

Juha J Hulmi

List of Publications by Year in Descending Order

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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	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
71	Targeting the Activin Receptor Signaling to Counteract the Multi-Systemic Complications of Cancer and Its Treatments. <i>Cells</i> , 2021 , 10,	7.9	5
70	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
69	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
68	Differentiation of Murine C2C12 Myoblasts Strongly Reduces the Effects of Myostatin on Intracellular Signaling. <i>Biomolecules</i> , 2020 , 10,	5.9	11
67	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
66	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
65	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
64	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
63	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
62	Systemic Blockade of ACVR2B Ligands Protects Myocardium from Acute Ischemia-Reperfusion Injury. <i>Molecular Therapy</i> , 2019 , 27, 600-610	11.7	16
61	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
60	Resistance Training Induces Antiatherogenic Effects on Metabolomic Pathways. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 1866-1875	1.2	0
59	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
58	Alfa-Hydroxy-Isocaproic Acid Effects on Body Composition, Muscle Soreness, and Athletic Performance 2019 , 247-250		
57	Stimuli and sensors that initiate skeletal muscle hypertrophy following resistance exercise. <i>Journal of Applied Physiology</i> , 2019 , 126, 30-43	3.7	91
56	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

55	Morphological, molecular and hormonal adaptations to early morning versus afternoon resistance training. <i>Chronobiology International</i> , 2018 , 35, 450-464	3.6	14
54	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
53	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
52	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
51	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
50	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
49	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
48	Guidelines for the use and interpretation of assays for monitoring autophagy (3rd edition). <i>Autophagy</i> , 2016 , 12, 1-222	10.2	3838
47	Heterogeneity in resistance training-induced muscle strength and mass responses in men and women of different ages. <i>Age</i> , 2016 , 38, 10		107
46	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
45	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
44	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
43	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
42	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
41	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
40	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
39	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
38	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

37	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
36	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
35	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
34	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
33	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
32	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
31	High-fat feeding induces angiogenesis in skeletal muscle and activates angiogenic pathways in capillaries. <i>Angiogenesis</i> , 2013 , 16, 297-307	10.6	19
30	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
29	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
28	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
27	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
26	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
25	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
24	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
23	β-Hydroxy-Isocaproic Acid (HICA) Effects on Body Composition, Muscle Soreness and Athletic Performance 2013 , 213-216		
22	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
21	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	6.15	59
20	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

19	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
18	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	
17	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
16	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
15	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
14	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
13	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
12	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
11	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
10	Muscle hypertrophy and metabolic signaling after two different resistance exercises in young men. <i>FASEB Journal</i> , 2010 , 24, 1046.6	0.9	1
9	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
8	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
7	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
6	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
5	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
4	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
3	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
2	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

- 1 Protein ingestion prior to strength exercise affects blood hormones and metabolism. *Medicine and Science in Sports and Exercise*, **2005**, 37, 1990-7

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