**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 (3 - 9 Aug) highlights include:

**BMJ**

BMJ has formed a partnership with the European Society for Medical Oncology - UKSG eNews 07/08/15

BMJ announces launch of South East Asia Healthcare Awards 2015 - Business Standard 06/08/15

BMJ is to publish the 'Journal of Investigative Medicine', which is owned by the American Federation for Medical Research - UKSG eNews 07/08/15

BMJ and NHS Scotland partner to provide BMJ Best Practice to NHS staff - Knowledgespeak 07/08/15

**The BMJ**

**Research:** Consumption of spicy foods and total and cause specific mortality

Frequent spicy meals linked to human longevity - The Guardian 05/08/2015


How eating spicy food may help you live longer - Sydney Morning Herald 05/08/2015

This story was also covered by over 500 news outlets according to Google News including coverage from:

**UK**


Also broadcast by Sky News With Kay Burley and BBC News on Radio 4.

**International**

Forbes, CNN, TIME, CTV News, CBC, Los Angeles Times, The Australian, Times of India, Hindustan Times, Sydney Morning Herald, UPI, The Week, New Zealand Herald, Quartz, USA TODAY, NYC Today, Medical Research, News Every day, KTRK-TV, NDTV, Refinery29,
The worst piece of peer review I’ve ever received - Times Higher Education 06/08/2015

For speaking frankly about the NHS, I was first silenced and then pushed out - The Spectator 08/08/2015

8 Things No One Told You About Your Skin in Your 20s - Cosmopolitan 05/08/2015

Stop Worrying That Everyone’s Having More Sex Than You - Mother Jones 05/08/2015

Gloomy winters could be killing us warn experts who say Britons are not getting enough Vitamin D from sunlight putting us at risk of deadly ailments - the Daily Mail 02/08/2015

Expert who massively exaggerated Ebola outbreak predictions under fire on claims - the Daily Mail 02/08/2015

Method in the madness - The Monthly 03/08/2015

Nutrition Researcher Loses Libel Suit - The Scientist 03/08/2015

Could a sugar tackle help tackle obesity? We ask some Cambridgeshire health experts - Cambridge News 04/08/2015

Doctors Need To Ditch The White Lab Coats - Vocativ 21/07/2015

Experts Debate Whether A 'Sugar Tax' Could Help Combat Obesity - Tech Times 03/08/2015

Beach Bugs: Illnesses Often Follow Offshore Swims - WSJ 03/08/2015

Scopes pass along superbugs and hospital-acquired infections. How do we fix that? - Med City News 03/08/2015

Opposing Views on FDA Complete Response Letters - Med City News 03/08/2015

Better Long-Term Outcomes in Ischemic Stroke Patients with Atrial Fibrillation Treated with Warfarin at Discharge - HCP Live 04/08/2015

How wildfires and climate change can affect your health - National Observer 04/08/2015
Chocolate steal the show  - The Hindu 02/08/2015

Exercise for balance can help older women avoid falls, injuries  - Reuters 06/07/2015

Low Birth Weight May Be Linked to a Higher Type 2 Diabetes Risk in Adulthood  - Diabetes in Control 07/08/2015


If You Work Hard, You’re More Likely to Drink Hard  - Slate 07/08/2015

Some hospitals double odds of death from a heart attack  - The Times & The Times Scotland 07/08/2015 (in print; link not available)

Brought down by the bilious GPs who want me punished  - Daily Mail 07/08/2015 (in print; link not available)

Smoke and mirrors  - The National (UAE) 01/08/2015 (in print; no link available)

Ten things you never knew about... playing  - Daily Express 05/08/2015 (in print; no link available)

Tooning into our adult emotions  - Metro 06/08/2015 (in print; no link available)

JOURNALS

British Journal of Sports Medicine

Research: Even a low dose of moderate to vigorous physical activity reduces mortality by 22% in adults aged ≥ 60 years: a systematic review and meta-analysis

Exercise is an extraordinary drug so why aren’t physicians prescribing it?  - US News & World Report 05/08/15

Weightlifting, sprints and high-fat diets. The rise of the superfit 60s  - The Times 2 (in print; no link available) 08/08/15

How a little gentle exercise will help the elderly live longer  - The Australian 05/08/15


Which burns more calories? Walking or Elliptical Machine?  - NewsMax 07/08/15
Coca Cola funds scientists who shift blame for obesity away from bad diets - New York Times 09/08/15

It's official: diet does matter more than exercise - India Today 03/08/15

Tart cherry juice works in reducing inflammation - Chicago Tribune 05/08/15

Here's how you should really choose your running shoes - TIME 05/08/15
Also covered by Business Standard, Shape Magazine, Physician News Digest, MinnPost, Yahoo Health, Quartz, Montreal Gazette

Checkout medical column for August 7 - Daily Mail 07/08/15

Workers should not have to stand sitting down all day - The Irish Times 07/08/15
Also Personnel Today

It's official: diet does matter more than exercise - India Today 03/08/15

How we fail the beach fit challenge - Daily Telegraph 27/07/15 (print only)

Journal of Epidemiology & Community Health

Research: Is young fatherhood causally related to midlife mortality? A sibling fixed effect study in Finland

Study links early fatherhood to middle age mortality - New York Daily News 05/08/15
To boost odds of a long life, men should delay fatherhood until age 25, says study - Los Angeles Times 05/08/15
Already a dad and not 25 yet? You could die early - Hindustan Times 05/08/15


Drug and Therapeutics Bulletin

Editorial: It's not just about the money, money, money

Price tags on NHS medicines may make patients feel they are burden on society - The Guardian 07/08/15
Plan to put price tag on NHS medicines is headline grabbing gimmick, says journal - The Independent 07/08/15
Jeremy Hunt blasted over controversial plans to put price tags on NHS medicines - Daily Mirror 07/08/15

**Review: Does a low FODMAP diet help IBS?**

- Popular diet may not be helping your IBS - New Zealand Herald 07/08/15
- Cutting certain carbs may not ease irritable bowel syndrome - Philly.com 07/08/15
- Limited evidence for diet that claims to battle bloating - Irish Independent 07/08/15


**BMJ Open**

- Plonk for parties - The Sun+ Irish Sun 08/08/15 (print; no link available)
- Binge drinking puts unborn babies at risk - Daily Mirror + Irish Daily Mirror 04/08/15 (print only)

**Thorax**

- Paper cup that helps beat asthma attacks - Daily Mail + Scottish Daily Mail 03/08/15

**Occupational & Environmental Medicine**

- Occupational research round-up August 2015 - Personnel Today 04/08/15

**Archives of Disease in Childhood**

- Low birthweight linked to social withdrawal - Medscape 06/08/15

**Heart Asia**

- From pariah to acceptance - Business Times 08/08/15 (in print; link not available)