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 (24 - 30 Dec):

- **The BMJ Christmas issue** continues to generate top-tier headlines, including risk of heart attack over the festive season (*New York Times, Africa News*), calories in restaurant meals (*CBS News, Daily Mail*), discrimination against physician mothers (*Japan Today, Channel NewsAsia*) and alcohol on Christmas cards (*The Dominion Post New Zealand*).

- A study from the *British Journal of Sports Medicine* suggesting that exercise is as effective as medication for high blood pressure continues to be picked up internationally, including *Japan Today, Deccan Chronicle* and *The Asian Age*.

- Research published in *Occupational & Environmental Medicine* on the impact of space journeys on the lifespan of astronauts made global headlines, including *International Business Times, CBC News* and *Gulf Times*.

**The BMJ Christmas issue**

*Further coverage for heart attacks over the festive season*

*Risk of a heart attack spikes on Christmas Eve* *Africa News* 24/12/2018

*Study says you are most likely to have a heart attack on Christmas Eve, here is how to prevent it* *Pulse Nigeria* 24/12/2018


*Further coverage for calories in restaurant meals*

*BMJ study proclaims Dosas as high calories food, not good for people on diet* *Speciality Medical Dialogues* 24/12/2018

*As new rules are proposed, does YOUR favourite ready meal or restaurant treat fall foul of the government’s new calorie count crackdown?* *Daily Mail* 27/12/2018

*Lino, London: ‘Dancing on the knife-edge of modernity’ – restaurant review* *The Guardian* 30/12/2018

*Also in:* *CBS New York, Brinkwire, The Observer*

*Further coverage for alcohol on Christmas cards*

*Yes, even some Christmas cards send the wrong message and are bad for your health*
Further coverage for preventing Christmas weight gain
Is Christmas pudding your health at risk? Curb Christmas overindulgence? SciTech Europa
24/12/2018

Further coverage for parachute use when jumping from aircraft
Serious Problems With RCTs And EBTs Exposed By The Satirical 'Parachute Study' Forbes
30/12/2018
Also in: Lunatic outrpoast, Greenie Watch

Further coverage for discrimination against physician mothers
Doctor moms struggle with discrimination, too Japan Today 28/12/2018
Also in: Reuters, Channel NewsAsia, Psychiatry Advisor, Physician’s Weekly, MD Alert, Medical Health News, Business Insider, ARY News + widespread coverage across local US radio stations

Further coverage for puzzles and mental decline
How puzzles and games might help your ageing brain Health24 South Africa 27/12/2018

Other coverage for The BMJ:
Research: Sex differences in major risk factors for myocardial infarction
Smoking, diabetes, hypertension may be especially risky for women’s hearts Health24 South Africa 24/12/2018

Research: Plasma 25-hydroxyvitamin D concentration and subsequent risk of total and site specific cancers in Japanese population
Largest Ever Clinical Study on Vitamin D Shows We’re Wrong About a Crucial Benefit Science Alert 25/12/2108
Vitamin D deficiency directly linked to your risk for cancer Nutrients News 26/12/2018

Feature: Is it time to start using the emoji in biomedical literature?
The Case For Writing Emojis Into Scientific Studies Fatherly 27/12/2018
FACE VALUE: BMJ AUTHORS PONDER USING EMOJIS IN BIOMEDICAL LITERATURE Optometry Today 28/12/2018

Research: Pre-eclampsia and risk of dementia later in life
Are we becoming a forgetful nation? TheHealthSite 28/12/2018
Also in: Health India

Is Man Flu Legit? Some Studies Suggest Men Really Might Suffer Worse Symptoms Than Women Bustle 24/12/2018
FESTIVE HEALING: Arthritis to cancer, the healing powers of Christmas gifts of gold, frankincense and myrrh The Sun 24/12/2018
Doctors Who Hide From Their Past: Expose Them! Veterans Today 24/12/2018
Anti-vaccine book tied to politicians pulled from shelves in Estonia ERR News, Medical Health News 24/12/2018
Health aid projects have both expanded and constrained the capacity of health facilities to deliver malaria services to under-five children in Malawi. Nigeria News, Humanitarian News 25/12/2018

Blood Pressure Drugs Often Overprescribed at Hospital Discharge. Berkeley Wellness 25/12/2018

One woman’s knee replacement surgery highlights its risks and limitations. Washington Post 25/12/2018


Noise pollution in hospitals — a rising problem. Patient Talk 25/12/2018

Letter to the editor: Anti-depressants & mass shootings. Tribune Review 26/12/2018

Dry January: What is it and how beneficial can giving up alcohol be? Good Morning America 26/12/2018

Also in: ABC News Online, Yahoo Hong Kong, Las Vegas News

Death by Medicine. Progressive Radio Network 26/12/2018

Caffeine and Miscarriage. Justmommies 28/12/2018

The Time Australian Researchers Studied Why There Are Never Any Spoons in Your Office Kitchen. 26/12/2018

Maternal and infant health: long way to go. (mentions The BMJ Collection) Deccan Herald 27/12/2018

Mission Indradhanush: India’s immunisation growth rate since launch rises to four per cent. Indian Express 27/12/2018

Structured Family-Centered Peds Rounds Improve Patient Safety. Clinical Advisor 27/12/2018

Brexit – Gagging Orders Used to Contain Threat to Public Health. (mentions Sarah Wollaston’s opinion piece) Global Research 27/12/2018

Rehab Is Often the Missing Piece of Cancer Recovery. Next Avenue 27/12/2018

Ebenezer Scrooge’s hallucinations caused by hypothermia? The Guardian 27/12/2018

5 Ways Working Long Hours Affects Your Productivity and Health. Psychiatry Advisor 27/12/2018

Treat these products like cigarettes. The Star Malaysia 28/12/2018

Are dosas making us fatter? A new research paper says so. Here's what we say. Daily O 28/12/2018

A Scientific Case Against Asking Siri Sexy Questions. Fatherly 28/12/2018

Keeping Medicine ‘All in the Family’: When Relatives Are M.D.s, Too. Health eCareers 28/12/2018

Interventional Pain Management Market Regional Analysis And Growth. MENAFN 28/12/2018

Seamless teamwork nips Nipah in the bud. The Hindu 29/12/2018

2018: A breakthrough year for Veganism & Animal Rights. MENAFN News 29/12/2018

Also in: EIN News, Bizwire Express

Further coverage for the low carb diet

How to Maintain Your Weight After Initial Weight Loss. MedIndia 29/12/2018

Also in: Channel 365

Myth, Evolution And Science Love Under The Crimson Moon Clock. Outlook India 29/12/2018

Irish college athletes play dangerous game with anti-inflammatories. The Times 30/12/2018
Should Scientists Declare Non-Financial Conflicts of Interest? Australasian Science 30/12/2018

Drinking a lot during the holidays? Explore how you could be healthier in 2019 Mogaz News 30/12/2018

More smokers switch to electronic cigarettes The Korea Times 30/12/2018

**JOURNALS**

*Annals of the Rheumatic Diseases*

Efficacy of Low-Dose Interleukin-2 Examined Across Autoimmune Diseases Rheumatology Advisor 26/12/18

Back pain criteria perform well in patients with active axial psoriatic arthritis Dermatology News 28/12/18

Lutikizumab ineffective for erosive hand osteoarthritis MedPage Today 29/12/18

**BMJ Case Reports**

Doctors Find Acupuncture Needles Embedded In 94-Year-Old Woman's Spine For 30 Years IFL Science 24/12/18

The big chill: the health benefits of swimming in ice water MSN India 25/12/18 (Misattributed to The BMJ)

Also in: Yerponi Daily News, MSN Ireland + Philippines + UAE

**BMJ Evidence-Based Medicine**

Further coverage on gun deaths in US Futurity Research News 27/12/18

More policing alone can’t stop gun related deaths Futurity Research News 27/12/18

**BMJ Global Health**

Traditional medicine use remains significant across Africa and more scientists are taking note Medical Health News 24/12/18

Also in: USA Shafaqna

Some of the 99 reasons to be optimistic as 2018 comes to a close Bangor Daily News 28/12/2018

Progress on women's rights is making the world better for everyone Toronto Star 29/12/18
BMJ Open
Indigestion at Christmas time - that is your stomach crying out for a break The Journal.ie
26/12/18

50 Ways to Lose Weight Without Exercise MSN Canada + Philippines 28/12/18
Also in: xinmsn

Exposure to powdered toner doesn’t significantly impact lung health: study Safety + Health Online 29/12/18

British Journal of Ophthalmology
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 Erie News Now 23/12/18
There is a new eyedrop to protect your vision TheHealthSite 27/12/18

British Journal of Sports Medicine
Further coverage for exercise as medicine
Exercise is as good as medicine for lowering blood pressure in patients with hypertension ZME Science 28/12/18
Transdermal estrogen better than oral for bone health in athletes with menstrual dysfunction MD Alert 29/12/18
Fitness column: Assistance for your fitness New Year’s resolutions Today’s Farmer 29/12/18
Also in: Medical Health News, extensive local US print outlets

RUGBY’S RISING SONS AND DAUGHTERS Metropolis Japan 28/12/2018

Hazing remains a problem in sports Medical Health News 31/12/2018
Also in: The Gazette

What to eat after a workout GQ 30/12/2018

Emergency Medicine Journal
Evidence on ED diversion strategies inconclusive study shows Medical Newser 28/12/18
Also in: Clinical Advisor 30/12/2018

Injury Prevention
Seawalls may give false sense of security during a tsunami WHTC (Missouri) 24/12/18

Journal of Epidemiology & Community Health
9 Scientifically Proven Ways to Be A Happier Person Get Old 24/12/18
China investigates herbal medicine empire's alleged role in girl's death MSN Malaysia 27/12/18

Smart hacks to prevent early menopause TheHealthSite 28/12/18

Journal of Medical Ethics
Why bioethics should fail National Right to Life News 28/12/18

Journal of Neurology Neurosurgery & Psychiatry
Sydney trial provides hope for multiple sclerosis sufferers Sydney Morning Herald 27/12/18

Occupational & Environmental Medicine
Space journeys will not negatively impact lifespan of astronauts, study says International Business Times (Singapore edition) 28/12/18

Tobacco Control
Flavored E-Cigarettes Are Fueling a Dangerous Increase in Tobacco Use Heavy.com news 23/12/18

Further coverage for bidi smoking in India
Bidi smoking cost India Rs 805.5 bn in ill health in 2017 MediBulletin 24/12/18
India spends over ₹800 billion every year on health effects of 'bidi' smoking, says study Business Insider India 24/12/18
Bidi smoking cost India 805.5 billion last year: Study Business Standard 30/12/18
Also in: Economic Times, New Indian Express, India.com, Financial Express, Deccan Herald

Trauma Surgery & Acute Care Open
Further coverage for costs of animal encounters
6.4 million animal-related injuries sent Americans to the ER - and insects played a big role Chicago Tribune 24/12/18
Over 5-year period, animal encounters sent 6.5 million people to ER The Columbian 25/12/18
Also in: New Bern Sun Journal, Foster’s Daily Democrat