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.

Latest highlights (22 - 28 Jan):

- The BMJ published a paper on how smoking one cigarette is linked to an increased risk of heart disease and stroke which generated global print, broadcast and online coverage, including The Guardian, BBC Radio 4, South China Morning Post.
- A study in Journal of Epidemiology & Community Health about sugar tax on soft drinks and the effect it has on alcohol consumption gained global coverage, including Sydney Morning Herald, Hindustan Times and Men’s Health.
- BMJ Open published a paper about women who take probiotics during pregnancy may have lower pre-eclampsia and premature birth risk, which gained national coverage, including Daily Mail, The Sun and Nursing Times.

The BMJ

Research: Just one cigarette a day carries greater risk of heart disease and stroke than expected, warn experts

Even one cigarette a day greatly raises cardiovascular risk, experts warn - The Guardian 24/01/2018
Even one cigarette a day is harmful to your heart - The Times + The Times Scotland + 25/01/2018
Smoking one cigarette a day linked to huge increased risk of heart disease and stroke - iNews 24/01/2018

Also covered by:

**Continued coverage for opioid misuse after surgery:** Good Morning Britain (ITV)

*Do you want your physician to ask about your sexuality?* - CBC Radio 22/01/2018

*Hormone Replacement Safe for Women* - Newsmax 22/01/2018

*Apple won’t solve smartphone addiction* - Financial Chronicle 23/01/2018 (link unavailable)

*Eight Stories That Ask – Are We Really Ready for Aadhaar, India?* - The Quint 23/01/2018

*Vaccine critics kill facts* - Deccan Chronicle 24/01/2018

*With high genetic obesity risk, healthy diet has biggest effect on weight* - Reuters 25/01/2018

*Commuting by bike significantly lowers risk of heart disease and cancer, says BMJ study* - TransportXtra 25/01/2018

*Measles epidemic warning: Deadly infection strikes 140 people across five regions as officials urge parents to vaccinate their children* - Daily Mail 25/01/2018

*A pollution busting Birmingham city centre congestion charge is inevitable - so stop delaying* - Birmingham Mail 26/01/2018

*Pradaxa vs. Xarelto: Comparing the New Class of Blood Thinners* - Consumersafety.org 25/01/2018

*I travelled the globe chasing a cure for an invisible illness* - Daily Telegraph 27/01/2018 (link unavailable)

*Muscle Oil-Injecting Gym Bro Illustrates Dangerous Bodybuilding Practice* - Inverse Science 26/01/2018

*Breda O'Brien: Down syndrome abortion debate must be based on facts* - The Irish Times 27/01/2018

*Does Avatar Therapy Reduce Auditory Hallucinations?* - Medical News Bulletin 26/01/2018

*Murphy: Opioid epidemic: A national, local crisis* - Savannah Morning News 27/01/2018

*PGI Director pays tributes to martyrs* - The Tribune 28/01/2018

*Is kindness the key to improving healthcare?* - The Daily Telegraph 29/01/2018

*The trainee doctor on a mission to solve the NHS WhatsApp problem* - The Independent (link unavailable)

**JOURNALS**

*Journal of Epidemiology & Community Health*

**Research:** Effect of increasing the price of sugar-sweetened beverages on alcoholic beverage purchases: an economic analysis of sales

*Taxing soft drink may make us drink more beer, suggests new study* - Sydney Morning Herald 24/01/18

*Sugar tax on soft drinks consumption may increase alcohol consumption, study reveals* - Daily Mail 24/01/18
Adding sugar tax on soft drinks may lead to an increase in alcohol consumption  
Times 24/01/18


Marijuana doesn’t affect fertility for men or women  
Men’s Health 25/01/18

Marijuana use does not lower your chances of getting pregnant  
Times Now 23/01/18

**Also in:** HuffPost Canada, ScienceDaily, Ahmedabad Mirror, The Fresh Toast

**BMJ Open**

**Research:** Timing of probiotic milk consumption during pregnancy and effects on the incidence of preeclampsia and preterm delivery: a prospective observational cohort study in Norway

Pregnant women can lower the risk of pre-eclampsia by eating probiotic yogurt, study suggests  
The Sun 24/01/18

Taking probiotics while pregnant may lower risk of pre-eclampsia and premature birth  
Nursing Times 24/01/18


Tesco to stop selling energy drinks to children under 16  
Sky News 27/01/18

Tesco joins Sainsbury’s and Waitrose in banning energy drinks for children under 16  
Daily Mail 26/01/18

Tesco to stop selling energy drinks to under-16s  
The Irish News 26/01/18

**Also in:** BT.com, FoodIngredients First, New Food, MENAFN.com

Do Biologic DMARDs Affect Spinal Fracture Risk in Ankylosing Spondylitis?  
Rheumatology Advisor 24/01/18

Oxford University Hospitals pilots FMD compliance system  
Securing Industry.com 24/01/18

Can butting out help you kick drugs, too? Ottawa study says yes  
CBC Canada 22/01/18

**Also in:** Science Daily

**British Journal of Ophthalmology**

**Research:** Report on the incidence of squamous cell carcinomas affecting the eyelids in England over a 15-year period (2000-2014)
Steady Increase in Eyelid Cancer Found in England  MedPage Today 26/01/18
Eyelid Squamous Cell Carcinoma Rate Increasing in England  Doctors Lounge 24/01/18
Eyelid cancer on the rise in the UK  Optometry Today 24/01/18

Also covered by: The Sun, Physician Weekly

BMJ Sexual & Reproductive Health

Editorial: Using evidence to guide abortion law reform on the Isle of Man

Use evidence to inform Isle of Man draft abortion bill debate, urge researchers  Medical Xpress 23/01/18
Also in: Science Newsline

Annals of the Rheumatic Diseases

Consensus-Based Recommendations: Biosimilars to Treat Rheumatic Diseases  Rheumatology Advisor 25/01/18

Higher RA MBDA Scores Associated With Increased Heart Disease, Serious Infection Risk  Rheumatology Advisor 24/01/18

New clues to improve treatments for arthritis  Irish Daily Mail 23/01/18 (link unavailable)

Biosimilar LBEC0101 Equivalent to ETN-RP for RA Unresponsive to Methotrexate  Rheumatology Advisor 22/01/18

BMJ Case Reports

Cough meds, antidepressants may trigger serotonin syndrome  Houston Chronicle 28/01/18

This guy who held in his sneeze is this flu season's hero  Bustle 26/01/18 + further US local broadcast

Turmeric, The Household Spice That May Hold The Key To Curing Alzheimer's Disease And Cancers - Inquisitr 25/01/18  (misattributed to The BMJ)

Skewed vision  Optometry Today 25/01/18

Suppressing sneezes dangerous  Bangkok Post 23/01/18 (link unavailable)
Why holding in a sneeze is bad for your health  Cornwall Live 22/01/18

BMJ Global Health
What's driving people to private healthcare?  Research Matters 23/01/18

**BMJ Quality & Safety**

Researchers urge government to rethink GP access strategy  Pulse 23/01/18

Johns Hopkins researchers use big data analytics to target diagnostic errors, improve quality  FierceHealthcare 23/01/18

**Health notes**  Daily Mirror + Irish Daily Mirror 23/01/18 (Link unavailable)

**British Journal of Sports Medicine**

Sports medicine experts MOVE on with evidence-based advice  Vancouver Sun 28/01/18 (features video of Karim Khan discussing issues)

Naomi McMullen is Stella's picture editor, a mother of two - and a self-confessed sugar addict. She agreed to undertake an extreme low-carb, zero-sugar diet for 30 days. This is what happened…  The Sunday Telegraph [Stella], 28/01/18  (link unavailable)

The simple cholesterol test that says if you need statins — and why doctors in UK aren't using it  The Conversation UK 27/01/18

The most dangerous Winter Olympic sports  Global News Canada 27/01/18

Football is medicine says new study  Malay Mail Online 26/01/18

High blood pressure: Women 'should play football to HALVE risk of heart attack or stroke'  Express 25/01/18

New meta-analysis: Recreational football is broad-spectrum medicine  Medical Xpress 24/01/18

Andrew Bolt delays return after finding inner ‘tree hugger’  The Guardian 25/01/18

Statins health alert: Nine common side effects - including nosebleeds and headaches  Daily Express 24/01/18

Statins may 'do more harm than good': Experts say MILLIONS should not be taking them  Daily Express + Scottish Daily Express 23/01/18

Experts: Health issues from prolonged sitting aren't solved by standing  1011 Now 23/01/18

High-Tech Exercise Trackers Get People Moving—Sometimes  Psychology Today 23/01/18

Caster Semenya and Dutee Chand run ragged by IAAF's moving goalposts  The Guardian 23/01/18

Sweatband to replace finger-prick test for diabetes by transmitting data on blood sugar levels to handheld device  Daily Mail + Scottish Daily Mail 23/01/18
**Journal of Medical Ethics**

*The silence & stigma of period pain: fibroids, endometriosis can destroy a woman's life*  
WTOP (US) 23/01/18

**Journal of Neurology Neurosurgery & Psychiatry**

*Data suggesting marriage wards off dementia not conclusive*  
Beatrice Daily Sun + Daily  
Journal online (reader letter) 25/01/18

**Vet Record**

*Research exposes the veterinary gender pay gap*  
VetSurgeon.org 26/01/18

*Should you feed your pet raw meat?*  
The Conversation UK 26/01/18