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 (12 Feb - 18 Feb):

- A research paper published in The BMJ on highly processed foods and the possible link to cancer gained global print, online and broadcast coverage, including CNN, Al Jazeera, The Times and Sky News.
- A BMJ Case Report on cold open-water swimming providing instant pain relief was covered by national and international outlets, including BBC News, New Zealand Herald and Daily Mail.

The BMJ

Research: Study suggests possible link between highly processed foods and cancer

Ultra-processed foods may be linked to cancer, says study - The Guardian 14/02/2018
Ready meals and cereals linked with rise in cancer - The Times +The Times Scotland + The Times Ireland 14/02/2018
Ultra-processed foods linked to increased cancer risk - CNN 14/02/2018

Also covered by:

UK and Ireland


International

Other coverage included:

Further coverage on drugs, alcohol and suicides contributing to drop in US life expectancy: Omaha World Herald,
Further coverage on child-obesity programmes: Nursing Times,
Further coverage on assisted dying: Daily Mail + Scottish Daily Mail, The Times + The Times Ireland + The Times Scotland, The Spectator

Midwives are now banned from saying these everyday phrases to mothers to avoid sexism - Cambridge News 15/02/2018
This is why midwives are now banned from saying 'good girl', 'big baby' and 'delivered' - Birmingham Live 14/02/2018
Midwives banned from saying phrases including 'good girl' and 'delivered' by experts - Gazette Live 14/02/2018

Also covered by: Nursing Notes, Stoke Sentinel, Grimsby Telegraph, LincolnshireLive, Huddersfield Examiner, ChronicleLive, Plymouth Herald, Essex Live

We women may be wrong on ‘man flu’ - Daily Mirror + Irish Daily Mirror 12/02/2018
Group appointments for shared illnesses - The Times 12/02/2018
THE DOCTOR WILL SEE YOU ALL NOW - Daily Star 13/02/2018 (link unavailable)
From spotty skin to shedding pounds: The eye-opening truth of what REALLY happens when you go from carnivore to vegan - Daily Mail + Scottish Daily Mail 13/02/2018
Leading quality improvement in healthcare - Irish Medical Times 12/02/2018
Does Stopping Antidepressant Medications Increase the Risk of Relapse? - Medical News Bulletin 12/02/2018
Why vapers go back to smoking - stuff.co.nz 13/02/2018
Parkin: Pros and Cons of College Dating - The Daily Utah Chronicle 12/02/2018
Talking to patients - Daily Telegraph 14/02/2018 (link unavailable)
Oxfam scandal and the need for regulation - The Times 14/02/2018
Talking Point: Green light for sense of wellbeing - The Mercury 13/02/2018
It lasts a lifetime - The Sealy News 13/02/2018
Doomed to a Life of Pain by Uncle Sam - New York Post 14/02/2018 (link unavailable)
Blood-thinning drugs designed to cut stroke risk may actually increase it - The Guardian 15/02/2018
THE GREAT PFI HEIST - Independent i 17/02/2018
Battle of the sexes when it comes to man flu - The Royal Gazette 16/02/2018
Anticoagulants may increase stroke risk in over-65s with chronic kidney disease - EPM 16/02/2018
Valverde’s balancing act drags Barcelona from floor - The Guardian 17/02/2018
JOURNALS

BMJ Case Reports

Report: **Cold forced open-water swimming: a natural intervention to improve postoperative pain and mobilisation outcomes?**

- **Cold open water plunge may provide instant pain relief**  
  BBC News 13/02/18
- **Why swimming in cold water may be good for pain relief**  
  TIME 12/02/18
- **A bracing dip could be just the tonic**  
  The Times 15/02/18


**Dr. Oz: Sneezers shouldn't share**  
OK News.com 13/02/18

- **Why glitter is so TOXIC some scientists want it banned**  
  Irish Daily Mail 13/02/18 (link unavailable)

- **Ultrasound footage of tapeworm moving inside woman’s eye**  
  Optometry Today 14/02/18

- **'Blister' Turns Out to Be a Snail Living Under Boy’s Skin**  
  Newsweek 16/02/18

**Also in:** IFLScience, UPI.com, NetralNews, Zee News, Brinkwire

BMJ Open

Research: **Effects of changes in eating speed on obesity in patients with diabetes: a secondary analysis of longitudinal health check-up data**

- **Eating more slowly may help with weight loss, study finds**  
  Forbes 12/02/18
- **Why eating quickly could accelerate weight gain**  
  CBC Canada 12/02/18
- **Why you should eat slowly if you want to lose weight – to give your stomach time to signal to the brain that it’s full**  
  South China Morning Post 16/02/18

**Also covered by:**

*UK and Ireland*

**International**

**Other**

*People with learning disabilities suffer from a far greater number of illnesses than previously known*  Medical Xpress 12/02/18

*WA study finds 89% of children in detention have severe cognitive impairment*  The Guardian 13/02/18

*Almost every young person in WA detention has a severe brain impairment*  The Conversation AU 13/02/18

*Nine out of 10 Banksia Hill youth detainees have severe brain impairment*  ABC Online 13/02/18

*Also in:* Sydney Morning Herald, SBS, PerthNow, WA Today. The Australian, The Townsville Bulletin, Yahoo7, ABC Local, InDaily, Brisbane Times

*Diabetics Who Lost Weight Owe It to These 3 Habits*  EMax Health 13/02/18

*Two-thirds of Irish people taking statins do so for prevention*  The Irish Times 15/02/18

*Pharmacist-led review improves key care processes uptake*  The Diabetes Times 18/02/18

**Vet Record**

*Editorial: Non-stun slaughter: the elephant in the room*

*Britons are unknowingly eating Halal meat that is being sold without a label, says top vet*  Daily Mail 16/02/18

*Curb animal slaughter without prior stunning, says editor of veterinary publication*  Rochdale Online 16/02/18

**Annals of the Rheumatic Diseases**
Could THIS end the pain for millions of arthritis sufferers? New jab can delay progression of the condition and may save the NHS up to £1 billion each year  Daily Mail 12/02/18

Large Vessel Vasculitis Imaging: Recommendations for Clinical Practice  Rheumatology Advisor 12/02/18

Synovitis on Baseline Ultrasound Predicts Relapse in JIA  Medscape 12/02/18

Risk for Second Cancer Not Linked to bDMARD Treatment in RA  Rheumatology Advisor 12/02/18

What kind of rheumatoid arthritis patient are you?  Everyday Health  14/02/18

Salivary Gland Ultrasound Scores Improved With Rituximab in Primary Sjogren's Syndrome  Rheumatology Advisor 14/02/18

Apremilast effective among biological-naive patients with PsA  Healio 15/02/18

Juvenile Idiopathic Arthritis: Baseline Ultrasound Abnormalities May Predict Relapse  Rheumatology Advisor 15/02/18

The surprising anti-ageing benefits of fiber  Consumer Reports 15/02/18

Christchurch researcher easing the pain of gout  Scoop.co.nz  16/02/18

IS RCGD 423 AN ARTHRITIS DISEASE MODIFIER?  Orthopedics this week 16/02/18

BMJ Global Health

Multiple chronic diseases leading to more out-of-pocket expenditure, healthcare systems need to rise up to this challenge  Biotechin.Asia  13/02/18

BMJ Open Gastroenterology

The Vitamin Supplement that May Help Treat Irritable Bowel Syndrome  Care2.com 15/02/18

BMJ Quality & Safety

Leading quality improvement in healthcare  Irish Medical Times 12/02/18

British Journal of Ophthalmology

Drink tea to protect your eyes  Newsmax health  15/02/18
British Journal of Sports Medicine

To train or not to train while sick  Team USA 12/02/18

Should you work flexibly?  Channel News Asia 13/02/18

Claims protein supplementation adds more whey more muscle disputed  NutraIngredients.com  13/02/18

Injections of corticosteroids vs local anaesthetic for rotator cuff related shoulder pain  Pharmacy Today 13/02/18

Pump iron and eat more protein, especially if you are older than 40  The Business Times 13/02/18

Pump Iron and Eat More Protein  New York Times 13/02/18 (print only)
Protein augments weight-lifting effects  International New York Times, 16/02/18 (link unavailable)

Here's why Olympic athletes are wearing strange tape that looks like a tattoo — and what we know about how it works  Business Insider 13/02/18

Gut Reaction: Does Intense Training Affect Olympic Athletes’ Poop?  Live Science 13/02/18

Noriaki Kasai, the Japanese Ski-Jumping Legend Going for Gold at Forty-Five  The New Yorker 14/02/18

How does intense training affect Olympic athletes' gut health?  Today.com 15/02/18

The freedom to swim  Lexology 16/02/18

Russian Curler Is Suspected Of Doping At Pyeongchang Winter Olympics  NPR (US) 18/02/18
Also in: Newburgh Gazette, WAMU.88.5, Idaho Statesman, TRT World

Injury Prevention

Do one third of Floridians own guns?  Politifact Florida 14/02/18

Journal of Epidemiology & Community Health

Dog bites more common in anxious people  Health24 12/02/18
Human behaviors may increase dog bite risk, study finds  Veterinary Practice News 13/02/18
Japan’s average adult height declining for those born in 1980 or later  Kyodo News 12/02/18  
Average height of Japanese born in 1980 or later is declining, study finds  The Japan Times 12/02/18  

Surprising revelations about high risk of premature death for single fathers  Blasting News 17/02/18  
Single fathers more likely to die early  Newburgh Gazette 18/02/18  

Want to look younger than your age? It’s largely up to you  Star2.com (Malaysia) 17/02/18  

Journal of Neurology Neurosurgery & Psychiatry  
Intrathecal Baclofen More Effective Than Oral Antispasmodics for Generalized Poststroke Spasticity  Neurology Advisor 12/02/18  
Motor, Cognitive Rehabilitation Program May Improve Quality of Life in Parkinson Disease  Neurology Advisor 15/02/18  

Is wedded bliss the secret to good health?  Infosurhoy + Brinkwire 15/02/18  
The Secret Behind What Actually Causes Dementia, Revealed  The Cheat Sheet 17/02/18  

Tobacco Control  
Raise smoking, vaping age to 21 and save lives  The Seattle Times 13/02/18  
Hiking tobacco sales ages could help save many lives  Herald and News 18/02/18