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 (8-14 August) highlights include:

**Research: Congenital Zika syndrome with arthrogryposis**

- Zika linked to baby joint deformities - BBC News 10/08/2016
- Study details possible link between Zika and severe joint condition - Reuters 09/08/2016
- Deformed limbs in newborns linked to Zika virus - CBS News 10/08/2016


**Research: Physical activity and risk of breast cancer, colon cancer, diabetes, ischemic heart disease, and ischemic stroke events**

- WHO's recommended level of exercise too low to beat disease – study - The Guardian 09/08/2016
- WHO guidelines on hours of exercise needed to stay healthy are way off, Queensland study finds - ABC Online 10/08/2016
- WHO's exercise guidelines too low to beat disease, study says - South China Morning Post 10/08/2016

Personal View: Game on for Pokémon Go

Pokémon Go can get children fitter by encouraging them to play outside, says Glasgow doctor - Herald Scotland 10/08/2016
Pokémon Go can boost health by making gamers exercise, says GP - the Guardian 10/08/2016
Game on for Pokemon Go, says doctor - The Australian 09/08/2016


NHS has spent more than £1.75m on homeopathy, despite admitting there is 'no good-quality evidence it works' - The Independent 07/08/2016

Government urged to improve PG medical education - Business Standard 07/08/2016
Also published by Daijiworld.com, India Today, The Hans India

Bad pharma and the canary in the coalfire for problems in modernmedicine - Cosmos 08/08/2016

Dear Science: Why do hangovers happen, and how can I make them go away? - Washington Post 08/08/2016

How violence contributes to diseases among sex workers - The Indian Express 08/08/2016

The Surprising Truth Of Where Fat Goes When You Lose Weight - M2 Magazine 09/08/2016

8 Strange Hacks To Live Longer: Scientific Tips And Facts - Medical Daily 09/08/2016

Breakenridge: We should put the brakes on extending cycling helmet laws to adults - Calgary Herald 09/08/2016

Can tech really solve SIDS? It's not so simple - CNET 10/08/2016

The supersenses sniffing out disease - The Canary 12/08/2016

For the First Time, Law Enforcement Must Report on All Officer-Related Killings - Care 2 12/08/2016

As Rio bay waters show, we badly need innovation in treating human wastes - the Conversation 12/08/2016

Nano Girl Michelle Dickinson: How to beat the new 'normal' - New Zealand Herald 13/08/2016

People with autism die 16 years earlier, on average - Irish Daily Mirror 12/08/2016
Research: Association of volunteering with mental wellbeing: a lifecourse analysis of a national population based longitudinal study in the UK

Why volunteering is good for your mental health - TIME 09/08/16
After age 40, volunteering linked to enhanced mental health - Business Insider 10/08/16
Volunteering isn't beneficial until you hit 40, study finds - Daily Telegraph 09/08/16


Warning labels help nursing home staff avoid incorrectly crushing medicines - Pharmaceutical Journal 12/08/16

The fall in NHS health checks - Nursing in Practice 11/08/16

Hospital culture can break down walls between disciplinary cliques - Fierce Healthcare 11/08/16

MSK outcome measure heralded as ‘a deal breaker’ - Chartered Society of Physiotherapy 10/08/16

Breastfeeding twice as likely after a home birth, study finds - Belfast Telegraph 10/08/16

Also in: OnMedica, Irish Examiner, Irish Independent, Newswise, Science Codex, Medical Xpress, New Kerala, Siasat Daily

Zika linked to baby joint deformities - News Next Bangladesh 10/08/16

Pensioners eating less to make ends meet, claims study - Herald Scotland 08/08/16

Archives of Disease in Childhood

Spike in child abuse cases in Hong Kong coincides with exam time, research shows - South China Morning Post 07/08/16

Annals of the Rheumatic Diseases