BMJ in the News is a weekly digest of BMJ stories, plus any other news about the company that has appeared in the national and a selection of English-speaking international media.

This week's (13 - 19 April) highlights include:

**The BMJ**

**Head to head:** Can healthy people benefit from health apps?
**Commentary:** How I use health apps

Report Questions Whether Health Apps Benefit Healthy People - New York Times 14/4/15  
Science tackles the good and the bad of health apps - Business Insider Australia 15/4/15  
Fitness apps don't improve health - and could be harmful - the Independent 14/4/15


**Personal View:** Drug users should be able to get heroin from the health system

Prescribe heroin to addicts who can't kick habit using detox, methadone: UBC doctor - CTV News 14/4/15  
Addiction expert: Prescribing heroin to addicts could be cheaper than methadone - ITV News 15/4/15

This story was also covered by Sky News, NEWS.com.au, Huffington Post Canada, MetroNews Canada, Courier Mail, Yorkton News Review, 6 minutes, City Talk 105.9, Medical Xpress, Medical News Today, Highlight Press and The Province.

Spending cuts will hurt health services, says British journal - The Hindu 13/4/15  
+ NDA fund cuts put healthcare on the sickbed - The Times of India 15/4/15

5 reasons why chocolate is good for you - Deccan Chronicle 13/4/15  
OUR OPINION: Science on outdoor smokers: Leave 'em alone - Grandfork Sherald 13/4/15  
Unpredictability remains the one constant with seasonal influenza - Healio 13/4/15
In Africa, Moving From A Brain Drain To A Brain Gain - Forbes 14/4/15
Investigation alleges big pharma campaign to block Avastin for AMD - 15/4/15
Alcohol in movies influences teen drinking - Yahoo 15/4/15
25 Years Later, Pretty Woman Still Sends the Wrong Message About Prostitution - Charisma News 14/4/15
Breast milk bought online contaminated - Australian Women's Weekly 14/4/15
The dangers of telephonic consultations - Bangalore Mirror 13/4/15
Research calls for conservative treatments before painkillers for low-back pain - Chiropractic Economics 15/4/15
WHO calls for full disclosure of clinical trials - Nature.com
+ also covered by ABC Online 16/4/2015
Sports drinks are rotting our teeth and making us fat - News.com.au 16/4/2015
How Marketing And Media Muddled The Truth About The Heart Drug Vytorin - Forbes 16/4/2015
Surprising Ways the Moon Affects Your Health - Newsmax 15/4/2015
Europe’s baby meds contain potentially harmful additives - Reuters 16/4/2015
What happened when a medical professor live-tweeted her son’s sex-ed class on abstinence - The Washington Post 17/4/2015
Move out of the man cave and into the shed: UBC researcher - Metro 16/4/2015
DNA Testing Is a Slippery Slope - the Daily Beast 14/4/15
Manifesto Check: health tourism only costs as much as UKIP’s free parking pledge - the Conversation 16/4/15

How sports drinks are destroying the teeth of athletes - Irish Daily Mail 18/4/2015 (In print: no link available)
Experts now say paracetamol doesn't work for bad backs. So what DOES? - Irish Daily Mail 14/4/15 (in print; no link available)
Banish your back pain...without pills - Daily Mirror 14/4/15 (in print; no link available)
Fore! That's a long drive - Daily Mail & Scottish Daily Mail 17/4/15 (in print; no link available)
Gut

Research: Detection of precancerous gastric lesions and gastric cancer through exhaled breath

Breath test predicts stomach cancer - New Zealand Herald 14/04/15
Stomach cancer precursor may be sniffed out by electronic nose - Japan Times 14/04/15
Breath test shows promise in diagnosing cancer - NHS Choices 14/04/15


BMJ Open

Research: UK Research spend in 2008 and 2012: comparing stroke, cancer, coronary heart disease and dementia

UK funding for dementia and stroke still too low, study says - The Guardian 14/04/15
Oxford scientists call for more funding for dementia research - ITV News 14/04/15
Dementia needs more cash to avert care crisis, doctors warn - The Times (+ Ireland + Scotland) 14/04/15

This story was also covered by OnMedica, The Scotsman, Daily Express, Daily Mail, South Wales Argus, The independent, Daily Telegraph, Yorkshire Post and Alzheimer's Society.

Research: Evidence for a persistent, major excess in all cause admissions to hospital in children with type 1 diabetes: results from a large Welsh national matched community cohort study

Kids with diabetes face increased hospital risk - Scotsman 14/04/15
Young type 1 diabetes patients at higher risk of admission - Nursing Times 14/04/15
Diabetic children have five times the risk of hospitalisation for any cause - OnMedica 14/04/15

This story was also covered by Net Doctor, News-medical.net, WebMD, Medical Xpress and Insider Medicine.
Research: **Electronic cigarette use among young people in Wales: evidence from two cross sectional surveys**

Many teens who use e-cigarettes also smoke regular cigarettes - Los Angeles Times 15/04/15

Do e-cigarettes encourage smoking? Schoolchildren more likely to try vaping than tobacco - Daily Mirror 15/04/14

Research raises concerns about e-cigarette safety as government considers reform - Sydney Morning Herald 15/04/15


**Do I need an annual physical?** - New York Times 17/04/15

**Tobacco Control**

Research: **Flavour chemicals in electronic cigarette fluids**

Flavouring chemicals in e-cigarettes can trigger respiratory symptoms - Daily (+ Scottish Daily) Mail 14/04/15

E-cigarette flavours may be dangerous - TIME 15/04/15

E-cigarette flavourings can be harmful according to study - ITV News 16/04/15


**Occupational & Environmental Medicine**

Research: **World Trade Center related physical and mental health burden among New York City Fire Department emergency medical service workers**

Health problems are common among 9/11 medical crews - USA Today 16/04/15

Health problems linger for 9/11 first responders - TIME

9/11 rescue workers face chronic illness - Business Standard 18/04/15

This story was also covered by US News & World Report, Philly.com, TheHealthSite, Daily Times (Pakistan), Khaleej Times, Bangladesh News 24, Science Codex and Medical Xpress.
Follow on coverage on bleach research:
Household bleach is tied to respiratory infections in kids - International New York Times 15/04/15
Household bleach is tied to respiratory infections in kids - New York Times 14/04/15

Archives of Disease in Childhood

Continued media coverage:
Reptiles linked to serious infections in children - Wall St Journal 14/04/15

Also covered by Fox News, Pet Fast News, Cornish Local News and YouTube.

British Journal of Sports Medicine

Walking football takes slow approach to playing soccer - Houston Chronicle 17/04/15

Annals of the Rheumatic Diseases

Aggressive treatment effective in early RA - MedPage Today 17/04/15