

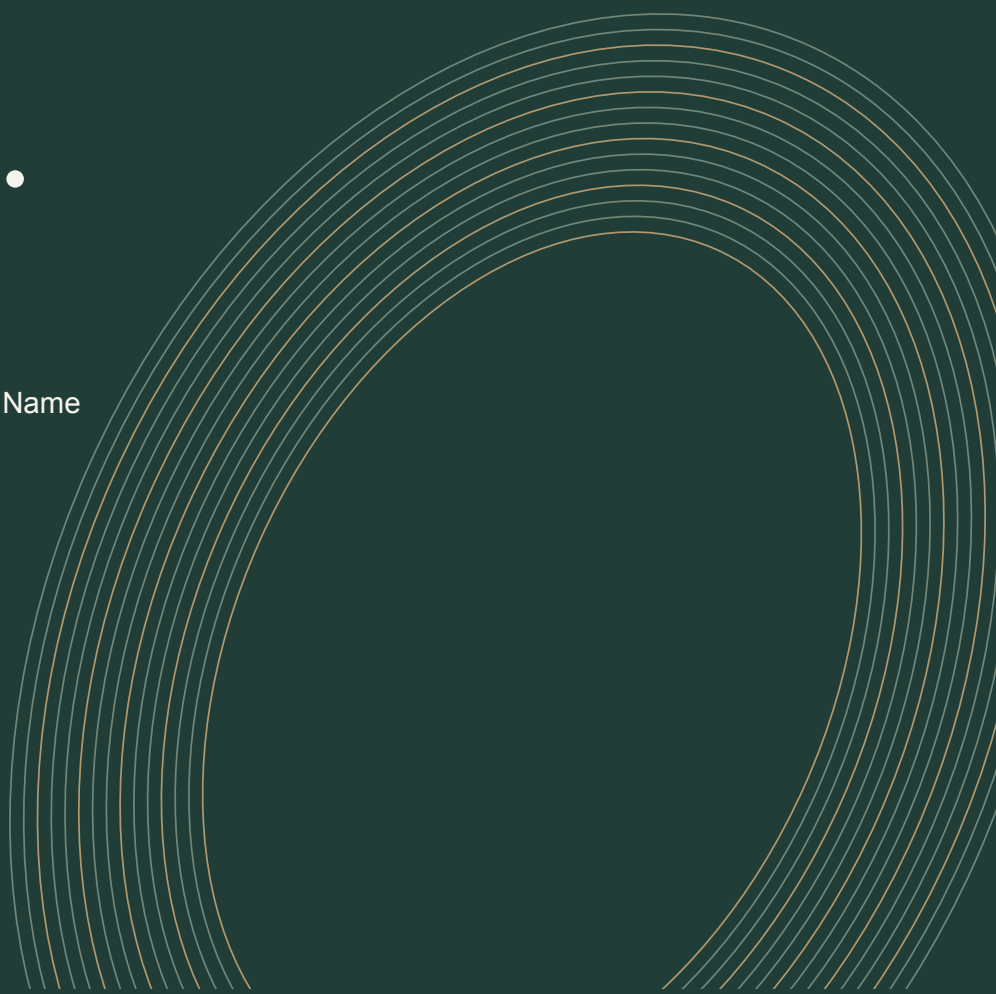
NEURONA QL

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# The science behind the story.

## RESOURCES & READING GUIDE

A companion to Before Disease Has a Name



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A NOTE TO THE READER

# A beautiful question deserves a traceable source.

This companion brings together the supplied master reference list, additional citations identified in the magazine audit, and a small collection of accessible resources for continued learning.

The bibliography is organized by subject. Sources that inform several topics share the same R-number wherever they appear, making it easy to follow connections and report a correction.

RESEARCH REFERENCES

Sources supplied for the issue. A matched record confirms bibliographic identity, not every interpretation or claim in the magazine.

ADDITIONAL MAGAZINE CITATIONS

References found in the existing magazine citation audit but missing from the supplied master list. They are presented as a separate collection.

FURTHER READING

New reader resources, chosen to explain concepts and provide context. These are additions to this guide, not claims about what the magazine originally used.

How to use the links  
“Open record” leads to a bibliographic or publisher page. Use the PDF bookmarks to jump between subjects, or search for an author, topic or reference number. Full text may require a subscription. Checks were performed on 10 September 2026; access can change.

THE BIBLIOGRAPHY

# Inside the cell

Energy production, mitochondrial dynamics and cellular quality control. These sources introduce the biological systems explored throughout the issue.

**R001** Mitochondrial quality control in health and disease: mechanisms and therapeutic targets

Creus A, Mohapatra S, Ortega L, Sebastián D. | Signal Transduct Target Ther · 2026

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**R002** Molecular mechanisms of mitochondrial dynamics

Tábara LC, Segawa M, Prudent J. | Nat Rev Mol Cell Biol · 2025

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**R003** Mitochondrial dynamics in health and disease: mechanisms and potential targets

Chen W, Zhao H, Li Y. | Signal Transduct Target Ther · 2023

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**R004** Mitochondria at the heart of aging: structure, function, and failure

Marei HE. | J Transl Med · 2026

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**R005** Mitochondrial and metabolic dysfunction in ageing and age-related diseases

Amorim JA, Coppotelli G, Rolo AP, et al. | Nat Rev Endocrinol · 2022

Also relevant to Type 2 Diabetes, CARE .

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# Alzheimer's disease

A reading path through mitophagy, synapses, oxidative stress and the cellular biology of neurodegeneration.

**R006** Mitophagy and Alzheimer's Disease: Cellular and Molecular Mechanisms

Kerr JS, Adriaanse BA, Greig NH, et al. | Trends Neurosci · 2017

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**R007** Synaptic Mitochondria: An Early Target of Amyloid-beta and Tau in Alzheimer's Disease

Torres AK, Jara C, Park-Kang HS, et al. | J Alzheimers Dis · 2021

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**R008** Defective mitophagy and synaptic degeneration in Alzheimer's disease: Focus on aging, mitochondria and synapse

Morton H, Kshirsagar S, Orlov E, et al. | Free Radic Biol Med · 2021

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Bhatia V, Sharma S. | J Neurol Sci · 2021

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# Parkinson's disease

Mitochondrial function, stress responses and potential therapeutic targets. Experimental findings belong in context alongside human evidence.

**R010**    The central role of mitochondrial dysfunction in neurodegeneration: implications for therapy

Raafat MA, Al-Hasnaawei S, Mousa HM, et al. | Mol Cell Biochem · 2026

Also relevant to ALS (Amyotrophic Lateral Sclerosis).

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**R011**    Mitochondrial Dysfunction and Biogenesis in Neurodegenerative diseases: Pathogenesis and Treatment

Golpich M, Amini E, Mohamed Z, et al. | CNS Neurosci Ther · 2017

Also relevant to ALS (Amyotrophic Lateral Sclerosis).

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Benarroch E. | Neurology · 2026

Also relevant to ALS (Amyotrophic Lateral Sclerosis), CARE .

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**R013**    Advances in research on mitochondrial dysfunction in neurodegenerative diseases

Zhang Y, Li XW, Zhang Y, Li X. | J Neurol · 2025

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**R014**    Therapeutic effects of baicalein on rotenone-induced Parkinson's disease through protecting mitochondrial function and biogenesis

Zhang X, Du L, Zhang W, et al. | Sci Rep · 2017

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# Multiple sclerosis

Axonal energy demands, inflammation, glial cells and disease progression. These references also include sources identified for figures in the supplied list.

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Mahad DH, Trapp BD, Lassmann H. | Lancet Neurol · 2015

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Xie T, Fok HT, Quan Z, et al. | Neurobiol Dis · 2025

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**R019**    Pathogenesis of multiple sclerosis: insights from molecular and metabolic imaging

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**R020**    Advances in Multiple Sclerosis

Hauser SL. | N Engl J Med · 2026

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Using the Progression Independent of Relapse Activity Framework to Unveil the Pathobiological Foundations of Multiple Sclerosis

Ciccarelli O, Barkhof F, Calabrese M, et al. | Neurology · 2024

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Pathways to Progressive Disability in Multiple Sclerosis: The Role of Glial Cells in Chronic CNS Inflammation

Siffrin V. | Glia · 2025

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# Motor neurons & ALS

Research on amyotrophic lateral sclerosis and the molecular pathways under investigation for future treatments.

**R024**    Amyotrophic lateral sclerosis: a neurodegenerative disorder poised for successful therapeutic translation

Mead RJ, Shan N, Reiser HJ, et al. | Nat Rev Drug Discov · 2023

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Raafat MA, Al-Hasnaawei S, Mousa HM, et al. | Mol Cell Biochem · 2026

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An organ-by-organ view of fuel handling, oxidative stress, insulin resistance and cardiometabolic disease.

**R025** Mitochondrial dysfunction in type 2 diabetes mellitus: an organ-based analysis

Pinti MV, Fink GK, Hathaway QA, et al. | Am J Physiol Endocrinol Metab · 2019

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**R026** Mitochondrial Dysfunction in the Development and Progression of Cardiometabolic Diseases: A Narrative Review

Pliouta L, Lampsas S, Kountouri A, et al. | J Clin Med · 2025

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**R027** Mitochondrial Dysfunction, Oxidative Stress, and Therapeutic Strategies in Diabetes, Obesity, and Cardiovascular Disease

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# The liver & MASLD

Fat metabolism, mitochondrial turnover and the relationship between the liver and cardiometabolic health. Historical NAFLD/NASH terminology is retained in original article titles.

**R028**    **The Mitochondrial-Autophagy Axis in MASLD: Mechanisms, Crosstalk, and Therapeutic Targets**

Bhaduri G, Kalia A, Saboo B, Bandyopadhyay S. | Compr Physiol · 2026

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Moore MP, Cunningham RP, Meers GM, et al. | Hepatology · 2022

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Endothelial biology, cardiac energy metabolism, mitochondrial architecture and heart failure.

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Pavlović N, Todorović P, Maglica M, et al. | Biomolecules · 2025

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Zhou Y, Tian H, Xia Z, Xiong Y. | Biomed Pharmacother · 2026

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Li A, Shami GJ, Griffiths L, et al. | Basic Res Cardiol · 2023

Also relevant to Heart Failure.

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**R036**    Targeting mitochondrial shape: at the heart of cardioprotection

Hernandez-Resendiz S, Prakash A, Loo SJ, et al. | Basic Res Cardiol · 2023

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Pliouta L, Lampsas S, Kountouri A, et al. | J Clin Med · 2025

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# Cancer & cellular energy

Cancer metabolism includes fuel use, redox balance and interactions with the tumour environment. Individual theories should be read alongside the wider research literature.

**R037** Revisiting the Warburg effect: historical dogma versus current understanding

Vaupel P, Multhoff G. | J Physiol · 2021

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**R038** The Warburg effect: The hacked mitochondrial-nuclear communication in cancer

Jiang H, Ye J. | Semin Cancer Biol · 2025

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**R039** Metabolic interplays between the tumour and the host shape the tumour macroenvironment

Altea-Manzano P, Decker-Farrell A, Janowitz T, Erez A. | Nat Rev Cancer · 2025

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**R040** Mitochondrial metabolism-mediated redox regulation in cancer progression

Boese AC, Kang S. | Redox Biol · 2021

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**R042** The Warburg hypothesis and the emergence of the mitochondrial metabolic theory of cancer

Seyfried TN, Lee DC, Duraj T, et al. | J Bioenerg Biomembr · 2025

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**R043** RNA m6A modifications regulate crosstalk between tumor metabolism and immunity

Gu J, Cao H, Chen X, et al. | Wiley Interdiscip Rev RNA · 2024

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**R044** Crosstalk among m<sup>6</sup>A RNA methylation, hypoxia and metabolic reprogramming in TME: from immunosuppressive microenvironment to clinical application

Zhang F, Liu H, Duan M, et al. | J Hematol Oncol · 2022

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**R045** Metabolic Reprogramming in Cancer: Implications for Immunosuppressive Microenvironment

Aden D, Sureka N, Zaheer S, et al. | Immunology · 2025

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van Weverwijk A, de Visser KE. | Nat Rev Cancer · 2023

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Kim TH, Lim SH, Lee H, et al. | Exp Mol Med · 2026

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Consume, Activity, Rest and Equilibrium: research connected to nutrition, movement, sleep, adaptation and recovery.

**R048**    Mechanisms of mitochondrial respiratory adaptation

Bennett CF, Latorre-Muro P, Puigserver P. | Nat Rev Mol Cell Biol · 2022

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San-Millán I. | Antioxidants (Basel) · 2023

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**R051**    Reprogramming heart failure: physiological orchestration and mechanistic decoding of exercise benefits

Xu L, Chen C, Wang K, Wang T. | BMC Cardiovasc Disord · 2025

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Mounsey LA, Guo M, Lau ES, Ho JE. | Circ Res · 2025

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**R053**    Mitochondrial dysfunction in sleep deprivation

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Richardson RB, Mailloux RJ. | Antioxidants (Basel) · 2023

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Gunning JA, Hernandez MI, Gudarzi B, et al. | NPJ Metab Health Dis · 2026

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Aziz A, Wissam Z. | Biomed Res Int · 2026

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**R005** Mitochondrial and metabolic dysfunction in ageing and age-related diseases

Amorim JA, Coppotelli G, Rolo AP, et al. | Nat Rev Endocrinol · 2022

Also relevant to Type 2 Diabetes, CARE .

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**R012** What Are the Roles of Mitochondrial Stress Responses and Mitohormesis in Neurodegenerative Disorders?

Benarroch E. | Neurology · 2026

Also relevant to ALS (Amyotrophic Lateral Sclerosis), CARE .

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# The cell, in numbers

Background literature for mitochondrial abundance, ATP demand and cellular structure. Counts vary with tissue, method and physiological state.

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Cellular ATP demand creates metabolically distinct subpopulations of mitochondria

Ryu KW, Fung TS, Baker DC, et al. | Nature · 2024

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R058

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Mitochondrial Dysfunction in Cardiomyopathy and Heart Failure: From Energetic Collapse to Therapeutic Opportunity

Pavlović N, Todorović P, Maglica M, et al. | Biomolecules · 2025

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# Brain health, in context

Diagnostic perspectives, population burden and projections for dementia and Parkinson's disease. Estimates should always retain their source year and population.

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Frisoni GB, Hansson O, Nichols E, et al. | Lancet · 2025

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Qin R, Zhao H, Gao H, Liu H. | PLoS One · 2025

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Diagnostic perspectives, population burden and projections for dementia and Parkinson's disease. Estimates should always retain their source year and population.

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Rizzi L, Rosset I, Roriz-Cruz M. | Biomed Res Int · 2014

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**R065**    Projections for prevalence of Parkinson's disease and its driving factors in 195 countries and territories to 2050: modelling study of Global Burden of Disease Study 2021

Su D, Cui Y, He C, et al. | BMJ · 2025

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**R066**    Global, regional, and national burden of Parkinson's disease, 1990-2016: a systematic analysis for the Global Burden of Disease Study 2016

GBD 2016 Parkinson's Disease Collaborators. | Lancet Neurology, 2018

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# Disease burden & definitions

Background sources on ALS, MS, metabolic risk and liver disease. These references complement the issue's explanatory features.

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Jellinger KA. | J Neural Transm (Vienna) · 2026

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**R068**    Recent advances in the diagnosis and prognosis of amyotrophic lateral sclerosis

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**R069**    Global Prevalence and Incidence of Amyotrophic Lateral Sclerosis: A Systematic Review

Wolfson C, Gauvin DE, Ishola F, Oskoui M. | Neurology · 2023

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Butler J, Khan MS, Ferreira JP, et al. | J Am Coll Cardiol · 2026

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**R079** Heart failure in the elderly: epidemiology, mechanisms, and management

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Sung H, Filho AM, Laversanne M, et al. | CA Cancer J Clin · 2026

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The global, regional, and national burden of cancer, 1990-2023, with forecasts to 2050: a systematic analysis for the Global Burden of Disease Study 2023

GBD 2023 Cancer Collaborators. | Lancet · 2025

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Cheng XT, Huang N, Sheng ZH. | Neuron · 2022

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Mouse and cell experiments; not direct evidence of clinical benefit in people.

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# More from the magazine

Additional citations recovered from the existing magazine citation audit and absent from the supplied master list. Their inclusion preserves the wider research trail.

**R092**    **A Multimodal Framework for Alzheimer's Prevention: Diet, Exercise, Fasting, Sleep, and Gut Microbiota**

Kurmi S, Shirodkar S, Parab SB, Doshi G. | Curr Alzheimer Res · 2026

A review framework; the title does not establish guaranteed prevention.

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**R093**    **Mitophagy in Hypertensive Cardiac Hypertrophy: Mechanisms and Therapeutic Implications**

Li S, Li X. | J Clin Hypertens (Greenwich) · 2025

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**R094**    **Cardiac Energy Metabolism in Heart Failure**

Lopaschuk GD, Karwi QG, Tian R, et al. | Circ Res · 2021

[Open record](#) | RECORD MATCHED

**R095**    **Targeting mitochondria in the regulation of neurodegenerative diseases: A comprehensive review**

Maurya SK, Gupta S, Bakshi A, et al. | J Neurosci Res · 2022

[Open record](#) | RECORD MATCHED

**R096**    **Cardiac intermediary metabolism in heart failure: substrate use, signalling roles and therapeutic targets**

Mericskay M, Zuurbier CJ, Heather LC, et al. | Nat Rev Cardiol · 2025

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ADDITIONAL MAGAZINE CITATIONS / CONTINUED

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**R097**    The hypoxia-inflammation cycle as a key mechanism of smoldering inflammation and progression in multiple sclerosis

Missaglia M, Filippi M, Esposito F, Giordano A. | Acta Neuropathol · 2026

[Open record](#) | RECORD MATCHED

**R098**    Preventive dietary and lifestyle strategies for neurodegenerative diseases: a comprehensive review

Pathak K, Kumari T, Aggarwal L, Singh V. | Nutr Neurosci · 2026

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**R099**    Obesity and Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD): A Literature Review on Pathophysiology and Treatment

Romanos M, Garcia Cordova JM, Villamarin J, et al. | Diabetes Obes Metab · 2026

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ADDITIONAL MAGAZINE CITATIONS / CONTINUED

# More from the magazine

Additional citations recovered from the existing magazine citation audit and absent from the supplied master list. Their inclusion preserves the wider research trail.

**R100**    **Common Mechanisms Underlying alpha-Synuclein-Induced Mitochondrial Dysfunction in Parkinson's Disease**

Sohrabi T, Mirzaei-Behbahani B, Zadali R, et al. | J Mol Biol · 2023

[Open record](#) | RECORD MATCHED

**R101**    **Comprehensive Insights Into Mitophagy: Mechanisms, Disease Associations, and Therapeutic Implications**

Tang M, Outissint I, Chen Y, Gong X. | J Cell Biochem · 2025

[Open record](#) | RECORD MATCHED

**R102**    **Polyphenols and Exercise in Mitochondrial Biogenesis: Focus on Age-Related CNS Disorders**

Tu J. | Mol Neurobiol · 2025

[Open record](#) | RECORD MATCHED

## NEW READER RESOURCES

# Continue your curiosity.

Accessible starting points selected for this guide. These resources supplement the bibliography.

## Mitochondrial DNA

MedlinePlus Genetics / National Library of Medicine

A clear introduction to the mitochondrial genome and its role in cellular energy. A companion to the issue's opening pages. [Explore resource](#)

## Physical activity

World Health Organization

An accessible overview of movement and health, with population guidance to place the Activity pillar in a broader public-health context.

[Explore resource](#)

## Why is sleep important?

National Heart, Lung, and Blood Institute

Reader-friendly context on sleep and health to accompany the Rest pillar. [Explore resource](#)

## Fatty liver disease: NAFLD & NASH

National Institute of Diabetes and Digestive and Kidney Diseases

A patient-facing explanation of fatty liver disease. The page uses earlier terminology that readers may encounter in the research literature.

[Explore resource](#)

## Global Cancer Facts & Figures

American Cancer Society

A companion to global cancer statistics, including the 2024 estimates reported in 2026. Useful for distinguishing data years from publication years. [Explore resource](#)

**ABOUT THE EVIDENCE**

# Read with context.

**WHAT WAS CHECKED**

This edition contains 102 distinct research references, matched against Europe PMC, PubMed or a primary publication source. The additional reader-resource pages were checked separately. A database match is not a full-text, claim-by-claim review or a guarantee that a publisher page will always be accessible.

**WHAT A STUDY CAN TELL US**

Reviews synthesize a field; observational studies examine associations; experiments test mechanisms under defined conditions. Findings from cells or animals may not translate into benefits for people. A mechanism, hypothesis or proposed therapeutic target is not itself a proven treatment.

**TITLES, DATES & SOURCE SUBSTITUTIONS**

Bibliographic titles, authors and publication years use matched records where available. Some original titles were shortened, and some online-first and issue years differ. Replacement sources identified in the supplied list remain labeled. Bibliographic matching confirms the identity of a publication; it does not endorse its conclusions.

**FIGURES & EDITORIAL MATERIAL**

Figure-source labels were carried over from the supplied list; reuse rights were not audited. The magazine's interview, personal narratives, editorial framing and Neurona QL approach are different kinds of content from published research. A research citation should not be read as independent validation of every statement or a credit for every visual asset.

**HEALTH INFORMATION**

This guide is for education and further reading, not medical advice, diagnosis or treatment. Discuss personal health questions and changes to treatment, diet or exercise with a qualified healthcare professional.

**CONTINUE THE CONVERSATION**

# Good science leaves room for questions.

We hope these resources help you move from a compelling idea to a deeper understanding of the research behind it.

**A LINK NOT WORKING?**

If a link does not open, a citation appears incorrect, or you notice something that needs clarification, please email Neurona QL. Include the reference number, article title and a brief description of the issue.

[neuronaql@gmail.com](mailto:neuronaql@gmail.com)

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Take a question with you.

What kind of evidence is this?

Who or what was studied?

How does it relate to the claim I read?

What would I like to ask my care team?

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