

Publikationsverzeichnis Prof. Dr. oec. tropf. Birgit-Christiane Zyriax

Ausgewählte Publikationen im Bereich Prävention, Versorgung und Lehrforschung

A. Internationale Publikationen

1. Petersen M, Hoffstaedter F, Nägele FL, Mayer C, Schell M, Rimmele DL, **Zyriax BC**, Zeller T, Kühn S, Gallinat J, Fiebler J, Twerenbold R, Omidvarnia A, Patil KR, Eickhoff SB, Thomalla G, Cheng B. A latent clinical-anatomical dimension relating metabolic syndrome to brain structure and cognition. *eLife* 2023. <https://doi.org/10.7554/eLife.93246.1>
2. Bay B, Blaum C, Kellner C, Bei der Kellen R, Ojeda F, Waibel J, Arnold N, Behrendt CA, Rimmele DL, Thomalla G, Twerenbold R, Blankenberg S, **Zyriax B**, Brunner FJ, Waldeyer C. Inflammatory burden, lifestyle and atherosclerotic cardiovascular disease: insights from a population based cohort study. *Sci Rep.* 2023 Dec 8;13(1):21761. doi: 10.1038/s41598-023-48602-7.
3. Arslan LC, Dengler D, Belz L, Neumann FA, **Zyriax BC**, Harth V, Oldenburg M Exploration of Seafarers' Mobile Proficiency as a Prerequisite for Possible Health App-based Health Promotion on Board.. *Inquiry.* 2023 Jan-Dec;60:469580231206264. doi: 10.1177/00469580231206264.PMID: 37909669
4. Thederan I, **Zyriax BC**, Heinzer H. Role of nutrition in urological prehabilitation. *Urologie.* 2023 Oct;62(10):1017-1024. doi: 10.1007/s00120-023-02192-4.
5. Makarova N, **Zyriax BC**. Nutrition and Specific Diseases in Women during the Life Course. *Nutrients.* 2023;15:3401. doi: 10.3390/nu15153401.PMID: 37571338
6. Lieske B, Moszka N, Borof K, Petersen EL, Jagemann B, Ebinghaus M, Beikler T, Heydecke G, Ghazal Aarabi A, **Zyriax BC***. Association between an anti-inflammatory dietary-score and periodontitis - evidence from the population-based Hamburg City Health Study. *Nutrients.* 2023 Jul 21;15(14):3235. doi: 10.3390/nu15143235.
7. Thederan I, Pott A, Krueger A, Chandrasekar T, Tennstedt P, Knipper S, Tilki D, Heinzer H, Schulz KH, Makarova N, **Zyriax BC**. Feasibility, acceptability, and behavioral outcomes of a multimodal intervention for prostate cancer patients: Experience from the MARTINI lifestyle program. *Prostate.* 2023;83:929-935. doi: 10.1002/pros.24534.
8. Engler D, Schnabel RB, Neumann FA, **Zyriax BC**, Makarova N. Sex-Specific Dietary Patterns and Social Behaviour in Low-Risk Individuals. *Nutrients.* 2023;15:1832. doi: 10.3390/nu15081832.
9. Behrendt CA, Thomalla G, Rimmele DL, Petersen EL, Twerenbold R, Debus ES, Kölbel T, Blankenberg S, Schmidt-Lauber C, Peters F, **Zyriax BC**. Editor's Choice - Prevalence of Peripheral Arterial Disease, Abdominal Aortic Aneurysm, and Risk Factors in the Hamburg City Health Study: A Cross Sectional Analysis. *Eur J Vasc Endovasc Surg.* 2023;65:590-598. doi: 10.1016/j.ejvs.2023.01.002.
10. Senftinger J, Nikorowitsch J, Borof K, Ojeda F, Aarabi G, Beikler T, Mayer C, Behrendt CA, Walther C, **Zyriax BC**, Twerenbold R, Blankenberg S, Wenzel JP. Coffee consumption and associations with blood pressure, LDL-cholesterol and echocardiographic measures in the general population. *Sci Rep.* 2023;13:4668. doi: 10.1038/s41598-023-31857-5.

11. Assies JM, Sältz MD, Peters F, Behrendt CA, Jagodzinski A, Petersen EL, Schäfer I, Twerenbold R, Blankenberg S, Rimmele DL, Thomalla G, Makarova N, **Zyriax BC**. Cross-Sectional Association of Dietary Patterns and Supplement Intake with Presence and Gray-Scale Median of Carotid Plaques-A Comparison between Women and Men in the Population-Based Hamburg City Health Study. *Nutrients*. 2023;15:1468. doi: 10.3390/nu15061468.
12. Kerkamm F, Dengler D, Eichler M, Materzok-Köppen D, Belz L, Neumann FA, **Zyriax BC**, Harth V, Oldenburg M. Sleep Architecture and Sleep-Related Breathing Disorders of Seafarers on Board Merchant Ships: A Polysomnographic Pilot Field Study on the High Seas. *Int J Environ Res Public Health*. 2023;20:3168. doi: 10.3390/ijerph20043168.
13. Windler E, Beil FU, Berthold HK, Gouni-Berthold I, Kassner U, Klose G, Lorkowski S, März W, Parhofer KG, Plat J, Silbernagel G, Steinhagen-Thiessen E, Weingärtner O, **Zyriax BC**, Lütjohann D. Phytosterols and Cardiovascular Risk Evaluated against the Background of Phytostolemia Cases-A German Expert Panel Statement. *Nutrients*. 2023;15(4):828. doi:10.3390/nu15040828.
14. Mayer C, Nägele FL, Petersen M, Schell M, Aarabi G, Beikler T, Borof K, Frey BM, Nikorowitsch J, Senftinger J, Walther C, Wenzel JP, **Zyriax BC**, Cheng B, Thomalla G. Association between Coffee Consumption and Brain MRI Parameters in the Hamburg City Health Study. *Nutrients*. 2023;15:674. doi: 10.3390/nu15030674.
15. **Zyriax BC**, Windler E. Lifestyle changes to prevent cardio- and cerebrovascular disease at midlife: A systematic review. *Maturitas*. 2023;167:60-65. doi: 10.1016/j.maturitas.2022.09.003.
16. Lieske B, Lieske B, Makarova N, Jagemann B, Walther C, Ebinghaus M, **Zyriax BC**, Aarabi G. Inflammatory Response in Oral Biofilm during Pregnancy: A Systematic Review. *Nutrients*. 2022;14:4894. doi: 10.3390/nu14224894.
17. Neumann FA, Jagemann B, Makarova N, Börschel CS, Aarabi G, Gutmann F, Schnabel RB, **Zyriax BC**. Mediterranean Diet and Atrial Fibrillation: Lessons Learned from the AFHRI Case-Control Study. *Nutrients*. 2022;14:3615. doi: 10.3390/nu14173615.
18. Kotin J, Walther C, Wenzel U, **Zyriax BC**, Borof K, Schnabel RB, Seedorf U, Jagodzinski A, Heydecke G, Lamprecht R, Smeets R, Beikler T, Aarabi G. Association between periodontitis and metabolic syndrome in the Hamburg City Health Study. *J Periodontol*. 2022;93:1150-1160. doi: 10.1002/JPER.21-0464.
19. Wolbert L, Kreutzburg T, **Zyriax BC**, Adegbola A, Westenhöfer J, Jagemann B, Alexander Neumann F, Preuß M, Debus ES, Rieß HC, Behrendt CA. A cross-sectional survey study on the nutrition patterns of patients with peripheral artery disease. *Vasa*. 2022;51:239-246. doi: 10.1024/0301-1526/a001005.
20. Siewert-Markus U, Ulbricht S, Gaertner B, **Zyriax BC**, Dörr M, Tobschall S, Baumann S, John U, Freyer-Adam J. Behavioral Health Risk Factors and Motivation to Change among Cardiovascular General Hospital Patients Aged 50 to 79 Years. *Nutrients*. 2022;14:1963. doi: 10.3390/nu14091963.
21. Struppek J, Walther C, Bunte K, **Zyriax BC**, Wenzel JP, Senftinger J, Nikorowitsch J, Heydecke G, Seedorf U, Beikler T, Borof K, Mayer C, Aarabi G. The association between coffee consumption and periodontitis: a cross-sectional study of a northern German population. *Clin Oral Investig*. 2022;26:2421-2427. doi: 10.1007/s00784-021-04208-9.

22. Maurer T, Belau MH, von Grundherr J, Schlemmer Z, Patra S, Becher H, Schulz KH, **Zyriax BC**, Schmalfeldt B, Chang-Claude J. Randomised controlled trial testing the feasibility of an exercise and nutrition intervention for patients with ovarian cancer during and after first-line chemotherapy (BENITA-study). *BMJ Open*. 2022;12:e054091. doi: 10.1136/bmjopen-2021-054091.
23. Baygi F, Mohammadi-Nasrabadi F, **Zyriax BC**, Heitmann BL. Healthy nutrition for seafarers during and after COVID-19 pandemic. *Int Marit Health*. 2022;73:56-57. doi: 10.5603/IMH.2022.0008.
24. **Zyriax BC**, Borof K, Walter S, Augustin M, Windler E. Knowledge as to cholesterol reduction and use of phytosterol-enriched dietary foods in the general population: Insights from the Hamburg City Health Study. *Atherosclerosis*. 2022;341:1-6. doi: 10.1016/j.atherosclerosis.2021.12.004.
25. Adegbola A, Behrendt CA, **Zyriax BC**, Windler E, Kreutzburg T. The impact of nutrition on the development and progression of peripheral artery disease: A systematic review. *Clin Nutr*. 2022;41:49-70. doi: 10.1016/j.clnu.2021.11.005.
26. **Zyriax BC**, Augustin M, Abeck F, Mohr N, Kirsten N, Langenbruch A. Adherence to Guideline-Oriented Preventive Measures in Patients with Atopic Dermatitis in Germany. *Dermatology*. 2022;238:307-312. doi: 10.1159/000517019.
27. Terschüren C, Damerau L, Petersen EL, Harth V, Augustin M, **Zyriax BC**. Association of Dietary Pattern, Lifestyle and Chronotype with Metabolic Syndrome in Elderly-Lessons from the Population-Based Hamburg City Health Study. *Int J Environ Res Public Health*. 2021;19:377. doi: 10.3390/ijerph19010377.
28. Bernburg M, Hetzmann MS, Mojtabahedzadeh N, Neumann FA, Augustin M, Harth V, Groneberg DA, **Zyriax BC**, Mache S. Stress Perception, Sleep Quality and Work Engagement of German Outpatient Nurses during the COVID-19 Pandemic. *Int J Environ Res Public Health*. 2021;19:313. doi: 10.3390/ijerph19010313.
29. Kerkamm F, Dengler D, Eichler M, Materzok-Köppen D, Belz L, Neumann FA, **Zyriax BC**, Harth V, Oldenburg M. Measurement Methods of Fatigue, Sleepiness, and Sleep Behaviour Aboard Ships: A Systematic Review. *Int J Environ Res Public Health*. 2021;19:120. doi: 10.3390/ijerph19010120.
30. Altun E, Walther C, Borof K, Petersen E, Lieske B, Kasapoudis D, Jalilvand N, Beikler T, Jagemann B, **Zyriax BC**, Aarabi G. Association between Dietary Pattern and Periodontitis-A Cross-Sectional Study. *Nutrients*. 2021;13:4167. doi: 10.3390/nu13114167.
31. Neumann FA, Rohwer E, Mojtabahedzadeh N, Makarova N, Nienhaus A, Harth V, Augustin M, Mache S, **Zyriax BC**. Workplace Health Promotion and COVID-19 Support Measures in Outpatient Care Services in Germany: A Quantitative Study. *Int J Environ Res Public Health*. 2021;18:12119. doi: 10.3390/ijerph182212119.
32. Rohwer E, Mojtabahedzadeh N, Neumann FA, Nienhaus A, Augustin M, Harth V, **Zyriax BC**, Mache S. The Role of Health Literacy among Outpatient Caregivers during the COVID-19 Pandemic. *Int J Environ Res Public Health*. 2021;18:11743. doi: 10.3390/ijerph182211743.

33. Neumann FA, Belz L, Dengler D, Harth V, von Münster T, Westenhöfer J, Oldenburg M, **Zyriax BC**. Eating behaviour and weight development of European and Asian seafarers during stay on board and at home. *J Occup Med Toxicol*. 2021;16:41. doi: 10.1186/s12995-021-00329-9.
34. Baygi F, Mohammadi-Nasrabadi F, **Zyriax BC**, Jensen OC, Bygvraa DA, Oldenburg M, Nielsen JB. Global overview of dietary outcomes and dietary intake assessment methods in maritime settings: a systematic review. *BMC Public Health*. 2021;21:1579. doi: 10.1186/s12889-021-11593-z.
35. Mojtabahedzadeh N, Neumann FA, Rohwer E, Nienhaus A, Augustin M, Harth V, **Zyriax BC***, Mache S. The Health Behaviour of German Outpatient Caregivers in Relation to the COVID-19 Pandemic: A Mixed-Methods Study. *Int J Environ Res Public Health*. 2021;18(15):8213. doi: 10.3390/ijerph18158213.
36. Mojtabahedzadeh N, Rohwer E, Neumann FA, Nienhaus A, Augustin M, **Zyriax BC**, Harth V, Mache S. The Health Behaviour of German Outpatient Caregivers in Relation to Their Working Conditions: A Qualitative Study. *Int J Environ Res Public Health*. 2021 Jun 1;18(11):5942. doi: 10.3390/ijerph18115942.
37. Thederan I, Chandrasekar T, Tennstedt P, Knipper S, Kuehl L, Tilki D, Augustin M, Heinzer H, **Zyriax BC**. Circulating Vitamin D and Selenium Levels and Outcome in Prostate Cancer Patients: Lessons from the MARTINI-Lifestyle Cohort. *Eur Urol Focus*. 2021 Sep;7(5):973-979. doi: 10.1016/j.euf.2020.12.005.
38. **Zyriax BC**, Dransfeld K, Windler E. Carotid intima-media thickness and cardiovascular risk factors in healthy volunteers. *Ultrasound J*. 2021 Mar 11;13(1):17. doi: 10.1186/s13089-021-00218-6.
39. Herberger K, Müller K, Protz K, **Zyriax BC**, Augustin M, Hagenström K. Nutritional status and quality of nutrition in chronic wound patients. *Int Wound J*. 2020 Oct;17(5):1246-1254. doi: 10.1111/iwj.13378.
40. Maurer T, von Grundherr J, Patra S, Jaeger A, Becher H, Schmalfeldt B, **Zyriax BC**, Chang-Claude J. An exercise and nutrition intervention for ovarian cancer patients during and after first line chemotherapy (BENITA-study): A randomized controlled pilot trial. *Int J Gynecol Cancer*. 2019 Dec 2. pii: ijgc-2019-000585. doi: 10.1136/ijgc-2019-000585.
41. Jagodzinski A, Johansen C, Koch-Gromus U, Aarabi G, Adam G, Anders S, Augustin M, bei der Kellen R, Beikler T, Behrendt CA, Betz CS, Bokemeyer C, Borof K, Briken P, Busch CJ, Büchel C, Brassen S, Debus ES, Eggers L, Fiehler J, Gallinat J, Gellißen S, Gerloff C, Giraudasikas E, Gosau M, Härter M, Harth V, Heidemann C, Heydecke G, Huber T, Hussein Y, Kampf MO, von dem Knesebeck O, Konnopka A, König HH, Kromer R, Kubisch C, Kühn S, Loges S, Löwe B, Lund G, Meyer C, Nagel L, Nienhaus A, Pantel K, Petersen E, Püschel K, Reichenspurner H, Sauter G, Scherer M, Scherschel K, Schiffner U, Schnabel RB, Schulz H, Smeets R, Sokalskis V, Spitzer MS, Terschüren C, Thoma T, Thomalla G, Waschki B, Wegscheider K, Wenzel JP, Wiese S, **Zyriax BC**, Zeller T, Blankenberg S. Rationale and Design of the Hamburg City Health Study. *Eur J Epidemiol*. 2019 Nov 8. doi: 10.1007/s10654-019-00577-4.
42. von Katzler R, **Zyriax BC**, Jagemann B, Westenhofer J, Jensen HJ, Harth V, Oldenburg M. Lifestyle behaviour and prevalence of cardiovascular risk factors - a pilot study comparing Kiribati and European seafarers. *BMC Public Health*. 2019 Jul 1;19(1):855. doi: 10.1186/s12889-019-7186-2.

43. Zander N, Sommer R, Schäfer I, Reinert R, Kirsten N, **Zyriax BC**, Maul JT, Augustin M. Epidemiology and Dermatological Comorbidity of Seborrhoeic Dermatitis - Population-based Study in 161,000 Employees. *Br J Dermatol.* 2019 Feb 25. doi: 10.1111/bjd.17826.
44. Thederan I, Chandrasekar T, Tennstedt P, Kuehl L, Sorbe C, Tilki D, Augustin M, Heinzer H, **Zyriax BC**. Poor Adherence to International Cancer Prevention Recommendations Among Patients With Prostate Cancer: First Results From the MARTINI-Lifestyle Cohort. *Eur Urol Focus.* 2019 Jan 23. pii: S2405-4569(19)30006-9. doi: 10.1016/j.euf.2019.01.006.
45. Preisser AM, Hampel E, Riemer M, Kraft A, **Zyriax BC**. Over the fence: Media-supported collaborative teaching and learning exemplified by diabetes prevention in an occupational setting. An early bird project within the context of the Hamburg Open Online University (HOOU). *MedEdPublish*, 8, [2], 5, 2019, <https://doi.org/10.15694/mep.2019.000075.1>
46. **Zyriax BC**, Vettorazzi E, Hamuda A, Windler E. Interaction of smoking and dietary habits modifying the risk of coronary heart disease in women: results from a case-control study *Eur J Clin Nutr.* 2018 Mar 2. doi: 10.1038/s41430-018-0099-9.
47. Waldeyer C, Brunner FJ, Braetz J, Ruebsamen N, **Zyriax BC**, Blaum C, Kroeger F, Kohsiack R, Schrage B, Sinning C, Becher PM, Karakas M, Zeller T, Westermann D, Sydow K, Blankenberg S, Seiffert M, Schnabel RB. Adherence to Mediterranean diet, high-sensitive C-reactive protein, and severity of coronary artery disease: Contemporary data from the INTERCATH cohort. *Atherosclerosis.* 2018;275:256-261. doi: 10.1016/j.atherosclerosis.2018.06.877.
48. **Zyriax BC**, von Katzler R, Jagemann B, Westenhoefer J, Jensen HJ, Harth V, Oldenburg M. Food offering on board and dietary intake of European and Kiribati seafarers – Data of the Seafarer Nutrition Study. February 2018 *Journal of Occupational Medicine and Toxicology* 13(1): DOI 10.1186/s12995-018-0190-0
49. Westenhoefer J, von Katzler R, Jensen HJ, **Zyriax BC**, Jagemann B, Harth V, Oldenburg M. Cultural differences in food and shape related attitudes and eating behavior are associated with differences of Body Mass Index in the same food environment: A cross-sectional study of Kiribati and European seafarers on merchant ships. Results from the Seafarer Nutrition Study. *BMC Obes.* 2018 Jan 24;5:1. doi: 10.1186/s40608-018-0180-x. eCollection 2018.
50. Geertz W, Dechow A.-S., Pohl E, **Zyriax BC**, Ganschow R, Karl-Heinz Schulz K.-H. Physical and Psychological Well-Being in Overweight Children Participating in a Long-Term Intervention Based on Judo Practice. *Advances in Physical Education*, 85-100, 2017 doi: 10.4236/ape.2017.71008
51. Diemert A, Lezius S, Pagenkemper M, Hansen G, Drozdowska A, Hecher K, Arck P, **Zyriax BC***. Maternal nutrition, inadequate gestational weight gain and birth weight: results from a prospective birth cohort. *BMC Pregnancy Childbirth.* 2016 Aug 15;16:224. doi: 10.1186/s12884-016-1012-y
52. Wehmeyer MH*, **Zyriax BC**, Jagemann B, Roth E, Windler E, Schulze Zur Wiesch J, Lohse AW, Kluwe J. Nonalcoholic fatty liver disease is associated with excessive calorie intake rather than a distinctive dietary pattern. *Medicine (Baltimore).* 2016 Jun;95(23):e3887. doi: 10.1097/MD.0000000000003887.
53. Windler E, **Zyriax BC**. Cholesterol-lowering therapy: old evidence, new guidelines - which one to follow? A critical appraisal. *Atheroscler Suppl.* 2015 May;18:176-9. doi: 10.1016/j.atherosclerosissup.2015.02.027.

54. **Zyriax BC**. The role of diet and lifestyle as foundation in the management of dyslipidemia. Ann Nutr Metab 2015;67(suppl 1):100 Published online: October 20, 2015 DOI: 10.1159/000440895
55. **Zyriax BC**, Letsch B, Stock S, Windler E. DELIGHT (delay of impaired glucose tolerance by a healthy lifestyle trial) – a feasibility study on Implementing a program of sustainable diabetes prevention in German companies. Experimental and Clinical Endocrinology and Diabetes. 2014;122:20-26
56. **Zyriax BC**, Ramona Salazar R, Hoeppner W, Vettorazzi E, Christian Herder C, Windler E. The association of genetic markers for type 2 diabetes with prediabetic status – cross-sectional data of a diabetes prevention trial. Genetic markers for prediabetes. PLoS One. 2013, Sep 30;8(9):e75807. doi: 10.1371/journal.pone.0075807.
57. Grajecki D, **Zyriax BC**, Buhling KJ. The effect of micronutrient supplements on female fertility: a systematic review. Arch Gynecol Obstet. 2012;285: 1463-1471
58. **Zyriax BC**, Wolf C, Schlueter A, Khattak AH, Westenhöfer J, Windler E. Association of Cognitive Dietary Restraint and Disinhibition with Prediabetes – Cross-sectional and Longitudinal Data of a Feasibility Study in German Employees. Public Health Nutr. 2012; 15: 860-867
59. Doege K, Grajecki D, Zyriax BC, Detinkina E, Eulenburg CH, Buehling KJ. Impact of maternal supplementation with probiotics during pregnancy on atopic eczema in childhood – a meta-analysis. Br J Nutr. 2012;107: 1-6
60. **Zyriax BC**, Schoeffauer M, Klipstein-Grobusch K, Boeing H, Windler E. Differential Association of Anthropometric Parameters with Coronary Risk in Women. Obes Facts. 2011;4: 358-364
61. Muhtz C, **Zyriax BC**, Bondy B, Windler E, Otte C. Association of a common mineralocorticoid receptor gene polymorphism with salivary cortisol in healthy adults. Psychoneuroendocrinology. 2011;36: 298-301
62. **Zyriax BC**, Lau K, Klähn T, Boeing H, Völzke H, Windler E. Association between alcohol consumption and carotid intima-media thickness in a healthy population: data of the STRATEGY study (Stress, Atherosclerosis and ECG Study). Eur J Clin Nutr. 2010;64: 1199-1206
63. Wankerl M, **Zyriax BC**, Bondy B, Hinkelmann K, Windler E, Otte C, Windler E, Schöffauer M. Serotonin transporter gene-linked polymorphic region (5-HTTLPR) and diurnal cortisol: A sex by genotype interaction. Biol Psychol. 2010;85: 344-346
64. Muhtz Chr, **Zyriax BC**, Klähn T, Windler E, Otte Chr. Depressive symptoms and metabolic risk: Effects of cortisol and gender. Psychoneuroendocrinology. 2009;34: 1004-1011
65. Windler E, **Zyriax BC**, Kuipers F, Linseisen J, Boeing H. Association of Plasma Phytosterol Concentrations with Incident Coronary Heart Disease – Data from the CORA study, a case-control study of coronary artery disease in women. Atherosclerosis. 2008;203: 284-290
66. **Zyriax BC**, Algenstedt P, Hess UF, Schöffauer M, Bamberger C, Boeing H, Windler E. Factors contributing to the risk of cardiovascular disease reflected by plasma adiponectin in women–Data from the coronary risk factors for atherosclerosis in women (CORA) study. Atherosclerosis. 2008;200: 403-409

67. Windler E, Schöffauer M, **Zyriax BC**. The significance of low HDL-cholesterol in an aging society at increased risk for cardiovascular disease. *Diabetes and Vascular Disease*. 2007;4: 136-142
68. Windler E, **Zyriax BC**, Eidenmüller B, Boeing H. Hormone Replacement Therapy and Risk for Coronary Heart Disease, Data from the CORA-Study – A case-control study on women with incident coronary heart disease. *Maturitas*. 2007;57: 239-246
69. Dierkes J, Hoffmann K, Klipstein-Grobusch K, Weikert C, Boeing H, **Zyriax BC**, Windler E, Kratzsch J. Low plasma pyridoxal-5'-phosphate and cardiovascular disease risk in women: results from the Coronary Risk Factors for Atherosclerosis in Women Study. *Am J Clin Nutr*. 2005;81: 725-727
70. Pischon T, Bamberger CM, Kratzsch J, **Zyriax BC**, Algenstaedt P, Boeing H, Windler E. Association of plasma resistin levels with coronary heart disease in women. *Obes Res*. 2005;13: 1764-1771
71. Weikert C, Hoffmann K, Dierkes J, **Zyriax BC**, Klipstein-Grobusch K, Schulze MB, Jung R, Windler E, Boeing H. A homocysteine metabolism-related dietary pattern and the risk of coronary heart disease in two independent German study populations. *J Nutr*. 2005;135: 1981-1988
72. **Zyriax BC**, Boeing H, Windler E. Nutrition is a powerful independant risk factor for coronary heart disease in women – The CORA Study: a population-based case-control study. *Eur J Clin Nutr*. 2005;59: 1201-1207
73. Windler E, Eidenmüller B, **Zyriax BC**. Hormone replacement therapy and cardiovascular disease. *Atherosclerosis XIII. Proceedings of the 13th International Atherosclerosis Symposium, International Congress Series*. 2004;1262: 523-526
74. Hoffmann K, **Zyriax BC**, Boeing H, Windler E. A dietary pattern derived to explain biomarker variation associated with the risk of coronary artery disease. *Am J Clin Nutr*. 2004;80: 633-640

B. Nationale Publikationen

1. Oana R. Gröne, Mirjana Knorr, Anke Diemert, **Birgit-Christiane Zyriax** und Daniela Vogel. Hamburger Auswahlverfahren zum Studium Hebammenwissenschaft Vielfalt und Fairness fördern. Deutsche Hebammenzeitschrift. Jan 2024, im Druck
2. Prof. Dr. Sabine Striebich, Caroline Agricola M.Sc., Univ.-Prof. Dr. Nicola H. Bauer, Prof. Dr. Claudia Hellmers, Univ.-Prof. Dr. Mechthild M. Groß, **Univ.-Prof. Dr. Birgit-Christiane Zyriax**. Stellungnahme der Deutschen Gesellschaft für Hebammenwissenschaft e.V. zum Aktionsplan der Bundesregierung „Gesundheit rund um die Geburt“ Zeitschrift für Hebammenwissenschaft (Journal of Midwifery Science). 12/2023, Heft: 02, 44-52
3. Dr. Dr. med. Heidrun Sturm MPH, Dr. med. Aline Flatz MPH, **Prof. Dr. oec. troph. Birgit-Christiane Zyriax**, Dr. rer. medic. Anne-Madeleine Bau MPH, Dr. rer. medic. Angelika Beyer. Zum Stand interprofessioneller Zusammenarbeit in der Gesundheitsversorgung. Werkstattbericht der Arbeitsgruppe „Zusammenarbeit in der

Gesundheitsversorgung (ZiGEV)“ im DNVF e.V. Monitor Versorgungsforschung 04/2022
<http://doi.org/10.24945/MVF.04.22.1866-0533.2428>

4. **Birgit-Christiane Zyriax**, Janne Schmittinger, Anke Diemert. Hebammen in Hamburg – Aktuelle Entwicklungen und Herausforderungen. In: Hrgs . Rainer Fehr, Jobst Augustin: Nachhaltige SzandtGesundheit II, Neue Ziele, Wege, Initiativen. Band 5, Seite 306-314, 2022, oekom Verlag, München
5. Prof. Dr.med. Eberhard Windler, **Birgit-Christiane Zyriax**. Kardiovaskuläre Prävention in Peri- und Postmenopause – Herz und Kreislauf gesund erhalten. Gynäkologische Endokrinologie , 2022, 164-169
6. Stephan B, Schmittinger J, **Zyriax BC**. Gesunde Haut. Hebammeninfo 2021; 24 (7): 4-6.
7. Hansen I, Windler E, **Zyriax BC**. Schwangerschaftsvorsorge Auswirkungen des pränatalen Koffeinkonsums auf das Geburtsgewicht. Frauenarzt. 2020; 61:190-195.
8. Abeck F, Kirsten N, **Zyriax BC**. Die Bedeutung des glykämischen Index und der glykämischen Last von Kohlenhydraten bei Acne vulgaris. Akt Dermatol 2019; 07;1-6
9. **Zyriax BC**. Kardiovaskuläre Prävention in der Menopause – Schwangerschaftsverlauf und Lebensstil beeinflussen das Langzeitrisiko. Frauenarzt. 2019, Heft 11: 732-736, 2019
10. **Zyriax BC**, Windler E. Ernährung in der Prävention und Therapie der koronaren Herzkrankheit. CME Fortbildung. Aktuel Ernahrungsmed 2018; 43:294-309
11. Rinklake S, Windler E, **Zyriax BC**. Beziehung zwischen Ernährungsfaktoren und dem Risiko für postpartale Depressionen. Proc Germ Nutr Soc. 2017; 23:55
12. Preisser AM, **Zyriax BC**, Kraft A, Velasco Garrido M, Riemer M. e-Projekt Diabetes Prävention. Sonderband zum Fachmagazin Synergie 2017 - HOOU Content Projekte Vorprojektphase 2015/16 der Hamburg Open Online University - Sonderband zum Fachmagazin Synergie 2017: 206-9.
13. **Zyriax BC**. Ernährung und Nahrungsergänzungsmittel zur Prävention. Der Gynäkologe, 4/2016; 236-242
14. **Zyriax BC**: Nährstoffbedarf in Schwangerschaft und Stillzeit. Bei Aufklärung ist der Arzt gefragt. gynäkologie + geburtshilfe.2015;20: 14-17
15. **Zyriax, BC**. Fettarme Kost oder Mittelmeerdiät. Was ist empfehlenswert? CARDIOVASC. 2015;15:33-36
16. **Zyriax, BC**, Windler E. Nahrungsergänzungsmittel zur Prävention – Heil oder Hybris? Teil 2: „Natürliche Extrakte“ und Substitution in Zielgruppen. Der Gynäkologe. 2012; 45: 233-242
17. **Zyriax, BC**, Windler E. Nahrungsergänzungsmittel zur Prävention – Heil oder Hybris? Teil 1: Vitamine und Mineralstoffpräparate. Der Gynäkologe. 2011;8: 659-666

C. Lehrbuchbeiträge

1. **Birgit-Christiane Zyriax*** (Hrsg.): Schwangerschaft und Stillzeit - Ernährung, Lebensstil, Prävention interprofessionell. 1. Auflage, 2023, Elsevier GmbH, München; *Hrsg und Autorin von Kapiteln
2. **Zyriax BC.** Ernährung in der Menopause. In Hrsg. Schmollich. Buchreihe Ernährungspraxis Frauen und Männer, Wissenschaftliche Verlagsgesellschaft Stuttgart, 2020, 259-288
3. **Zyriax BC.** Grundlagen der Ernährung. In Hrsg. Wolff HP, Weihrauch TR (Hrsg.) Internistische Therapie, 23. überarbeitete Auflage, Urban & Fischer München, 2022/2023, fortlaufende Aktualisierung seit 2009/2010