

# Nutrition, Lifestyle, Hormones – Puberty: Publications (Cefic)

## METHODOLOGICAL - PREPARATORY-WORK - BIOMARKERS

1. **Hoffmann P, Hartmann MF, Remer T, Zimmer KP, Wudy SA.** Profiling estrogens and testosterone in human urine by stable isotope dilution/benchtop gas chromatography - mass. spectrometry (ID/GC-MS). **Steroids** 2010 75(13-14):1067-74.
2. **Shi L, Maser-Gluth C, Remer T.** Daily urinary free cortisol and cortisone excretion is associated with urine volume in healthy children. **Steroids.** 2008 22;73(14):1446-51.
3. **Shi L, Wudy SA, Maser-Gluth C, Hartmann MF, Remer T.** Urine volume dependency of specific dehydroepiandrosterone (DHEA) and cortisol metabolites in healthy children. **Steroids.** 2011 Jan;76(1-2):140-4.
4. **Remer T, Manz F, Hartmann MF, Schoenau E, Wudy SA.** Prepubertal healthy children's urinary androstenediol predicts diaphyseal bone strength in late puberty. **J Clin Endocrinol Metab.** 2009 Feb;94(2):575-8.
5. **Johner SA, Libuda L, Shi L, Retzlaff A, Joslowski G, Remer T.** Urinary fructose: a potential biomarker for dietary fructose intake in children. **Eur J Clin Nutr.** 2010 Nov;64(11):1365-70.

## BODY COMPOSITION

6. **Buyken AE, Karaolis-Danckert N, Remer T.** Association of prepubertal body composition in healthy girls and boys with the timing of early and late pubertal markers. **Am J Clin Nutr.** 2009 Jan;89(1):221-30.

## ADRENAL ANDROGENS and ESTROGENS

7. **Shi L, Wudy SA, Buyken AE, Hartmann MF, Remer T.** Body fat and animal protein intakes are associated with adrenal androgen secretion in children. **Am J Clin Nutr.** 2009; 90(5):1321-8.
8. **Remer T, Shi L, Buyken AE, Maser-Gluth C, Hartmann MF, Wudy SA.** Prepubertal adrenarchal androgens and animal protein intake independently and differentially influence pubertal timing. **J Clin Endocrinol Metab.** 2010 Jun;95(6):3002-9.
9. **Shi L, Remer T, Buyken A, Hartmann M, Hoffmann P, Wudy SA.** Prepubertal urinary estrogen excretion and its relationship with pubertal timing. **Am J Physiol Endocrinol Metab** 2010 Dec;299(6):E990-7.

## GLUCOCORTICOIDS

10. **Shi L, Wudy SA, Buyken AE, Maser-Gluth C, Hartmann MF, Remer T.** Prepubertal Glucocorticoid Status and Pubertal Timing. **J Clin Endocrinol Metab.** 2011 Jun;96(6):E891-8.

## PHYTOESTROGENS, ISOFLAVONES, NUTRITIONAL FACTORS - REVIEW

11. **Degen G, Blaszkewicz M, Shi L, Buyken AE, Remer T.** Urinary isoflavone phytoestrogens in German children and adolescents – a longitudinal examination in the DONALD cohort. **Mol Nutr Food Res.** 2011 Mar;55(3):359-67.
12. **Cheng G, Remer T, Prinz-Langenohl R, Blaszkewicz M, Degen GH, Buyken AE.** Relation of isoflavones and fiber intake in childhood to the timing of puberty. **Am J Clin Nutr.** 2010 Sep;92(3):556-64.
13. **Cheng G, Buyken AE, Shi L, Karaolis-Danckert N, Kroke A, Wudy SA, Degen GH, Remer T.** Beyond overweight: nutrition as an important lifestyle factor influencing timing of puberty. **Nutr Rev.** 2012 Mar;70(3):133-52.

