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 (21-27 March) highlights include:

The BMJ

Research: Quality of diet and mortality among Japanese men and women: Japan Public Health Center based prospective study

*It's soy healthy* - The Sun 23/03/2016
*Eat like Japanese to live longer* - Times of India 23/03/2016
*How to eat like a Japanese person* - TIME 23/03/2016


Research: Antidepressant use and risk of cardiovascular outcomes in people aged 20 to 64: cohort study using primary care database

*Common antidepressants 'do NOT increase the risk of heart attacks and stroke'* - Daily Mail 23/03/2016
*Study finds no link between SSRI drugs and heart risk* - OnMedica 23/03/2016


Head to Head: Should doctors boycott working in Australia’s immigration detention centres?

*Call for AMA to smuggle evidence of detention abuses* - front page Medical Observer, Australia 23/03/2016
*David Berger interviewed on ABC Sydney ‘Morning with Wendy Harmer’* - ABC 24/03/2016
Also covered by the New Zealand Doctor

**Research:** Global prevalence of antibiotic resistance in paediatric urinary tract infections caused by Escherichia coli and association with routine use of antibiotics in primary care: systematic review and meta-analysis

*Don't be alarmed if antibiotics don't work* - Daily Telegraph 21/03/2016
*Common antibiotic for children 'ineffective in half of cases'* - Nursing Practice 21/03/2016
*Antibiotic Resistance Continues to be a Problem in Children* - Medscape 23/03/2016

**Research:** Overall and income specific effect on prevalence of overweight and obesity of 20% sugar sweetened drink tax in UK

*Britain’s flat idea to tax soda* - The Washington Post 23/03/2016
*Fizzing over Britain's sugar tax* - Radio New Zealand 23/03/2016

*U.S. spends $3 billion a year on unused cancer drugs* - Reuters 25/03/2016
*Knowledge of genetic risk doesn't prompt behavior changes* - Reuters 22/03/2016
*For my next trick...* - the Economist 26/03/2016
*Birth control pills are now safer for two key groups of women* - Quartz 26/03/2016

*Steve Wright in the Afternoon, BBC Radio 2* - 23/03/2016

*Weeks after being put on Prozac, Jake, 14, took his own life - so why aren’t parents being warned about the suicide risk for children on anti-depressants?* - the Daily Mail 21/03/2016

*Facing jail, celebrity barrister who bought drugs that killed his boyfriend at gay orgy* - Daily Mail 24/03/2016

*Anti-vaxxer's Tribeca triumph: Discredited doctor's documentary about “the long-debated link between autism and vaccines” doesn’t belong in respected festival* - Salon 23/03/2016

*Teicholz disinvited from food policy panel* - Politico 25/03/2016

*The children who NEVER watch TV* - Daily Mail 21/03/2016

*9 in 10 hospitals are now 'unsafe'* - Daily Mail 21/03/2016

*It's time to tackle the horror of Lyme disease* - Daily Mirror 22/03/2016

*Weeks after being put on Prozac, Jake, 14, took his own life* - Daily Mail 22/03/2016
Is pasteurised milk to blame for the rise in allergies? - Daily Mail & Scottish Daily Mail 22/03/2016

Warning over legal highs toll - The Scottish Sun 21/03/2016 (no link available)

Looking for the right white stuff - The Independent 27/03/2016 (no link available)

BMJ Best Practice

Doctor's Diary: the merits of abstaining from antibiotics - the Daily Telegraph 21/03/2016

JOURNALS

BMJ Open

Research: How much sugar is hidden in drinks marketed to children? A survey of fruit juices, juice drinks and smoothies

Fruit drinks marketed at children 'unacceptably high in sugar' - The Independent 24/03/16
Some fruit juice has a day's worth of sugar - TIME 24/03/16
Fruit drinks slammed for high sugar content - Sky News Australia 24/03/16


Want to live longer after retirement? Be social - Chicago Tribune 21/03/16
Also Globe & Mail

12 hour shifts: Burnout or job satisfaction? - Nursing Times 21/03/16

Majority of American Diet Comes from Ultra-Processed Foods - Gulfshore Life 24/03/16
Studying the relation between spring and spiking suicide rates - Globe & Mail 27/03/16

BMJ Case Reports
Woman Gets “Hump Back” From Drinking? - The Doctors TV 21/03/2016

BMJ Global Health
WHO urges India to implement larger health warnings on cigarette packs - Reuters 23/03/2016

Journal of Epidemiology & Community Health
Editorial: Are we selling our souls? Novel aspects of the presence at academic conferences of brands linked to ill health
Health buzz: kids have too much sugar, experts say - 24/03/16
Time to Fitbit our relationships - CanIndia.com 25/03/16

Annals of the Rheumatic Diseases
Brain Protection - The Wall St Journal 21/03/16

Archives of Disease in Childhood (Fetal & Neonatal Edition)
Health test after birth predicts success at school - Times Scotland 22/03/16 (print only)

Also Scottish Daily Mail

British Journal of Sports Medicine
Q&A: Why are so many college athletes depressed? - Philly.com 27/03/16
The right way to breathe for more powerful weightlifting - Lifehacker Australia 27/03/16
SA athletes clean sheet on pep drug - Independent Online (South Africa) 26/03/16
Group walking is a boon for the body and mind - Chicago Tribune 25/03/16
**Injury rates on Whistler track normal: experts** - 24Hour Vancouver 24/03/15

**Widespread use of meldonium among elite athletes** - Irish Medical Times 24/03/16

**Seven ways to beat back pain WITHOUT painkillers** - Daily Express 23/03/16

**Want to beat back pain? Get on your feet for TWO hours a day, according to new study** - Daily Express 22/03/16

**Salvi injured as Cadiz win comfortably in the end** - Football.com 21/03/16

**Water is vital for athletes but too much may prove unhealthy** - Financial Times 21/03/16 (link unavailable)

**Journal of Neurology Neurosurgery & Psychiatry**

**High coffee intake tied to lower MS risk** - MedPage Today 25/03/16
Also MD Magazine

**Veterinary Record**

**SHOULD VETERINARIANS WEAR HELMETS?** - Equus Magazine 21/03/2016