

Recent Publications

1. Kang TW, KR Kim, Y Lee, H Kim, Sung Hoon Lee, Y Kwon, Hoon Yi, H Kim, HS Kim, A Harp, J Ready, M Millard-Stafford, and Woon-Hong Yeo. Wireless Soft Athlete Bioelectronics for Monitoring Carbon Dioxide Ventilation and Physiological Performance, Advanced Science 2025 Sep;12(34):e03880. doi: 10.1002/advs.202503880. Epub 2025 Jun 20.
2. Millard-Stafford, **B. Hack**, A. Harp and **E. Smith**. Caffeinated Energy Drink Formulations Differentially Impact Hydration Versus Water: Does Habitual Caffeine Intake or Biological Sex Matter? Nutrients, 2025, 17:2913 <https://www.mdpi.com/2072-6643/17/18/2913>
3. Millard-Stafford, M., **M. Wittbrodt** and **M.B. Brown**. Perspectives on Enhancing Human Performance in the Heat: Is the Solution to Simply “Just Add Water?” Sports Medicine and Health Science 7 (2025) 317-328. Invited submission to Special issue: “Health Aspects of Exercise and Physical Activity” .
<https://www.sciencedirect.com/science/article/pii/S2666337624001379?via%3Dihub>
4. King BW, TK Snow, and M Millard-Stafford. Absolute Peak Lower Extremity Power is Predictive of Fastball Velocity in Collegiate Baseball Pitchers, Journal of Strength and Conditioning Research, Oct 2024, doi: 10.1519/JSC.0000000000004966
<https://pubmed.ncbi.nlm.nih.gov/39446825/>
5. **Talik, T.**, E. M. Penna, **B.P. Hack**, A. Harp, M. Millard-Stafford. Effects of Acute Guarana (Paullinia cupana) Ingestion on Mental Performance and Vagal Modulation Compared to a Low Dose of Caffeine. Nutrients 16(12), 1892; <https://doi.org/10.3390/nu16121892>, June 2024.
6. Kim, Ka Ram; Kang, Taewoog Kim, Hodam; Lee, Yoon Jae; Lee, Sung Hoon; Yi, Hoon; Kim, Hyeonseok; Kim, Hojoong; Min, Jihee; Millard-Stafford, Melinda; Yeo, Woon-Hong. All-in-One, Wireless, Multi-Sensor Integrated Athlete Health Monitor for Real-Time Continuous Detection of Dehydration and Physiological Stress, Advanced Science. 2024 Sep;11(33):e2403238. doi: 10.1002/advs.202403238, Epub July 1 2024.
<https://pubmed.ncbi.nlm.nih.gov/38950170/>
7. **Yaldiz, C.O.**, **K. Richardson**, **S. An**, D.J. Lin, A. Satish, M. Buller, M. Millard Stafford, M.N. Sawka, A. Medda, O.T. Inan. *Early Prediction of Impending Exertional Heat Stroke with Wearable Multimodal Sensing and Anomaly Detection*, IEEE Journal of Biomedical and Health Informatics, Dec 2023. DOI: 10.1109/JBHI.2023.3323014 (**Impact factor 7.7**)
8. Penna, E.M., A. Harp, **B. Hack**, **T.N. Talik**, and M. Millard-Stafford. *Guarana (Paullinia cupana) but not Low-Dose Caffeine Improves Cycling Time-Trial Performance Versus Placebo*. International Journal of Sports Nutrition and Exercise Metabolism, 2023 Oct 28:1-8. Ahead of print. <https://doi.org/10.1123/ijsnem.2023-0148> (**Impact factor 4.619**)
9. Reply to Gurney, T.; Ronca, F. Comment on “**Hack et al.** *Effect of Guarana (Paullinia cupana) on Cognitive Performance: A Systematic Review and Meta-Analysis*. Nutrients 2023, 15:8, 434 (<https://doi.org/10.3390/nu15082001>) (**IF 6.706**).
10. **Hack B**, Penna E, **Talik T**, **Chandrashekhhar R** and M. Millard-Stafford. *Effect of Guarana (Paullinia Cupana) on Cognitive Performance: A Systematic Review and Meta-Analysis*. Nutrients, 2023 15(2), 434. <https://doi.org/10.3390/nu15020434> (**IF, 6.706**)

11. Conger, S.A., Tuthill, L.M. and M. Millard-Stafford. *Does Caffeine Increase Fat Metabolism? A Systematic Review and Meta-Analysis*. International Journal of Sports Nutrition and Exercise Metabolism, 2022 Dec 10;33(2):112-120. Print 2023 Mar 1. doi: 10.1123/ijsnem.2022-0131 PMID: 36495873 **(Impact factor 4.619)**
12. Balog, E., **M. Gollosi, J. Koski**, HG Suh, and M. Millard-Stafford. *Individual Variability Is More Important Than Analytical Methods When Calculating Relative Speed of Beverage Bioavailability*, International Journal of Sports Nutrition and Exercise Metabolism, 2023 Jan 12;33(2):102-111. doi: 10.1123/ijsnem.2022-0153. Print 2023 Mar 1. **(Impact factor 4.619)**
13. Millard-Stafford, M. and J. Cantwell. *Severe Dystonia Induced by Swimming in an All-American Athlete*. Baylor University Medical Center Proceedings, July 7, 2022. **(Impact Factor 0.65)** 10.1080/08998280.2022.209082766.