BMJ in the News is a weekly digest of journal stories, plus any other news about the company that has appeared in the national and a selection of English-speaking international media.

Latest highlights (17 - 23 Dec):

- A **BJSM** study suggesting that exercise is as effective as medication for high blood pressure made global headlines, including the front page of *The Times*, *Chicago Tribune* and *The New Indian Express*, and received over 120 retweets!
- A **Tobacco Control** study on the health costs of bidi smoking in India made headlines across the region, including *Hindustan Times, Business Standard and Economic Times*

**BMJ partners with ScienceOpen to promote open science** STM Publishing News 17/12/2018

**The BMJ**

**Investigation:** NHS trusts struggle to produce Brexit plans amid continuing uncertainty

*Brexit Chaos 'Leaving NHS Bosses Struggling To Plan For Life Outside EU', Investigation Reveals* HuffPost UK 20/12/2018
*NHS trusts struggling to come up with Brexit plans as uncertainty reigns* OnMedica 21/12/2018


**Opinion:** Christmas 2018: Ding! Dong!—not too merrily on high

*Think about if that's the message you really want to send*: Health experts say Christmas cards featuring images of alcohol reinforce message that binge drinking is ‘harmless’ Daily Mail 21/12/2018
*How that innocent Christmas card may be encouraging excessive drinking in your home* Irish Independent 21/12/2018
Other coverage for The BMJ:

**Further coverage for heart attacks over Christmas**

*Study: Christmas Eve May Be When Your Risk For Heart Attacks Is Highest* Forbes 17/12/2018

*There's A Higher Heart Attack Risk On Christmas Eve, New Research Finds* Bustle 17/12/2018

**Holiday Heart Peril** The New York Post 18/12/2018


**Parachutes do NOT save the lives of people who jump from aeroplanes, claim sarcastic scientists in a study designed to reveal how flawed ‘research’ can be** Daily Mail 17/12/2018

**Parachutes do NOT save lives: Laughable study reveals how flawed ‘research’ can be** Health Medicine Network 18/12/2018


**Binge drinking among US high schoolers hit a record low in 2018** Quartz 17/12/2018

**Health Insurance Premiums: Preventing Pre-Existing Not Paying For Them** VW 17/12/2018

**Army chief Bipin Rawat’s flights of logic on women in combat roles reveal sexist assumptions, double standards** First Post 17/12/2018

Also in: Yahoo India

**How to provide care for the caregiver** The Hindu 17/12/2018

**Calling all Christmas chocolate guzzlers** The Irish Times 17/12/2018

**Further coverage for discrimination against physician mothers**

*Discrimination Against Physician-Mothers A Widespread Issue* Endocrinology Advisor 17/12/2018

*Persistent Discrimination ID'd Among Physician Mothers* Renal and Urology News 17/12/2018

**Further coverage for calories in restaurant meals**

*Chain Restaurants Serve More Calories Than Fast Food* One News Page 17/12/2018

*Surprise! Many Restaurant Meals Have More Calories Than Fast-Food Combos* CookingLight 17/12/2018

*‘2 masala dosas enough to provide calories needed in a day’* Times of India 23/12/2018
Further coverage for Christmas weight gain
How to prevent festive weight gain without exercising MedPage Today 17/12/2018
How to avoid those holiday pounds Los Angeles Times 17/12/2018
Also in: Herald of Fashion, Facts Herald.com, On in London, Sentinel Online

Further coverage for the implant investigation
'SLOWLY DYING' Mum claims £28k boob job 'nearly killed her after silicone triggered sepsis and infections' (no link available) The Sun + Scottish Sun 17/12/2018

To Advance Public And Patient Engagement In Research, We Must Demonstrate Its Value Public 17/12/2018

Further coverage for the baby milk investigation
Are baby food makers driving overdiagnosis of cow milk allergy? Times of India 22/12/2018

Further coverage for devices investigation
Prosecutors Investigate Spinal Implant The Operating Theatre Journal 21/12/2018

Further coverage for low-carb diets
Low-carb diets may burn more calories Pakistan Observer 18/12/2018

Further coverage for problem solving and mental decline
Regular problem solving does not protect against mental decline The Senior 18/12/2018
Consider Heart Risks When Choosing Adjuvant Breast Ca Endocrine Tx MedPage Today 18/12/2018
Also in: Neurology Advisor, The Naked Scientists

Further coverage for death and readmissions over holiday period
The Christmas effect: holidays are a risky time to be in the health system The Globe and Mail, Canada 18/12/2018
Patients sent home at Christmas face higher risk of dying The Sunday Times 23/12/2108
Also in: The Meadville Tribune + widely covered by US local TV outlets

Astellas, Sunovion and Shield breach ABPI Code (The BMJ mentioned) PharmaTimes 18/12/2018
Ciclesonide Market to Surpass US$ 657.6 Million Threshold by 2026 The Daily Press 18/12/2018
Also in: Marketplace + numerous US local radio and onlines news outlets
Finding yourself in the rivers, lakes and ponds of England The Economist 18/12/2018
Will human brain or head transplants ever become a reality? The Irish Times 18/12/2018
Researchers: 'Alcoh007ic' Bond Drunk Enough to Die Another Day Many Times Over Inverse 18/12/2018
The name's Bond... James Bond, and I'm an alcoholic South China Morning Post 18/12/2018
SCOTTISH SUN SAYS The rape clause is an unavoidable consequence of a harsh and hard-hearted policy – simply pretending it isn’t so is a cowardly response The Sun 19/12/2018
Prosecutors investigate spinal implant BBC News 18/12/2018
Also in: Health Medicine Network
Scalable model for reducing anemia in girls: Indonesian study highlights collaboration as key Nutrition Insight 17/12/2018
A Tourist Had a Heart Attack After Gazing at a Botticelli. Was He Overwhelmed by Beauty in
a Case of ‘Stendhal Syndrome’? Artnet News 19/12/2018
National recruitment campaign launches to tackle North Staffordshire’s GP crisis
Rise in homelessness not our fault, says Tory housing secretary The Independent 19/12/2018
The hidden calories in your booze, explained MSN South Africa 19/12/2018
The Real Cost of Brexit Revealed Global Research 19/12/2018
Root and branch reform needed for negligent medico-legal system Medical Independent 20/12/2018
NZ tree nettle ongaonga could offer pain relief for Guillain-Barré Radio New Zealand 20/12/2018
The Human Toll of the Medical Industry’s Uncharitable Giving Undark 20/12/2018
Doctors with bad records can often still practice on patients. Here’s what needs to happen to fix this FDL Reporter 20/12/2018
Also in: MedPage today, Medical Health News + numerous US regional online news outlets
Need to Spin a Negative Trial? Consult the Playbook tctMD 20/12/2018
Also in: Medical Health News
Structured Family-Centered Peds Rounds Improve Patient Safety Doctors Lounge 20/12/2018
Update on self-collected samples for HPV testing: Dr Lara Roeske Q&A Medical Health News 20/12/2018
Doctors To Prescribe Artificial Intelligence Forbes 20/12/2018
Stoke-on-Trent suffering GP recruitment crisis Practice Business 20/12/2018
Acute flaccid paralysis: mystery surge in polio-like disease The Week 20/12/2018
Do emoji have a place in serious? Big Think 20/12/2018
UK government to launch network of homeless hubs Dezen 20/12/2018
Operation: Live – Open-heart surgery and childbirth coming to Seven Media Week 21/12/2018
Also in: ITV, TV Tonight, Jonn TV
Meet the Northern Ireland doctor who became addicted to his own medicine… Belfast Telegraph 21/12/2018
Claus and Effect: What Medical Researchers Say About Santa’s Unhealthy Lifestyle Mother Jones 21/12/2018
Meet the Northern Ireland doctor who became addicted to his own medicine (article on The BMJ columnist, Dr Liam Farrell) Belfast Telegraph 21/12/2018
NHS England is spending £300,000 on ‘drunk tanks’ over Christmas period inews 21/12/2018
Also in: Health Medici Net, expressdigest.com
Is Pasta a Healthy Choice? Health Journal 21/12/2018
In medicine, 'social prescribing' is catching on despite lack of evidence Canada.com 21/12/2018
2018: A Year in Review Patient-Centered Outcomes Research Institute 21/12/2018
Care and the caravan: the unmet needs of migrants heading for the US Angelika Albaladejo 19/12/2018
Sugary drinks: a big risk for type 2 diabetes Health24 22/12/2018
Could mistletoe give cancer the kiss off? The Sunday Times 23/12/2018
Osborne denies austerity caused homeless crisis The Independent 23/12/2018
Also in: LBC Radio

WHY WE NEED TO STAND TO DELIVER Daily Mail 23/12/2018

JOURNALS

British Journal of Sports Medicine

Research: How does exercise treatment compare with antihypertensive medications? A network meta-analysis of 391 randomised controlled trials assessing exercise and medication effects on systolic blood pressure

Exercise as good as medicine in bringing blood pressure down The Times (front page) 18/12/2018
Exercise as effective as drugs to treat high BP The New Indian Express
Exercise may work as well as high blood pressure meds Chicago Tribune 19/12/18

Also in:

UK and Ireland

International

Other

The eight simple fitness tests we should all be doing every month The Times 18/12/2018
Also in: The Irish Times

One in 100 eleven year olds use drugs to enhance performance in sport BioMedicine 21/12/18

Prediction model shows factors linked to high risk for patellar redislocations Healio 21/12/18
**Journal of Neurology, Neurosurgery, and Psychiatry**

**Research:** Food allergies are associated with increased disease activity in multiple sclerosis  
Food allergies linked to increased disease activity in MS  
Researchers find link between MS relapses, food allergies


**Stem Cell Transplant Lessens Disability and Relapses in RRMS Patients, Phase 2 Trial**

**Occupational & Environmental Medicine**

**Research:** Resilience-based intervention for UK military recruits: a randomised controlled trial

An RAF training scheme designed to improve recruits' mental health and wellbeing was a waste of time and money, Kings College study finds

**Also in:** MyHeadlinez, Medical Xpress, Science Codex, Science Daily, Continuity Central

**Tobacco Control**

**Research:** Economic costs of diseases and deaths attributable to bidi smoking in India, 2017 (India Focus)

Bidi smoking costs India annually ₹805.5 billion
Bidi smoking costs India over Rs 80k crore every year: Study
India spent 80,550cr as bidi left smokers sick


Flavored e-cigarettes fueling dangerous rise in tobacco use

**Annals of the Rheumatic Diseases**

IgA vasculitis linked to higher risk for hypertension, chronic kidney disease
Targeting IL-1 'may not be effective' for erosive hand OA
Taking a Cruise Vacation with Arthritis: 13 Survival Tips You Didn't Know You Needed
IL-1 Blocker Fails for Hand Osteoarthritis  MedPage Today 20/12/2018

**BMJ Case Reports**

**A Punch to the Face Left a Man Starry-Eyed — Actually** Infosurhoy 17/12/2018
**SEEING STARS Man develops STAR-shaped cataract in his eye after being punched, docs discover** The Sun (+ Irish edition)18/12/2018
**Also in:** The Amed Post, IFL Science, Infosurhoy

**VISION LOSS THE FIRST SIGN OF ADRENAL TUMOUR IN 42-YEAR-OLD PATIENT** Optometry Today 17/12/2018

**X-Ray Shows Acupuncture Needles from 30 Years Ago in Woman's Body** Fit Hindi 17/12/2018
**Also in:** The Quint

**Cough medicine plus antidepressant caused serotonin syndrome** The Atlanta Journal-Constitution 18/12/2018

**The big chill: the health benefits of swimming in ice water** The Observer 23/12/18 (misattrib The BMJ)

**BMJ Evidence-Based Medicine**

*Further coverage for gun violence in the US*
**Gun-related deaths reached 40-year peak 2017, CDC study finds** Fox News 17/12/2018
**Also in:** Times of News, Today Chan, F3 NWS, Chicago Tribune

**In Russia, One Man is Rebranding Homeopathy as a Cure for HIV… and Succeeding** The Friendly Atheist 18/12/18

**BMJ Global Health**

*Further coverage for Syrian ambulances*
**Syrian and Russian forces 'weaponised healthcare' by deliberately targeting ambulances in civil war, researchers say** Times of News 17/12/2018

**Traditional and complementary medicine use high in Africa** Medical Health News 17/12/2018
**Yoga, faith healing, and herbal remedies still popular in Africa** Daily Telegraph 20/12/18 (print only)
**Also in:** Sciencemag, Bioengineer, News-Medical.net, Medical Xpress, Medical Newser, Science Daily, Health Medicine Network, Follow News, Global Advisors, Quartz

**Yoga, faith healing and herbal remedies still popular in Africa** The Telegraph 20/12/2018

**10-year-old dies after secret society genital mutilation ceremony in Sierra Leone** (misattributed to The BMJ) The Citizen 20/12/2018
**Also in** CTLive.info, Safrica 24, IOL South Africa,
Ontario health-care providers explore social prescriptions to help patients heal without drugs
The Globe and Mail 17/12/2018
Also in: Windsor Star

Tick-Tock, Eat by the Clock Sydney Morning Herald 17/12/2018 (link unavailable)

What do night sweats mean? Medical News Today 21/11/18
Also in: Sharjah Clinics

How can I balance my hormones? Medical News Today 18/12/2018
Also in: Mid East Clinics, MedPage Today

Further coverage for children’s screen time and summer births
Kids’ screen time linked to cancer and nearsightedness New Hamburg Independent 20/12/2018
Also in: numerous other US local broadcast outlets, Buffalo News,

Kodiak Sciences Announces Completion of 12-Week Phase 1a Study of KSI-301 in Patients with Diabetic Macular Edema Demonstrating Safety and Durability of Responses Following Single Dose of Intravitreal Anti-VEGF Antibody Biopolymer Conjugate Fox34.com 21/12/18
Also in: numerous local US broadcast + print outlets, Newsblaze, Canada Newswire, Biospace USA Lifesciences, Renewable Energy World USA, CanBiotech, One News Page, Benzinga, Stockwatch, Markets Insider

Gastric bypass can cause deficiency of vitamin A Biomedicine 21/12/18

Further coverage on diversion in emergency care
Evidence on ED Diversion Strategies Inconclusive Drugs.com 21/12/18
Also in: Doctors Lounge

Ultrasound as a Diagnostic Tool in Pediatric Distal Forearm Fractures – Irish Medical Journal SonoWorld 22/12/18

Further coverage on early antibiotics and obesity risk
Military Study: Early Antibiotics, Acid-Suppressants Raise Obesity Risk U.S. Medicine 20/12/2018

Drinking Through a Straw and Other Mistakes That Are Aging You 24/7 Wall Street 18/12/2018
Why bullying harms more than just the victim  US News & World Report 22/12/18

Journal of Medical Ethics

How Does Accepting Blame Affect Future Medical Errors?  Neurology Advisor 21/12/18

Trauma Surgery & Acute Care Open

Further coverage on animal encounters
The Big Number: 6,457,534 animal-related injuries at ERs  The Washington Post 23/12/18
Also in: SF Gate