	7.9	5
11	Effects of time of day on resistance exercise-induced anabolic signaling in skeletal muscle. <i>Biological Rhythm Research</i> , 2013 , 44, 756-770	0.8	4
10	Systemic blockade of ACVR2B ligands attenuates muscle wasting in ischemic heart failure without compromising cardiac function. <i>FASEB Journal</i> , 2020 , 34, 9911-9924	0.9	4
9	Muscle follistatin gene delivery increases muscle protein synthesis independent of periodical physical inactivity and fasting. <i>FASEB Journal</i> , 2021 , 35, e21387	0.9	3
8	Higher glucose availability augments the metabolic responses of the C2C12 myotubes to exercise-like electrical pulse stimulation. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2021 , 321, E229-E245	6	3
7	Muscle hypertrophy and metabolic signaling after two different resistance exercises in young men. <i>FASEB Journal</i> , 2010 , 24, 1046.6	0.9	1
6	Sprint and Strength Training Modulates Autophagy and Proteostasis in Aging Sprinters. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 1948-1959	1.2	1
5	Mitochondrial bioenergetic pathways in blood leukocyte transcriptome decrease after intensive weight loss but are rescued following weight regain in female physique athletes. <i>FASEB Journal</i> , 2021 , 35, e21484	0.9	0
4	Resistance Training Induces Antiatherogenic Effects on Metabolomic Pathways. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 1866-1875	1.2	0
3	β-Hydroxy-Isocaproic Acid (HICA) Effects on Body Composition, Muscle Soreness and Athletic Performance 2013 , 213-216		
2	Blocking of myostatin and activins increase muscle protein synthesis and mTORC1 signaling but decreases capillary density. <i>FASEB Journal</i> , 2012 , 26, 1075.2	0.9	

- 1 Alfa-Hydroxy-Isocaproic Acid Effects on Body Composition, Muscle Soreness, and Athletic Performance **2019**, 247-250