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 (25-31 January) highlights include:

**The BMJ**

**Research: Dietary flavonoid intake and weight maintenance**

- *Natural compound in fruit and veg could help prevent weight gain – study* - The Guardian 27/01/2016
- *Fill up on berries to help manage weight: study* - CTV News 28/01/2016
- *Blueberries have special flavonoids that can help you lose weight, say Harvard researchers* - Sydney Morning Herald


**Research: Suicidality and aggression during antidepressant treatment**

- *Antidepressants can raise the risk of suicide, biggest ever review finds* - the Telegraph ([front page story]) 27/01/2016
- *‘Suicide risk’ to teenagers who take antidepressants is doubled* - Daily Mail 28/01/2016
- *Children given antidepressants are twice as likely to become suicidal, claims new study* - The Independent 28/01/2016


**Feature: Faulty hip implant shows up failings of EU regulation**

- *I used to swim and run, then a metal hip implant crucified me* - The Telegraph 25/01/2016

**Practice: Diagnosis and management of menopause: summary of NICE guidance**

- *HRT benefits outweigh the negatives when it comes to fighting menopause* – Daily Mirror 29/01/2016

**JOURNALS**
Tobacco Control

Research: Longitudinal study of e-cigarette use and onset of cigarette smoking among high school students in Hawaii

Why That Study Of Teenagers In Hawaii Does Not Show Vaping Causes Smoking - Forbes 31/01/16
Man’s teeth are blown out when e-cigarette explodes in his mouth, causing serious facial injuries - Daily Mail 29/01/16
Teen vaping leads to teen smoking, new study suggests - Los Angeles Times 25/01/16


Archives of Disease in Childhood

Research: Recovery position significantly associated with a reduced admission rate of children with loss of consciousness

Putting unconscious child into recovery position drastically reduces hospital stay risk, study finds - Independent 26/01/16
Recovery position ‘a must for unconscious children and babies’ - BBC News 26/01/16
‘Parents harm kids when they pass out’ - Courier Mail (Australia) 26/01/16


Thorax

Research Letter: Cherry-flavoured electronic cigarettes expose users to the inhalation irritant, benzaldehyde

Vapers, Beware: Cherry-Flavored E-Cigarettes Can Be Toxic - Newsweek 29/01/16
Cherry-Flavored E-cigs Emit Higher Levels of Benzaldehyde - Australia Network News 29/01/16
Cherry-flavoured e-cigarettes more harmful to users - Times of India 31/01/16

**Emergency Medicine Journal**

**Letter:** Emergency medical admissions at weekends are older and more functionally dependent than those admitted on weekdays

Emergency weekend patients 'older and more disabled than those admitted in week' - Belfast Telegraph 29/01/16
Ambulance trips soar for the over-90s - The Times & Times Ireland 29/01/16 (print only)
NHS: Emergency weekend patients more dependent than weekday ones, BMJ study finds - International Business Times UK 29/01/16

Also covered by: Economic Times, Daily Mail, OnMedica, Farming Life, AOL UK, extensive local print coverage, Medical Xpress

**BMJ Open**

**Research:** Bereavement by suicide as a risk factor for suicide attempt: a cross-sectional national UK-wide study of 3,432 young bereaved adults (external PR)

High risk of suicide among people bereaved by suicide - Times of India 27/01/16
Dropout rates soar for those affected by suicide - Times Higher Education Supplement 29/01/16
Suicide Risk Rises Among Family, Friends of Suicide Victims: Study - US News & World Report 27/01/16


More than HALF of shops are selling lethal amounts of painkillers - Daily Mail 29/01/16

Non-pharmacy retailers ignore selling guidelines for paracetamol and aspirin, study shows - Pharmaceutical Journal 27/01/16

Marital Status May Be Risk Factor For Early- And Late-Onset Dementia - Medical Daily 24/01/16

**BMJ Open Gastroenterology**

10 million of us lack sunshine vitamin - News-Medical-net 27/01/16

**British Journal of Sports Medicine**

Training Through The Pain: New Knee Pain Treatment Uses Metronome To Boost Recovery - Huffington Post Australia 31/01/16
Tendon pain linked to diabetes - Business Insider 29/01/16

Also in: GMA News, Medical Daily, Egypt Independent, Aaj TV, Deccan Chronicle, AsiaOne, Channel News Asia, GlobalPost, Yahoo Canada Sports

Tendon relief may lie in the brain - ABC News 29/01/16
Step training may reduce fall risk for the elderly - Fox News 28/01/16

Also in: GlobalPost, Channel News Asia, Yahoo News

Study: 1 in 4 College Athletes Show Signs of Depression - Inside Higher Education 28/01/16


Is rugby or American football more dangerous? - Daily Telegraph 25/01/16

Losing Weight: Focus on Calorie Intake or Exercise? - Utah People’s Post 25/01/16
Diet or exercise? To lose weight, do both. Washington Post 28/01/16 (print only)

Journal of Epidemiology & Community Health

Impact of fracking BBC World Service (Hardtalk) 27/01/16

Refugee women have higher risk of giving birth too early than non-refugee immigrants - News.Medical.net 29/01/16

Open Heart

How butter revival is killing off margarine - Independent Online (South Africa) 29/01/16

Also Daily Mail & Scottish Daily Mail, New Zealand Herald