

Prof. MURAT KARA

Personal Information

Office Phone: [+90 312 305 1575](tel:+903123051575)

Other Email: mkaraftr@yahoo.com

Web: <https://avesis.hacettepe.edu.tr/karamurat>

Address: Hacettepe Üniversitesi Tıp Fakültesi FTR AD / Nolu Kapı yanı

International Researcher IDs

ORCID: 0000-0003-0125-4865

Yoksis Researcher ID: 216506

Education Information

Expertise In Medicine, Hacettepe University, Tıp Fakültesi (Türkçe), Dahili Tıp Bilimleri Bölümü, Turkey 2002 - 2008

Research Areas

Medicine, Internal Medicine Sciences, Physical Medicine and Rehabilitation, Health Sciences

Academic Titles / Tasks

Professor, Hacettepe University, Tıp Fakültesi (Türkçe), Dahili Tıp Bilimleri Bölümü, 2015 - Continues

Advising Theses

Kara M., Fiziksel performans ile kognitif fonksiyon ve ultrasonografik kas ölçümleri arasındaki ilişkinin 40 yaş ve üzeri bireylerde değerlendirilmesi, Expertise In Medicine, M.ALİ(Student), 2020

KARA M., Investigating pain perception in somatosensory cortex for healthy and fibromyalgia patient populations by using fNIRS, Doctorate, A.EKEN(Student), 2016

Published journal articles indexed by SCI, SSCI, and AHCI

- I. **EURO-MUSCULUS/USPRM Dynamic Ultrasound Protocols for Knee.**
Pirri C., Stecco C., Güvener O., Mezian K., Ricci V., Jačisko J., Novotný T., Kara M., Chang K., Dughbaj M., et al.
American journal of physical medicine & rehabilitation, vol.102, 2023 (SCI-Expanded)
- II. **Anatomy and Sonographic Examination for Lateral Epicondylitis: EURO-MUSCULUS/USPRM* Approach.**
Ricci V., Cocco G., Mezian K., Chang K., Naňka O., Tamborrini G., Kara M., Özçakar L.
American journal of physical medicine & rehabilitation, vol.102, pp.300-307, 2023 (SCI-Expanded)
- III. **Ultrasound-Guided Injection of the Elbow: Cadaveric Description for the Proximal to Distal Approach.**
Ricci V., Mezian K., Chang K., Mittal N., Kara M., Naňka O., Özçakar L.
PM & R : the journal of injury, function, and rehabilitation, 2023 (SCI-Expanded)

- IV. **Assessing individual-level measurement precision of the Short Physical Performance Battery using the test information function.**
Franchignoni F., Giordano A., Rinaldo L., Kara M., Özçakar L.
International journal of rehabilitation research. Internationale Zeitschrift für Rehabilitationsforschung, Revue internationale de recherches de readaptation, vol.46, pp.46-52, 2023 (SCI-Expanded)
- V. **Ultrasonography for Injecting (Around) the Lateral Epicondyle: EURO-MUSCULUS/USPRM Perspective.**
Ricci V., Mezzan K., Cocco G., Tamborrini G., Fari G., Zunica F., Chang K., Kara M., Özçakar L.
Diagnostics (Basel, Switzerland), vol.13, no.4, 2023 (SCI-Expanded)
- VI. **Mnemonics and Metaphorical Videos for Detecting/Diagnosing Musculoskeletal Sonopathologies.**
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American journal of physical medicine & rehabilitation, vol.102, pp.184-190, 2023 (SCI-Expanded)
- VII. **SARCopenia Assessment in Hypertension: The SARAH Study.**
Kara M., Kara Ö., Ceran Y., Kaymak B., Kaya T. C., Çitir B. N., Durmuş M. E., Durmuşoğlu E., Razaq S., Doğan Y., et al.
American journal of physical medicine & rehabilitation, vol.102, pp.130-136, 2023 (SCI-Expanded)
- VIII. **Sarcopenia, osteoporosis, and fractures: what we see mainly depends on how we look?**
Kara M., Özçakar L.
Osteoporosis international : a journal established as result of cooperation between the European Foundation for Osteoporosis and the National Osteoporosis Foundation of the USA, vol.34, pp.425-426, 2023 (SCI-Expanded)
- IX. **The relationship between sarcopenia-related measurements and osteoporosis: The SARCOP study.**
Tiftik T., Kara M., Koyuncu E. G., Kaymak B., Çelik Ö. F., Çiftçi İ., Korkmaz G. O., Analay P., Aksakal M. F., Ocak H., et al.
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- X. **Authors response to: Comment on "Grip strength as a predictor of disease severity in hospitalized COVID-19 patients".**
Kara Ö., Kara M., Akın M., Özçakar L.
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- XI. **From histology to sonography in synovitis: EURO-MUSCULUS/USPRM approach.**
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- XII. **Relationship between chewing ability and malnutrition, sarcopenia, and frailty in older adults.**
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Nutrition in clinical practice : official publication of the American Society for Parenteral and Enteral Nutrition, vol.37, no.6, pp.1409-1417, 2022 (SCI-Expanded)
- XIII. **Ultrasonographic/regional muscle measurements for diagnosing sarcopenia in older adults with and without dementia**
Ulger Z., Aycicek G. S., Kara Ö., Kara M.
TURKISH JOURNAL OF MEDICAL SCIENCES, vol.52, no.6, pp.1926-1932, 2022 (SCI-Expanded)
- XIV. **Artificial Intelligence Ft. EURO-MUSCULUS/USPRM Basic Scanning Protocols.**
Özçakar L., Tok F., Ricci V., Mezzan K., Wu C., Wu W., Park G., Kwon D. R., Prieto M. G., Dughbaj M., et al.
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- XV. **Ultrasonographic Evaluation of the Metacarpal Cartilage Thicknesses in Weightlifters and Volleyball Players.**
İskender Ö., Kaymak B., Kara M., Akıncı A., Ülkar B., Özçakar L.
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- XVI. **EURO-MUSCULUS/USPRM Dynamic Ultrasound Protocols for (Adult) Hip.**
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- XVII. **The relationship between vitamin D deficiency and mortality in older adults before and during COVID-19 pandemic.**
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- Heart & lung : the journal of critical care, vol.57, pp.117-123, 2022 (SCI-Expanded)
- XVIII. **EURO-MUSCULUS/USPRM Dynamic Ultrasound Protocols for Wrist and Hand.**
Mezian K, Ricci V, Güvener O, Jačisko J, Novotný T, Kara M, Ata A. M., Wu W., Chang K, Stecco C., et al.
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- XIX. **THE RELATIONSHIP BETWEEN VITAMIN D DEFICIENCY, BODY COMPOSITION AND PHYSICAL/COGNITIVE FUNCTIONS**
Dogan Y, KARA M, ÖZÇAKAR L, Kaymak B.
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- XX. **Homing in on cognition with cross-sectional analysis of sarcopenia-related measurements: the SARCOG study**
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AGING CLINICAL AND EXPERIMENTAL RESEARCH, vol.34, no.9, pp.2149-2154, 2022 (SCI-Expanded)
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Clinical Rheumatology, vol.41, no.7, pp.2273-2274, 2022 (SCI-Expanded)
- XXII. **Ultrasound Imaging and Guidance in Meralgia Paresthetica: Finding/Treating the Incognito**
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- XXIII. **(Not) seeing the forest for the trees in sarcopenia**
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- XXIV. **EURO-MUSCULUS/USPRM Dynamic Ultrasound Protocols for Elbow.**
Ricci V., Güvener O., Chang K., Wu W., Mezian K., Kara M., Leblebicioğlu G., Pirri C., Ata A. M., Dughbaj M., et al.
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- XXV. **Musculoskeletal ultrasonography: ninety-nine reasons for physiatrists.**
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Medical ultrasonography, vol.24, no.2, pp.137-139, 2022 (SCI-Expanded)
- XXVI. **The Chronicle of Headache Treatment Throughout Human History from Trepanation to Perisutural Botulinum Toxin Injections.**
Kara M., Erdal Y. S., Doğan Y., Erdal Ö. D., D'Amico V., Özçakar L.
The International journal of neuroscience, pp.1-4, 2022 (SCI-Expanded)
- XXVII. **Diagnosis, management strategies and research horizons in sarcopenia**
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- XXIX. **Neuralgic amyotrophy associated with COVID-19 infection: the broken bough.**
Doğan Y., Kara M., Doğan K. Ç., Kaymak B., Özçakar L.
The Korean journal of pain, vol.35, no.2, pp.233-235, 2022 (SCI-Expanded)
- XXX. **Caring for the Neck and Posture in Dentistry: Better Late Than Never**
Ballıkaya E., Kara M., Özçakar L.
International Dental Journal, vol.72, no.2, pp.150-153, 2022 (SCI-Expanded)
- XXXI. **EURO-MUSCULUS/USPRM Dynamic Ultrasound Protocols for Shoulder**
Ricci V., Chang K., Güvener O., Mezian K., Kara M., Leblebicioğlu G., Stecco C., Pirri C., Ata A. M., Dughbaj M., et al.
American journal of physical medicine & rehabilitation, vol.101, no.3, 2022 (SCI-Expanded)
- XXXII. **Regional (but strategic) assessment for a generalized disorder (Sarcopenia)**
Razaq S., Kara M., Özçakar L.
Multiple Sclerosis and Related Disorders, vol.59, 2022 (SCI-Expanded)
- XXXIII. **Sarcopenia: if it looks/walks like a duck, it must be a duck**
Razaq S., KARA M., ÖZÇAKAR L.

- EUROPEAN JOURNAL OF CLINICAL NUTRITION, vol.76, no.2, pp.320-321, 2022 (SCI-Expanded)
- XXXIV. **'Saving the neck' during smartphone use: Fad or future.**
Razaq S., Kara M., Özçakar L.
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- XXXV. **Ultrasound imaging for the diagnosis and evaluation of sarcopenia: An umbrella review**
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- XXXVI. **Ad Hoc Measurements of the Anterior Thigh Muscle (Mass and Function) in Sarcopenia**
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- XXXVII. **Sarcopenic obesity is the real problem in COVID-19 !**
Kara M., Ata A. M., Özçakar L.
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- XXXVIII. **Grip strength assessment before cancer surgery: 'Shaking Hands' for long-term outcome**
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- XXXIX. **Rewinding sarcopenia: a narrative review on the renin-angiotensin system**
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- XL. **Disputing the use of static one-leg standing balance test for screening low muscle mass**
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- XLI. **SARC-F as a case-finding tool in sarcopenia: valid or unnecessary?**
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- XLII. **Letter to the Editor: Cervical Paraspinal Muscle Fatty Degeneration is Not Associated with Muscle Cross-Sectional Area: Qualitative Assessment is Preferable for Cervical Sarcopenia.**
Malas F. Ü., Kara M., Özçakar L.
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- XLIII. **Sarcopenia in Pediatrics? To Be Reconsidered**
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LIVER TRANSPLANTATION, vol.27, no.7, pp.1071-1072, 2021 (SCI-Expanded)
- XLIV. **Grip strength as a predictor of disease severity in hospitalized COVID-19 patients.**
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- XLV. **Measure grip strength, gait speed and quadriceps muscle in cirrhosis. Comment to "Frailty, sarcopenia and mortality in cirrhosis: What is the best assessment, how to interpret the data correctly and what interventions are possible?"**
Razaq S., Kara M., Özçakar L.
Clinics and research in hepatology and gastroenterology, vol.45, pp.101727, 2021 (SCI-Expanded)
- XLVI. **Obstructive sleep apnea syndrome-related hypertension and sarcopenia: a brief glance on the renin-angiotensin-aldosterone system**
Ekiz T., KARA M., Ricci V., ÖZÇAKAR L.
SLEEP AND BREATHING, vol.25, no.2, pp.1159-1161, 2021 (SCI-Expanded)
- XLVII. **Comment on: Sarcopenia is a prognostic outcome marker in children with high-risk hepatoblastoma: Sarcopenia in children. A misnomer for muscle wasting or atrophy?**
Razaq S., Kara M., ÖZÇAKAR L.
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- XLVIII. **DIAGNOSING SARCOPENIA: FUNCTIONAL PERSPECTIVES AND A NEW ALGORITHM FROM ISarcoPRM**
KARA M., KAYMAK B., Frontera W. R., Merve A., Ricci V., Ekiz T., Chang K., Han D., Michail X., Quittan M., et al.
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- XLIX. Is sarcopenia a predictive factor in colorectal cancer? Better understanding the status quo**
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ANZ JOURNAL OF SURGERY, vol.91, no.6, pp.1317, 2021 (SCI-Expanded)
- L. SARC-F to screen or diagnose sarcopenia in cancer? A point-blank refusal**
Malas F. U., KARA M., ÖZÇAKAR L.
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- LI. Measure What Matters Most in Sarcopenia: Regional vs. Appendicular Muscle Mass?**
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JOURNAL OF THE AMERICAN MEDICAL DIRECTORS ASSOCIATION, vol.22, no.4, pp.883-884, 2021 (SCI-Expanded)
- LII. Ultrasound imaging/measurements for skeletal muscles in sarcopenia: an aide memoire**
Ata A. M., KARA M., ÖZÇAKAR L.
EUROPEAN GERIATRIC MEDICINE, vol.12, no.2, pp.425-426, 2021 (SCI-Expanded)
- LIII. Letter Regarding: Regional Muscle Measurements/Adjustments Amidst Others in the Diagnosis of Sarcopenia**
Razaq S., KARA M., ÖZÇAKAR L.
JOURNAL OF SURGICAL RESEARCH, vol.260, pp.520-521, 2021 (SCI-Expanded)
- LIV. Letter to the editor concerning "Handgrip strength correlates with walking in lumbar spinal stenosis" by Inoue H, et al. (Eur Spine J 2020; 29: 2198-204)**
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EUROPEAN SPINE JOURNAL, vol.30, no.4, pp.1077, 2021 (SCI-Expanded)
- LV. Reassessing Sarcopenia in Hypertension: STAR and ACE Inhibitors Excel**
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- LVIII. Ultrasonographic assessment of the aging trunk muscles: 'brutal tone' but should be impartial**
Ekiz T., KARA M., Ata A. M., ÖZÇAKAR L.
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- LIX. Fighting against frailty and sarcopenia - As well as COVID-19?**
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- LX. Sarcopenia Is Not "Love" You Have to Look Where You Lost it!**
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- LXI. STAR-Sonographic Thigh Adjustment Ratio A Golden Formula for the Diagnosis of Sarcopenia**
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- LXIII. 'Scientific Strabismus' or two related pandemics: coronavirus disease and vitamin D deficiency**
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- LXV. **Ultrasonography in Sarcopenic Obesity: "Good Looking" But Wrong Buttoning of the First Button**
KARA M., Ata A. M., KAYMAK B., ÖZÇAKAR L.
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- LXVI. **EURO-MUSCULUS/USPRM Global Report on Musculoskeletal Ultrasound Publications**
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- LXVII. **Revisiting vitamin D and home-based exercises for patients with sleep apnea facing the COVID-19 quarantine**
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- LXVIII. **Ultrasonographic evaluation of the distal femoral and talar cartilage thicknesses in patients with poliomyelitis: a cross-sectional observational study**
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- LXIX. **The need for an integrative musculoskeletal approach in sarcopenia: the ISarcoPRM Kickstart**
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- LXX. **"Zooming" in the Anterior Thigh Muscle for the Diagnosis of Sarcopenia**
Ata A. M., KARA M., KAYMAK B., ÖZÇAKAR L.
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- LXXI. **Comment on Asian Working Group on Sarcopenia's Updated Consensus Recommendations: Emphasis on Anterior Thigh Muscle Mass**
KARA M., Ata A. M., KAYMAK B., ÖZÇAKAR L.
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- LXXII. **Ultrasound Imaging and Rehabilitation of Muscle Disorders Part 2: Nontraumatic Conditions**
KARA M., Ata A. M., KAYMAK B., ÖZÇAKAR L.
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- LXXIII. **A Single-Dose Injection of Ozone Is Not an Alternative of Corticosteroid Injection in Shoulder Impingement Syndrome**
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- LXXIV. **Ultrasonographic measurements of the skin, fat and muscle in vitamin D deficiency**
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- LXXV. **A "NEUROMUSCULAR LOOK" TO SARCOPENIA: IS IT A 'MOVEMENT DISORDER'?**
KARA M., ÖZÇAKAR L., KAYMAK B., Ata A. M., Frontera W.
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- LXXVI. **Handgrip Strength Adds More Prognostic Value to the Model for End-Stage Liver Disease Score Than Imaging-Based Measures of Muscle Mass in Men With Cirrhosis**
Isik M., KARA M.
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- LXXVII. **Ultrasound Imaging for an Unbeknown Sewing Needle in the Thigh**
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- LXXVIII. **Scan, see and inject: no need to palpate, imagine or narrate**

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- LXXXIX. **Is grip strength an actual/significant predictor of areal bone mineral density by itself? Potential confounders and/or effect modifiers**
KARA M., Ata A. M., ÇAKIR B., KAYMAK B., ÖZÇAKAR L.
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- LXXX. **The Impact of Cut-Off Values and Adjustments for Muscle Mass and Strength on Diagnosis of Sarcopenia**
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- LXXXI. **Assessment of core and lower limb muscles for static/dynamic balance in the older people: An ultrasonographic study**
ÖZKAL Ö., KARA M., TOPUZ S., KAYMAK B., Baki A., ÖZÇAKAR L.
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- LXXXII. **Botulinum toxin injections to cranial sutures for chronic migraine Rewinding the technique using ultrasound imaging**
KARA M., Gurcay E., AYDIN G., KAYMAK B., Sekizkardes M., AKINCI A., Uluduz D., ÖZÇAKAR L.
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