The Journal of Cachexia, Sarcopenia and Muscle stays the front-runner in geriatrics and gerontology

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The Journal of Cachexia, Sarcopenia and Muscle (JCSM) is an international, peer-reviewed journal that is published together with the Society on Sarcopenia, Cachexia and Wasting Disorders and with the support of Wiley publishing. Since JCSM is an open-access journal, all articles are immediately available for free to the entire scientific community. JCSM is devoted to promoting research on cachexia and sarcopenia in chronic illnesses. Other main interests include physiological and pathophysiological changes in body composition in an aging population with and without underlying illness. More recently, a number of publications have also covered the intriguing area of neuromuscular disorders, and Professor Jens Schmidt has joined the editorial team with an excellent knowledge of the area.1–8 Special research interests otherwise include lipolysis, muscle wasting, and biomarkers for metabolic changes. The Journal is therefore attractive for many different medical specialities such as clinicians, physicians, trialists, basic scientists, pharmacologists, nurses, physiotherapists, biochemists, biologists, dieticians, and students. Editor-in-chief is Professor Stefan D. Anker, co-editor-in-chief is Professor Stephan von Haehling, and senior consulting editor is Professor Andrew J. S. Coats. The editorial team is composed of Monika Diek and Corinna Denecke, which we very much want to thank for their great work. We also want to thank our many different associate editors and reviewers, as well as the authors themselves that constantly submit new papers. JCSM was first published in 2010 and is now in its 10th issue. The number of issues has steadily increased over the years from 2 since 2010, to 4 since 2011, to 5 since 2016, to 6 since 2017, and lastly to 7 since 2018.

Worldwide, all journals are constantly comparing each other with the help of different scores and ratings. In Europe and the United States, the most important rating is the Thomson Scientific impact factor. It is calculated by adding up all citations that are made in the current year for articles published in the last 2 years, divided by the number of original articles and reviews published in the last 2 years. Therefore, the impact factor is always published about 6–7 months after the end of each year—for instance, in summer 2019, the 2018 impact factors were released. For the second time in a row, JCSM has managed to increase its impact factor by 45%. For comparison, we looked at two other journals that also publish in the fields of cachexia, nutrition, and aging associated changes in the body: ‘Nutrition’ (2018 impact factor 3.591) and ‘The Journal of Nutrition, Health and Aging’ (JNHA, 2018 impact factor 2.660). Since 2013, Nutrition was able to increase its impact factor by 18%, while the impact factor of JNHA remained constant.

Looking at the most cited scientific papers in JCSM from 2016, 2017, and 20189 (Tables 1–3), one can see that there is great interest in original articles and reviews but also some of the Editorials gather a lot on interest. A total of 33 scientific papers published between 2016 and 2018 have already been cited ≥25 times (counted until 16th of August 2019). In the same time, in the journal Nutrition, a total of 25 scientific papers have been cited ≥25 times (Tables 4–6), while six scientific papers in JNHA have been cited ≥25 times (Tables 7–9). We
also looked at the top cited scientific papers ever published in the three journals (Tables 10–12) and found that on average, the top 10 papers in JCSM were cited 152 times, in Nutrition 670 times, and in JNHA 406 times—which is mainly due to the fact that Nutrition has been listed in Scopus since 1987 and JNHA since 1997, while JCSM started only in 2010. So far, JCSM has published 563 papers, Nutrition 6198 papers, and JNHA 2396 papers. On average, JCSM has published 56 papers/year, Nutrition 188 papers/year, and JNHA 104 papers/year, which of course are major determinants of the respective journal’s impact factor. This also underscores that all three journals have different approaches towards the number of papers published per year. We are grateful and look forward to more submissions of excellent research in the field of wasting and muscle disorders and are confident to maintain high quality in the Journal.

Figure 1 Impact factor of JCSM, Nutrition, and JNHA between 2008 and 2018.
Table 1: Top 25 scientific publications published in 2016 in the Journal of Cachexia, Sarcopenia and Muscle

| Nr. | First author          | Title                                                                                                                                                                                                 | Type                  | Times cited | Reference |
|-----|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-------------|-----------|
| 1   | Malmstrom TK          | SARC-F: a symptom score to predict persons with sarcopenia at risk for poor functional outcomes                                                                                                       | Original article      | 105         | 10        |
| 2   | Montano-Loza AJ       | Sarcopenic obesity and myosteatosis are associated with higher mortality in patients with cirrhosis                                                                                                | Original article      | 110         | 11        |
| 3   | Anker SD              | Welcome to the ICD-10 code for sarcopenia                                                                                                                                                            | Editorial             | 82          | 12        |
| 4   | Coats AJS             | Espinolol for the treatment and prevention of cachexia in patients with stage III/IV non-small cell lung cancer or colorectal cancer: a randomized, double-blind, placebo-controlled, international multicentre phase II study (the ACT-ONE trial) | Original article      | 67          | 13        |
| 5   | Brown JC              | Sarcopenia and mortality among a population-based sample of community-dwelling older adults                                                                                                          | Original article      | 65          | 14        |
| 6   | von Haehling S        | Prevalence and clinical impact of cachexia in chronic illness in Europe, USA, and Japan: facts and numbers update 2016                                                                                   | Editorial             | 56          | 15        |
| 7   | Rutten UJG            | Loss of skeletal muscle during neoadjuvant chemotherapy is related to decreased survival in ovarian cancer patients                                                                                  | Original article      | 54          | 16        |
| 8   | Tyrovolas S           | Factors associated with skeletal muscle mass, sarcopenia, and sarcopenic obesity in older adults: a multi-continent study                                                                               | Original article      | 51          | 17        |
| 9   | Leong DP              | Reference ranges of handgrip strength from 125,462 healthy adults in 21 countries: a prospective urban rural epidemiologic (PURE) study                                                               | Original article      | 44          | 18        |
| 10  | Loncar G              | Cardiac cachexia: hic et nunc                                                                                                                                                                         | Review                | 41          | 19        |
| 11  | Sanders KJC           | Cachexia in chronic obstructive pulmonary disease: new insights and therapeutic perspective                                                                                                          | Review                | 39          | 20        |
| 12  | Barbosa-Silva TG      | Prevalence of sarcopenia among community-dwelling elderly of a medium-sized South American city: results of the COMO VAI? study                                                                  | Original article      | 37          | 21        |
| 13  | Foong YC              | Accelerometer-determined physical activity, muscle mass, and leg strength in community-dwelling older adults                                                                                         | Original article      | 31          | 22        |
| 14  | Sente T               | Adiponectin resistance in skeletal muscle: pathophysiological implications in chronic heart failure                                                                                                  | Review                | 30          | 23        |
| 15  | Sakuma K              | p62/SQSTM1 but not LC3 is accumulated in sarcopenic muscle of mice                                                                                                                                 | Original article      | 29          | 24        |
| 16  | Batista ML            | Cachexia-associated adipose tissue morphological rearrangement in gastrointestinal cancer patients                                                                                                       | Original article      | 29          | 25        |
| 17  | Patel MS              | Growth differentiation factor-15 is associated with muscle mass in chronic obstructive pulmonary disease and promotes muscle wasting in vivo                                                        | Original article      | 26          | 26        |
| 18  | Banach M              | Discussion around statin discontinuation in older adults and patients with wasting diseases                                                                                                           | Editorial             | 25          | 27        |
| 19  | de Vries NM           | Patient-centred physical therapy is (cost-) effective in increasing physical activity and reducing frailty in older adults with mobility problems: a randomized controlled trial with 6 months follow-up | Original article      | 25          | 28        |
| 20  | Lewis A               | Increased expression of H19/miR-675 is associated with a low fat-free mass index in patients with COPD                                                                                               | Original article      | 25          | 29        |
| 21  | Giron MD              | Conversion of leucine to -hydroxy--methylbutyrate by -keto isocaproate dioxygenase is required for a potent stimulation of protein synthesis in L6 rat myotubes                                                   | Original article      | 25          | 30        |
| 22  | Nederveen JP          | Skeletal muscle satellite cells are located at a closer proximity to capillaries in healthy young compared with older men                                                                            | Original article      | 24          | 31        |
| 23  | Go SI                 | Prognostic impact of sarcopenia in patients with diffuse large B-cell lymphoma treated with rituximab plus cyclophosphamide, doxorubicin, vincristine, and prednisone                                      | Original article      | 24          | 32        |
| 24  | Pinto CL              | Impact of creatine supplementation in combination with resistance training on lean mass in the elderly                                                                                               | Original article      | 24          | 33        |
| 25  | Berger D              | Dysfunction of respiratory muscles in critically ill patients on the intensive care unit                                                                                                              | Review                | 24          | 34        |
| Nr. | First author | Title | Type | Times cited | Reference |
|-----|--------------|-------|------|-------------|-----------|
| 1   | Kalafateli M | Malnutrition and sarcopenia predict post-liver transplantation outcomes independently of the Model for End-stage Liver Disease score | Original article | 59 | 35 |
| 2   | Solheim TS | A randomized phase II feasibility trial of a multimodal intervention for the management of cachexia in lung and pancreatic cancer | Original article | 48 | 36 |
| 3   | van Dijk DPJ | Low skeletal muscle radiation attenuation and visceral adiposity are associated with overall survival and surgical site infections in patients with pancreatic cancer | Original article | 41 | 37 |
| 4   | Boengler K | Mitochondria and ageing: role in heart, skeletal muscle and adipose tissue | Review | 36 | 38 |
| 5   | Mochamat | A systematic review on the role of vitamins, minerals, proteins, and other supplements for the treatment of cachexia in cancer: a European Palliative Care Research Centre cachexia project | Review | 32 | 39 |
| 6   | Rutten IJG | Psoas muscle area is not representative of total skeletal muscle area in the assessment of sarcopenia in ovarian cancer | Original article | 29 | 40 |
| 7   | Brown JL | Mitochondrial degeneration precedes the development of muscle atrophy in progression of cancer cachexia in tumour-bearing mice | Original article | 28 | 41 |
| 8   | Nijholt W | The reliability and validity of ultrasound to quantify muscles in older adults: a systematic review | Review | 27 | 42 |
| 8   | Morley JE | Anorexia of ageing: a key component in the pathogenesis of both sarcopenia and cachexia | Editorial | 27 | 43 |
| 8   | Snijders T | Muscle fibre capillarization is a critical factor in muscle fibre hypertrophy during resistance exercise training in older men | Original article | 27 | 44 |
| 11  | Martone AM | The incidence of sarcopenia among hospitalized older patients: results from the Glisten study | Original article | 26 | 45 |
| 11  | Holecek M | Beta-hydroxy-beta-methylbutyrate supplementation and skeletal muscle in healthy and muscle-wasting conditions | Review | 26 | 46 |
| 11  | van Vugt JLA | A comparative study of software programmes for cross-sectional skeletal muscle and adipose tissue measurements on abdominal computed tomography scans of rectal cancer patients | Original article | 26 | 47 |
| 14  | Nishikawa H | Elevated serum myostatin level is associated with worse survival in patients with liver cirrhosis | Original article | 25 | 48 |
| 14  | Lipina C | Lipid modulation of skeletal muscle mass and function | Review | 25 | 49 |
| 14  | Sahebkar A | Curcumin: an effective adjunct in patients with statin-associated muscle symptoms? | Review | 25 | 50 |
| 17  | St-Jean-Pelletier F | The impact of ageing, physical activity, and pre-frailty on skeletal muscle phenotype, mitochondrial content, and intramyocellular lipids in men | Original article | 24 | 51 |
| 18  | dos Santos L | Sarcopenia and physical independence in older adults: the independent and synergic role of muscle mass and muscle function | Original article | 23 | 52 |
| 19  | Baracos VE | Psoas as a sentinel muscle for sarcopenia: a flawed premise | Editorial | 22 | 53 |
| 19  | Gonzalez MC | Bioelectrical impedance analysis for diagnosing sarcopenia and cachexia: what are we really estimating? | Editorial | 22 | 54 |
| 19  | Klassen O | Muscle strength in breast cancer patients receiving different treatment regimes | Original article | 22 | 55 |
| 19  | Dodds RM | Prevalence and incidence of sarcopenia in the very old: findings from the Newcastle 85+ Study | Original article | 22 | 56 |
| 19  | Kittiskulnam P | Sarcopenia among patients receiving hemodialysis: weighing the evidence | Original article | 22 | 57 |
| 24  | van de Boel C | A randomized clinical trial investigating the efficacy of targeted nutrition as adjunct to exercise training in COPD | Original article | 21 | 58 |
| 24  | Beaudart C | Validation of the SarQoL, a specific health-related quality of life questionnaire for Sarcopenia | Original article | 21 | 59 |
### Table 3: Top 25 Scientific Publications Published in 2018 in the Journal of Cachexia, Sarcopenia and Muscle

| Nr. | First author | Title                                                                 | Type                        | Times cited | Reference |
|-----|--------------|----------------------------------------------------------------------|-----------------------------|-------------|-----------|
| 1   | Buckinx F    | Pitfalls in the measurement of muscle mass: a need for a reference standard | Original article            | 50          | 60        |
| 2   | Tieland M    | Skeletal muscle performance and ageing                                | Review                      | 24          | 61        |
| 3   | Daly LE      | Loss of skeletal muscle during systemic chemotherapy is prognostic of poor survival in patients with forogut cancer | Original article            | 18          | 62        |
| 3   | Choi MH      | Sarcopenia is negatively associated with long-term outcomes in locally advanced rectal cancer | Original article            | 18          | 63        |
| 5   | Rhee CM      | Low-protein diet for conservative management of chronic kidney disease: a systematic review and meta-analysis of controlled trials | Original article            | 14          | 64        |
| 6   | Zhang ZK     | A newly identified IncRNA MAR1 acts as a miR-487b sponge to promote skeletal muscle differentiation and regeneration | Original article            | 13          | 65        |
| 6   | Muecke M     | Systematic review and meta-analysis of cannabinoids in palliative medicine | Review                      | 13          | 66        |
| 8   | Mayr R       | Sarcopenia as a comorbidity-independent predictor of survival following radical cystectomy for bladder cancer | Original article            | 12          | 67        |
| 8   | Calder PC    | Targeted medical nutrition for cachexia in chronic obstructive pulmonary disease: a randomized, controlled trial | Original article            | 12          | 68        |
| 9   | Yang QJ      | Serum and urine metabolomics study reveals a distinct diagnostic model for cancer cachexia | Original article            | 11          | 69        |
| 11  | Zhang A      | miRNA-23a/27a attenuates muscle atrophy and renal fibrosis through muscle-kidney crosstalk | Original article            | 10          | 70        |
| 11  | Connolly M   | miR-424-5p reduces ribosomal RNA and protein synthesis in muscle wasting | Original article            | 10          | 71        |
| 11  | Paul R       | miR-422a suppresses SMAD4 protein expression and promotes resistance to muscle loss | Original article            | 10          | 72        |
| 14  | Ni Bhuachalla EB | Computed tomography diagnosed cachexia and sarcopenia in 725 oncology patients: is nutritional screening capturing hidden malnutrition? | Original article          | 9           | 73        |
| 14  | Cala MP      | Multiprofile plasma fingerprinting in cancer cachexia: a pilot observational and translational study | Original article            | 9           | 74        |
| 14  | Hardee JP    | Inflammatory signalling regulates eccentric contraction-induced protein synthesis in cachectic skeletal muscle | Original article            | 9           | 75        |
| 17  | Nissinen TA  | Treating cachexia using soluble ACVR2B improves survival, alters mTOR localization, and attenuates liver and spleen responses | Original article            | 8           | 76        |
| 17  | Siracusa J   | Circulating myomiRs: a new class of biomarkers to monitor skeletal muscle in physiology and medicine | Review                      | 8           | 77        |
| 19  | Kays JK      | Three cachexia phenotypes and the impact of fat-only loss on survival in FOLFIRINOX therapy for pancreatic cancer | Original article            | 7           | 78        |
| 19  | Talbert EE   | Circulating monocyte chemoattractant protein-1 (MCP-1) is associated with cachexia in treatment-naive pancreatic cancer patients | Original article            | 7           | 79        |
| 21  | Ebadi M      | Poor performance of psoas muscle index for identification of patients with higher waitlist mortality risk in cirrhosis | Original article            | 6           | 80        |
| 21  | Golan T      | LY2495655, an antimyostatin antibody, in pancreatic cancer: a randomized, phase 2 trial | Original article            | 6           | 81        |
| 21  | van der Pijl R | Titin-based mechanosensing modulates muscle hypertrophy | Original article            | 6           | 82        |
| 21  | Peng LN      | Healthy community-living older men differ from women in associations between myostatin levels and skeletal muscle mass | Original article            | 6           | 83        |
| 21  | Shankaran M  | Dilution of oral D-3-Creatine to measure creatine pool size and estimate skeletal muscle mass: development of a correction algorithm | Original article            | 6           | 84        |

### Table 4: Top 25 Scientific Publications Published in 2016 in Nutrition

| Nr. | First author | Title                                                                 | Type                        | Times cited | Reference |
|-----|--------------|----------------------------------------------------------------------|-----------------------------|-------------|-----------|
| 1   | Akkasheh G   | Clinical and metabolic response to probiotic administration in patients with major depressive disorder: a randomized, double-blind, placebo-controlled trial | Applied nutritional investigation | 112         | 85        |
| 2   | Diaz-Gerevini GT | Beneficial action of resveratrol: how and why?                      | Review                      | 83          | 86        |
| 3   | Sahebkar A   | Dilution of oral D-3-Creatine to measure creatine pool size and estimate skeletal muscle mass: development of a correction algorithm | Review                      | 80          | 87        |

(Continues)
| Nr. | First author | Title | Type | Times cited | Reference |
|-----|--------------|-------|------|-------------|-----------|
| 4   | Liu X        | Fruit and vegetable consumption and the risk of depression: a meta-analysis | Review | 64          | 88        |
| 5   | Hamaguchi Y  | Proposal for new diagnostic criteria for low skeletal muscle mass based on computed tomography imaging in Asian adults | Applied nutritional investigation | 46          | 89        |
| 6   | Obih C       | Specific carbohydrate diet for pediatric inflammatory bowel disease in clinical practice within an academic IBD center | Applied nutritional investigation | 45          | 90        |
| 7   | Venturelli S | Prenylated chalcones and flavonoids for the prevention and treatment of cancer | Review | 44          | 91        |
| 8   | Sadeghian M  | Vitamin D status in relation to Crohn’s disease: meta-analysis of observational studies | Review & meta-analysis | 33          | 92        |
| 8   | Thomas MN    | Effects of malnutrition on complication rates, length of hospital stay, and revenue in elective surgical patients in the G-DRG-system | Applied nutritional investigation | 33          | 93        |
| 10  | Panahi Y     | Effects of supplementation with curcumin on serum adipokine concentrations: a randomized controlled trial | Applied nutritional investigation | 32          | 94        |
| 10  | Kashtanova DA| Association between the gut microbiota and diet: fetal life, early childhood, and further life | Review | 32          | 95        |
| 12  | Rouhani MH   | Associations between dietary energy density and obesity: a systematic review and meta-analysis of observational studies | Review | 31          | 96        |
| 12  | Sarrafzadegan N | Magnesium status and the metabolic syndrome: a systematic review and meta-analysis | Review | 31          | 97        |
| 14  | Yamagishi S  | Pathologic role of dietary advanced glycation end products in cardiometabolic disorders, and therapeutic intervention | Review | 29          | 98        |
| 14  | Sahebkar A   | Effect of garlic on plasma lipoprotein(a) concentrations: a systematic review and meta-analysis of randomized controlled clinical trials | Meta-analysis | 29          | 99        |
| 16  | Rincon-Cervera MA | Supplementation with antioxidant-rich extra virgin olive oil prevents hepatic oxidative stress and reduction of desaturation capacity in mice fed a high-fat diet: effects on fatty acid composition in liver and extrahepatic tissues | Basic nutritional investigation | 28          | 100       |
| 17  | Bernini LJ   | Beneficial effects of Bifidobacterium lactis on lipid profile and cytokines in patients with metabolic syndrome: a randomized trial. Effects of probiotics on metabolic syndrome | Brief report | 27          | 101       |
| 17  | Manna P      | Beneficial role of vitamin K supplementation on insulin sensitivity, glucose metabolism, and the reduced risk of type 2 diabetes: a review | Review | 27          | 102       |
| 19  | Schollenberger AE | Impact of protein supplementation after bariatric surgery: a randomized controlled double-blind pilot study | Applied nutritional investigation | 25          | 103       |
| 20  | Bounoure L   | Detection and treatment of medical inpatients with or at-risk of malnutrition: suggested procedures based on validated guidelines | Applied nutritional investigation | 23          | 104       |
| 21  | Sandini M    | A high visceral adipose tissue-to-skeletal muscle ratio as a determinant of major complications after pancreateoduodenectomy for cancer | Applied nutritional investigation | 22          | 105       |
| 21  | Marques-Rocha JL | Expression of inflammation-related miRNAs in white blood cells from subjects with metabolic syndrome after 8 wk of following a Mediterranean diet-based weight loss program | Applied nutritional investigation | 22          | 106       |
| 23  | Caccialanza R| Awareness and consideration of malnutrition among oncologists: insights from an exploratory survey | Brief report | 21          | 107       |
| 23  | Silvester JA | Is it gluten-free? Relationship between self-reported gluten-free diet adherence and knowledge of gluten content of foods | Applied nutritional investigation | 21          | 108       |
| 23  | Alvarez JA   | Body composition and lung function in cystic fibrosis and their association with adiposity and normal-weight obesity | Applied nutritional investigation | 21          | 109       |
### Table 5: Top 25 scientific publications published in 2017 in Nutrition

| Nr. | First author | Title | Type | Times cited | Reference |
|-----|--------------|-------|------|-------------|-----------|
| 1   | Skalickova S | Selenium nanoparticles as a nutritional supplement | Review | 62 | 110 |
| 2   | Bjorklund G  | Role of oxidative stress and antioxidants in daily nutrition and human health | Review | 59 | 111 |
| 3   | Sharma K     | Converting citrus wastes into value-added products: economic and environmentally friendly approaches | Review | 53 | 112 |
| 4   | Friedli N    | Revisiting the refeeding syndrome: results of a systematic review | Review | 44 | 113 |
| 5   | DeBoer MD    | Systemic inflammation, growth factors, and linear growth in the setting of infection and malnutrition | Applied nutritional investigation | 28 | 114 |
| 6   | Kaido T      | Effects of pretransplant sarcopenia and sequential changes in sarcopenic parameters after living donor liver transplantation | Applied nutritional investigation | 24 | 115 |
| 6   | Farinetti A  | Mediterranean diet and colorectal cancer: a systematic review | Review | 24 | 116 |
| 8   | Muros JJ     | Mediterranean diet adherence is associated with lifestyle, physical fitness, and mental wellness among 10-y-olds in Chile | Applied nutritional investigation | 22 | 117 |
| 8   | Sur S        | Molecular aspects of cancer chemopreventive and therapeutic efficacies of tea and tea polyphenols | Review | 22 | 118 |
| 8   | Eglsseer D   | Is the presence of a validated malnutrition screening tool associated with better nutritional care in hospitalized patients? | Applied nutritional investigation | 22 | 119 |
| 11  | Charytoniuk T| Alternative treatment methods attenuate the development of NAFLD: a review of resveratrol molecular mechanisms and clinical trials | Review | 18 | 120 |
| 11  | Akhtar N     | Inhibition of cartilage degradation and suppression of PGE(2) and MMPs expression by pomegranate fruit extract in a model of posttraumatic osteoarthritis | Basic nutritional investigation | 18 | 121 |
| 11  | Holecek M    | Branched-chain amino acid supplementation in treatment of liver cirrhosis: updated views on how to attenuate their harmful effects on cataplerosis and ammonia formation | Review | 18 | 122 |
| 14  | Gundala NKV  | Arachidonic acid and lipoxinA4 attenuate streptozotocin-induced cytotoxicity to RIN5 F cells in vitro and type 1 and type 2 diabetes mellitus in vivo | Basic nutritional investigation | 17 | 123 |
| 15  | Tang Y       | Administration of probiotic mixture DM#1 ameliorated 5-flourouracil-induced intestinal mucositis and dysbiosis in rats | Basic nutritional investigation | 15 | 124 |
| 15  | Abdulrazaq M | Effect of omega-3 polyunsaturated fatty acids on arthritic pain: a systematic review | Review | 15 | 125 |
| 17  | Della Corte C| Good adherence to the Mediterranean diet reduces the risk for NASH and diabetes in pediatric patients with obesity: the results of an Italian Study | Applied nutritional investigation | 14 | 126 |
| 17  | Rajizadeh A  | Effect of magnesium supplementation on depression status in depressed patients with magnesium deficiency: a randomized, double-blind, placebo-controlled trial | Applied nutritional investigation | 14 | 127 |
| 17  | Karuppagounder V | Tiny molecule, big power: multi-target approach for curcumin in diabetic cardiomyopathy | Review | 14 | 128 |
| 20  | Han S        | Lipolysis and thermogenesis in adipose tissues as new potential mechanisms for metabolic benefits of dietary fiber | Basic nutritional investigation | 13 | 129 |
| 20  | Netto BDM    | Eating patterns and food choice as determinant of weight loss and improvement of metabolic profile after RYGB | Applied nutritional investigation | 13 | 130 |
| 22  | Cruz KJC     | Role of microRNAs on adipogenesis, chronic low-grade inflammation, and insulin resistance in obesity | Review | 12 | 131 |
| 22  | Clayton ZS   | Egg consumption and heart health: a review | Review | 12 | 132 |
| 22  | Bhaswant M   | Anthocyanins in chokeberry and purple maize attenuate diet-induced metabolic syndrome in rats | Basic nutritional investigation | 12 | 133 |
| 22  | Aoe S        | Effects of high beta-glucan barley on visceral fat obesity in Japanese individuals: a randomized, double-blind study | Applied nutritional investigation | 12 | 134 |
Table 6  Top 25 scientific publications published in 2018 in Nutrition

| Nr. | First author | Title                                                                 | Type                        | Times cited | Reference |
|-----|--------------|----------------------------------------------------------------------|-----------------------------|-------------|-----------|
| 1   | Schumann D   | Low fermentable, oligo-, di-, mono-saccharides and polyol diet in the treatment of irritable bowel syndrome: a systematic review and meta-analysis | Review                      | 29          | 135       |
| 2   | Nowinski A   | Trimethylamine N-oxide: a harmful, protective or diagnostic marker in lifestyle diseases? | Review                      | 17          | 136       |
| 2   | Gioxari A    | Intake of omega-3 polyunsaturated fatty acids in patients with rheumatoid arthritis: a systematic review and meta-analysis | Review                      | 17          | 137       |
| 4   | Parker EA    | Probiotics and gastrointestinal conditions: an overview of evidence from the Cochrane Collaboration | Review                      | 14          | 138       |
| 5   | Tewari N     | A comparison of three methods to assess body composition | Applied nutritional investigation | 13          | 139       |
| 6   | Mafra D      | Red meat intake in chronic kidney disease patients: two sides of the coin | Review                      | 11          | 140       |
| 7   | Shivappa N   | Association of proinflammatory diet with low-grade inflammation: results from the Moli-sani study | Applied nutritional investigation | 10          | 141       |
| 8   | Gianfredi V  | Can chocolate consumption reduce cardiovascular risk? A systematic review and meta-analysis | Review                      | 9           | 142       |
| 8   | Zhang N      | Time for food: the impact of diet on gut microbiota and human health | Review                      | 9           | 143       |
| 10  | Sampasa-Kanyinga H | Sleep duration and consumption of sugar-sweetened beverages and energy drinks among adolescents | Applied nutritional investigation | 8           | 144       |
| 10  | Thiennimitr P | Lactobacillus paracasei HII01, xylooligosaccharides, and symbiotics reduce gut disturbance in obese rats | Basic nutritional investigation | 8           | 145       |
| 10  | Pineda-Juarez JA | Body composition evaluated by body mass index and bioelectrical impedance vector analysis in women with rheumatoid arthritis | Applied nutritional investigation | 8           | 146       |
| 13  | Rinninella E | NutriCatt protocol in the Enhanced Recovery After Surgery (ERAS) program for colorectal surgery: the nutritional support improves clinical and cost-effectiveness outcomes | Applied nutritional investigation | 7           | 147       |
| 13  | Bermudes ACG | Changes in lipid metabolism in pediatric patients with severe sepsis and septic shock | Applied nutritional investigation | 7           | 148       |
| 15  | Mou D        | Maternal methyl donor supplementation during gestation counteracts bisphenol A-induced oxidative stress in sows and offspring | Basic nutritional investigation | 6           | 149       |
| 15  | Bielinska K  | High salt intake increases plasma trimethylamine N-oxide (TMAO) concentration and produces gut dysbiosis in rats | Basic nutritional investigation | 6           | 150       |
| 17  | Reichenberger J | It’s craving time: time of day effects on momentary hunger and food craving in daily life | Applied nutritional investigation | 5           | 151       |
| 17  | Brasil GA    | The benefits of soluble non-bacterial fraction of kefir on blood pressure and cardiac hypertrophy in hypertensive rats are mediated by an increase in baroreflex sensitivity and decrease in angiotensin-converting enzyme activity | Basic nutritional investigation | 5           | 152       |
| 17  | Ylilen E     | Intestinal failure as a significant risk factor for renal impairment in children | Applied nutritional investigation | 5           | 153       |
| 17  | Kim HM       | Caffeic acid ameliorates hepatic steatosis and reduces ER stress in high fat diet-induced obese mice by regulating autophagy | Basic nutritional investigation | 5           | 154       |
| 17  | Nunes S      | Adherence to a Mediterranean diet and its association with age-related macular degeneration. The Coimbra Eye Study-Report 4 | Applied nutritional investigation | 5           | 155       |
| 22  | Moradi S     | Associations between dietary inflammatory index and incidence of breast and prostate cancer: a systematic review and meta-analysis | Review                      | 4           | 156       |
| 22  | Shtriker MG  | Fenugreek galactomannan and citrus pectin improve several parameters associated with glucose metabolism and modulate gut microbiota in mice | Basic nutritional investigation | 4           | 157       |
| 22  | Della Valle S | Nutritional intervention in head and neck cancer patients during chemo-radiotherapy | Brief report                 | 4           | 158       |
| 25  | Pounis G     | Reduced mortality risk by a polyphenol-rich diet: an analysis from the Moli-sani study | Applied nutritional investigation | 3           | 159       |
| Nr. | First author       | Title                                                                 | Type            | Times cited | Reference |
|-----|-------------------|----------------------------------------------------------------------|-----------------|-------------|-----------|
| 1   | Shimada H         | Impact of cognitive frailty on daily activities in older persons     | Article         | 45          | 160       |
| 2   | Pilgrim AL        | Measuring appetite with the simplified nutritional appetite questionnaire identifies hospitalised older people at risk of worse health outcomes | Article         | 32          | 161       |
| 3   | Boespflug EL      | Fish oil supplementation increases event-related posterior cingulate activation in older adults with subjective memory impairment | Article         | 27          | 162       |
| 4   | Warnier RMJ       | Validity, reliability and feasibility of tools to identify frail older patients in inpatient hospital care: a systematic review | Review          | 25          | 163       |
| 5   | Kaehr EW          | Frail-Nh predicts outcomes in long term care                          | Article         | 24          | 164       |
| 5   | Yoshimura Y       | Effects of nutritional supplements on muscle mass and activities of daily living in elderly rehabilitation patients with decreased muscle mass: a randomized controlled trial | Randomised clinical trial | 24          | 165       |
| 7   | Blain H           | A comprehensive fracture prevention strategy in older adults: the European Union Geriatric Medicine Society (EUGMS) statement | Article         | 22          | 166       |
| 8   | Madhavan A        | Prevalence of and risk factors for dysphagia in the community dwelling elderly: a systematic review | Review          | 21          | 167       |
| 9   | Tay L             | The independent role of inflammation in physical frailty among older adults with mild cognitive impairment and mild-to-moderate Alzheimer’s disease | Article         | 20          | 168       |
| 9   | Scott D           | Associations of low muscle mass and the metabolic syndrome in Caucasian and Asian middle-aged and older adults | Article         | 20          | 169       |
| 9   | Wakabayashi H     | Dysphagia assessed by the 10-item Eating Assessment Tool is associated with nutritional status and activities of daily living in elderly individuals requiring long-term care | Article         | 20          | 170       |
| 12  | Armamento-Villareal R | Effect of lifestyle intervention on the hormonal profile of frail, obese older men | Article         | 19          | 171       |
| 13  | De Vriendt P      | Improving health related quality of life and independence in community dwelling frail older adults through a client-centred and activity-oriented program. A pragmatic randomized controlled trial | Randomised clinical trial | 18          | 172       |
| 13  | Vasconcelos KS    | Handgrip strength cutoff points to identify mobility limitation in community-dwelling older people and associated factors | Article         | 18          | 173       |
| 13  | Molino S          | Sarcopenic obesity: an appraisal of the current status of knowledge and management in elderly people | Article         | 18          | 174       |
| 16  | Morilla-Herrera JC | Effectiveness of food-based fortification in older people a systematic review and meta-analysis | Review          | 17          | 175       |
| 17  | Martinez-Velilla N | Physical activity and early rehabilitation in hospitalized elderly medical patients: systematic review of randomized clinical trials | Review          | 16          | 176       |
| 17  | Fougere B         | Association between the Mediterranean-style dietary pattern score and physical performance: results from Trelong study | Article         | 16          | 177       |
| 19  | Abraha I          | Non-pharmacological interventions to prevent or treat delirium in older patients: clinical practice recommendations the SENATOR-ONTOP series | Article         | 15          | 178       |
| 19  | Hajek A           | Predictors of frailty in old age-results of a longitudinal study      | Article         | 15          | 179       |
| 21  | Chode S           | Frailty, diabetes, and mortality in middle-aged African Americans    | Article         | 14          | 180       |
| 21  | Hentzien M        | Impact of age-related comorbidities on five-year overall mortality among elderly HIV-infected patients in the late HAART era—role of chronic renal disease | Article         | 14          | 181       |
| 21  | Lehtisalo J       | Association of long-term dietary fat intake, exercise, and weight with later cognitive function in the Finnish Diabetes Prevention Study | Article         | 14          | 182       |
| 24  | van Wissen J      | Mini nutritional assessment and mortality after hip fracture surgery in the elderly | Article         | 12          | 183       |

(Continues)
| Nr. | First author | Title | Type | Times cited | Reference |
|-----|--------------|-------|------|-------------|-----------|
| 1   | Wirth MD     | Construct validation of the dietary inflammatory index among African Americans | Article | 36          | 185       |
| 2   | Roppolo M    | Cognitive frailty in Italian community-dwelling older adults: prevalence rate and its association with disability | Article | 24          | 186       |
| 3   | Balogun S    | Prospective associations of low muscle mass and function with 10-year falls risk, incident fracture and mortality in community-dwelling older adults | Article | 21          | 187       |
| 4   | Bousquet J   | Building bridges for innovation in ageing: synergies between action groups of the EIP on AHA | Article | 20          | 188       |
| 5   | Zhang YY     | Efficacy of omega-3 polyunsaturated fatty acids supplementation in managing overweight and obesity: a meta-analysis of randomized clinical trials | Meta-analysis | 19          | 189       |
| 5   | Misciagna G  | Effect of a low glycemic index Mediterranean diet on non-alcoholic fatty liver disease. A randomized controlled clinical trial | Randomised clinical trial | 19          | 190       |
| 5   | O’Shea E     | Malnutrition in hospitalised older adults: a multicentre observational study of prevalence, associations and outcomes | Article | 19          | 191       |
| 5   | Hooper C     | Cognitive changes with omega-3 polyunsaturated fatty acids in non-demented older adults with low omega-3 index | Article | 19          | 192       |
| 9   | Tieland M    | The impact of dietary protein or amino acid supplementation on muscle mass and strength in elderly people: individual participant data and meta-analysis of RCT’s | Meta-analysis | 18          | 193       |
| 10  | Limongi F    | Adherence to the Mediterranean diet and all-cause mortality risk in an elderly Italian population: data from the ILSA study | Article | 15          | 194       |
| 11  | Masanes F    | Cut-off points for muscle mass—not grip strength or gait speed—determine variations in sarcopenia prevalence | Article | 14          | 195       |
| 11  | Mitchell EL  | Reduced intestinal motility, mucosal barrier function, and inflammation in aged monkeys | Article | 14          | 196       |
| 13  | Landi F      | Animal-derived protein consumption is associated with muscle mass and strength in community-dwellers: results from the Milan EXPO survey | Article | 13          | 197       |
| 13  | Amamou T     | Effect of a high-protein energy-restricted diet combined with resistance training on metabolic profile in older individuals with metabolic impairments | Article | 13          | 198       |
| 13  | Sargent L    | Assessing the current state of cognitive frailty: measurement properties | Article | 13          | 199       |
| 16  | Iolascon G   | Are dietary supplements and nutraceuticals effective for musculoskeletal health and cognitive function? A scoping review | Review | 12          | 200       |
| 17  | Garcia-Nogueras I | Use of health resources and healthcare costs associated with frailty: the FRADEA study | Article | 11          | 201       |
| 18  | Beelen J     | Protein enrichment of familiar foods as an innovative strategy to increase protein intake in institutionalized elderly | Article | 10          | 202       |
| 18  | Fielding RA  | Effect of structured physical activity and nutritional supplementation on physical function in mobility- | Article | 10          | 203       |

Table 7 (continued)

| Nr. | First author | Title | Type | Times cited | Reference |
|-----|--------------|-------|------|-------------|-----------|
| 25  | Beasley JM   | Is meeting the recommended dietary allowance (RDA) for protein related to body composition among older adults?: results from the Cardiovascular Health of Seniors and Built Environment Study | Article | 10          | 184       |

Table 8 Top 25 scientific publications published in 2017 in The Journal of Nutrition, Health and Aging

| Nr. | First author | Title | Type | Times cited | Reference |
|-----|--------------|-------|------|-------------|-----------|
| 1   | Wirth MD     | Construct validation of the dietary inflammatory index among African Americans | Article | 36          | 185       |
| 2   | Roppolo M    | Cognitive frailty in Italian community-dwelling older adults: prevalence rate and its association with disability | Article | 24          | 186       |
| 3   | Balogun S    | Prospective associations of low muscle mass and function with 10-year falls risk, incident fracture and mortality in community-dwelling older adults | Article | 21          | 187       |
| 4   | Bousquet J   | Building bridges for innovation in ageing: synergies between action groups of the EIP on AHA | Article | 20          | 188       |
| 5   | Zhang YY     | Efficacy of omega-3 polyunsaturated fatty acids supplementation in managing overweight and obesity: a meta-analysis of randomized clinical trials | Meta-analysis | 19          | 189       |
| 5   | Misciagna G  | Effect of a low glycemic index Mediterranean diet on non-alcoholic fatty liver disease. A randomized controlled clinical trial | Randomised clinical trial | 19          | 190       |
| 5   | O’Shea E     | Malnutrition in hospitalised older adults: a multicentre observational study of prevalence, associations and outcomes | Article | 19          | 191       |
| 5   | Hooper C     | Cognitive changes with omega-3 polyunsaturated fatty acids in non-demented older adults with low omega-3 index | Article | 19          | 192       |
| 9   | Tieland M    | The impact of dietary protein or amino acid supplementation on muscle mass and strength in elderly people: individual participant data and meta-analysis of RCT’s | Meta-analysis | 18          | 193       |
| 10  | Limongi F    | Adherence to the Mediterranean diet and all-cause mortality risk in an elderly Italian population: data from the ILSA study | Article | 15          | 194       |
| 11  | Masanes F    | Cut-off points for muscle mass—not grip strength or gait speed—determine variations in sarcopenia prevalence | Article | 14          | 195       |
| 11  | Mitchell EL  | Reduced intestinal motility, mucosal barrier function, and inflammation in aged monkeys | Article | 14          | 196       |
| 13  | Landi F      | Animal-derived protein consumption is associated with muscle mass and strength in community-dwellers: results from the Milan EXPO survey | Article | 13          | 197       |
| 13  | Amamou T     | Effect of a high-protein energy-restricted diet combined with resistance training on metabolic profile in older individuals with metabolic impairments | Article | 13          | 198       |
| 13  | Sargent L    | Assessing the current state of cognitive frailty: measurement properties | Article | 13          | 199       |
| 16  | Iolascon G   | Are dietary supplements and nutraceuticals effective for musculoskeletal health and cognitive function? A scoping review | Review | 12          | 200       |
| 17  | Garcia-Nogueras I | Use of health resources and healthcare costs associated with frailty: the FRADEA study | Article | 11          | 201       |
| 18  | Beelen J     | Protein enrichment of familiar foods as an innovative strategy to increase protein intake in institutionalized elderly | Article | 10          | 202       |
| 18  | Fielding RA  | Effect of structured physical activity and nutritional supplementation on physical function in mobility- | Article | 10          | 203       |
## Table 9  Top 25 scientific publications published in 2018 in The Journal of Nutrition, Health and Aging

| Nr. | First author       | Title                                                                 | Type     | Times cited | Reference |
|-----|--------------------|----------------------------------------------------------------------|----------|-------------|-----------|
| 1   | Dent E             | International clinical practice guidelines for sarcopenia (ICFSR): screening, diagnosis and management | Article  | 27          | 210       |
| 2   | Berendsen AM       | Association of long-term adherence to the mind diet with cognitive function and cognitive decline in American women | Article  | 12          | 211       |
| 3   | Marshall S         | Why is the skeleton still in the hospital closet? A look at the complex aetiology of protein-energy malnutrition and its implications for the nutrition care team | Article  | 9           | 212       |
| 4   | McCullough J       | The My Meal Intake Tool (M-MIT): validity of a patient self-assessment for food and fluid intake at a single meal | Article  | 9           | 213       |
| 5   | Beaudart C         | Effects of protein, essential amino acids, B-hydroxy B-methylbutyrate, creatine, dehydroepiandrosterone and fatty acid supplementation on muscle mass, muscle strength and physical performance in older people aged 60 years and over: a systematic review of the literature | Review   | 9           | 214       |
| 6   | Rietman ML         | The association between BMI and different frailty domains: a U-shaped curve | Article  | 5           | 215       |
| 7   | Zhao WT            | Systematic review and meta-analysis of the association between sarcopenia and dysphagia | Review   | 6           | 216       |
| 8   | Kim J              | Nutritional status and frailty in community-dwelling older Korean adults: the Korean Frailty and Aging Cohort Study | Article  | 5           | 217       |
| 9   | Wang T             | Usefulness of Simplified Nutritional Appetite Questionnaire (SNAQ) in appetite assessment in elderly patients with liver cirrhosis | Article  | 6           | 218       |
| 10  | Sanz-Paris A       | Role of oral nutritional supplements enriched with B-hydroxy-B-methylbutyrate in maintaining muscle function and improving clinical outcomes in various clinical settings | Article  | 6           | 219       |
| 11  | Yu Y               | Berberine improves cognitive deficiency and muscular dysfunction via activation of the | Article  | 5           | 220       |
| Nr. | First author            | Title                                                                                                                                                                                                 | Type               | Times cited | Reference |
|-----|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-------------|-----------|
| 9   | Pagliai G               | AMPK/SIRT1/PGC-1a pathway in skeletal muscle from naturally aging rats Mediterranean diet, food consumption and risk of late-life depression: the Mugello study                                            | Article            | 6           | 221       |
| 9   | Munoz-Gonzalez C        | Association between salivary hypofunction and food consumption in the elderlies. A systematic literature review                                                                                       | Review             | 4           | 222       |
| 9   | Hidayat K               | Effects of milk proteins supplementation in older adults undergoing resistance training: a meta-analysis of randomized control trials                                                        | Meta-analysis      | 5           | 223       |
| 15  | Nowson CA              | The impact of dietary factors on indices of chronic disease in older people: a systematic review                                                                                                      | Review             | 8           | 224       |
| 15  | Eglseer D              | Dysphagia in hospitalized older patients: associated factors and nutritional interventions                                                                                                             | Article            | 4           | 225       |
| 17  | Derstine BA             | Quantifying sarcopenia reference values using lumbar and thoracic muscle areas in a healthy population                                                                                                 | Article            | 3           | 226       |
| 17  | EL Hajj C              | Effect of vitamin D treatment on glucose homeostasis and metabolism in Lebanese older adults: a randomized controlled trial                                                                               | Randomised controlled trial | 3           | 227       |
| 17  | Rodriguez Manas L       | Key messages for a frailty prevention and management policy in Europe from the Advantage Joint Action consortium                                                                                  | Article            | 3           | 228       |
| 17  | Tek NA                  | Determinants of health-related quality of life in home dwelling elderly population: appetite and nutritional status                                                                                     | Article            | 5           | 229       |
| 21  | Palmer K                | The relationship between anaemia and frailty: a systematic review and meta-analysis of observational studies                                                                                         | Review             | 5           | 230       |
| 21  | Rodriguez-Rejon Al      | Diagnosis of sarcopenia in long-term care homes for the elderly: the sensitivity and specificity of two simplified algorithms with respect to the EWGSOP consensus                                                    | Article            | 4           | 231       |
| 21  | Payne M                 | Adherence to the Mediterranean diet and the risk of frailty in old people: a systematic review and meta-analysis                                                                                      | Article            | 4           | 232       |
| 21  | Wang Y                  | Assesment of physical activity of hospitalised older adults: a systematic review                                                                                                                     | Review             | 5           | 233       |
| 21  | Lim SER                 |                                                                                                                                                                                                      | Review             | 4           | 234       |
| Nr. | First author         | Title                                                                 | Year published | Type       | Times cited | Reference |
|-----|----------------------|----------------------------------------------------------------------|----------------|------------|-------------|-----------|
| 8   | Morley JE            | From sarcopenia to frailty: a road less travelled                      | 2014           | Editorial  | 115         | 242       |
| 9   | Elkina Y             | The role of myostatin in muscle wasting: an overview                  | 2011           | Review     | 115         | 243       |
| 10  | von Haehling, Stephan| An overview of sarcopenia: facts and numbers on prevalence and clinical impact | 2010           | Editorial  | 109         | 244       |

Table 11  Top 10 scientific publications published in all years in Nutrition

| Nr. | First author     | Title                                                                 | Year published | Type       | Times cited | Reference |
|-----|------------------|----------------------------------------------------------------------|----------------|------------|-------------|-----------|
| 1   | Fang YZ          | Free radicals, antioxidants, and nutrition                            | 2002           | Regulation of physiological systems by nutrients | 1511       | 245       |
| 2   | Vellas B         | The mini nutritional assessment (MNA) and its use in grading the nutritional state of elderly patients | 1999           | Applied nutritional investigation Article | 805        | 246       |
| 3   | Dubois D         | Nutrition Metabolism Classic—A formula to estimate the approximate surface-area if height and weight be known (Reprinted From Archives Internal Medicine, Vol 17, Pg 863, 1916) | 1989           | Article    | 655         | 247       |
| 4   | Torres SJ        | Relationship between stress, eating behavior, and obesity            | 2007           | Review     | 573         | 248       |
| 5   | Kuhajda FP       | Fatty-acid synthase and human cancer: new perspectives on its role in tumor biology | 2000           | Review     | 567         | 249       |
| 6   | Das UN           | Is obesity an inflammatory condition?                                | 2001           | Hypothesis: food for thought Epigenetics and epistasis | 565       | 250       |
| 7   | Waterland RA     | Early nutrition, epigenetic changes at transposons and imprinted genes, and enhanced susceptibility to adult chronic diseases | 2004           | Review     | 534         | 252       |
| 8   | Slavin JL        | Dietary fiber and body weight                                        | 2005           | Review     | 469         | 253       |
| 9   | Barker DJ        | Maternal nutrition, fetal nutrition, and disease in later life       | 1997           | Review     |             |           |
| 10  | Scalzo J         | Plant genotype affects total antioxidant capacity and phenolic contents in fruit | 2005           | Basic nutritional investigation | 458       | 254       |

Table 12  Top 10 scientific publications published in all years in The Journal of Nutrition, Health and Aging

| Nr. | First author       | Title                                                                 | Year published | Type       | Times cited | Reference |
|-----|--------------------|----------------------------------------------------------------------|----------------|------------|-------------|-----------|
| 1   | Abellan van Kan G  | Gait speed at usual pace as a predictor of adverse outcomes in community-dwelling older people | 2009           | Article    | 724         | 255       |
| 2   | Guigoz Y           | The Mini Nutritional Assessment (MNA (R)) review of the literature—what does it tell us? | 2006           | Review     | 544         | 256       |
| 3   | Kaiser MJ          | Validation of the Mini Nutritional Assessment short-form (MNAA (R)-SF): a practical tool for identification of nutritional status | 2009           | Article    | 511         | 257       |
| 4   | Abellan van Kan G  | The IANA task force on frailty assessment of older people in clinical practice | 2008           | Geriatric Science Article | 443       | 258       |
| 5   | Rolland Y          | Sarcopenia: its assessment, etiology, pathogenesis, consequences and future perspectives | 2008           | Article    | 421         | 259       |
| 6   | Vellas B           | Overview of the MNA (R)—its history and challenges                  | 2006           | Article    | 370         | 260       |
| 7   | Morley JE          | A simple frailty questionnaire (FRAIL) predicts outcomes in middle aged African Americans | 2012           | Article    | 343         | 261       |

(Continues)
Conflict of interest

None declared.

Table 12  (continued)

| Nr. | First author | Title                                                                 | Year published | Type   | Times cited | Reference |
|-----|--------------|------------------------------------------------------------------------|----------------|--------|-------------|-----------|
| 8   | Bourre JM    | Effects of nutrients (in food) on the structure and function of the nervous system: update on dietary requirements for brain. Part 1: micronutrients | 2006           | Article | 238         | 262       |
| 9   | Jugdaohsingh R | Silicon and bone health                                                 | 2007           | Article | 237         | 263       |
| 10  | Kelaiditi E  | Cognitive frailty: rational and definition from an (IANA/IAGG) international consensus group | 2013           | Article | 231         | 264       |
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5. González-Sánchez J, Sánchez-Temprano A, Cid-Díaz T, Pabst-Fernández R, Mosteiro CS, Gallego R, et al. Improvement of Duchenne muscular dystrophy phenotype following obestatin treatment. J Cachexia Sarcopenia Muscle 2018;9:1063–1078.

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