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 (10 - 16 Dec):


- A US study on the health costs of animal attacks in Trauma Surgery & Acute Care Open was picked up by CNN, COSMOS Magazine and NBC News.

- The BMJ South Asia Awards featured in The Hindu and The Himalayan Times

And the award goes to... (BMJ South Asia Awards) The Hindu 10/12/2018
NAS wins BMJ Awards South Asia The Himalayan Times 11/12/2018

The BMJ

Research: Effectiveness of a brief behavioural intervention to prevent weight gain over the Christmas holiday period: randomised controlled trial

How long does it take to work off the Christmas pudding? Longer than you think Daily Telegraph 11/12/2018
Maintaining your weight through the holidays CNN 11/12/2018
New study reveals simple ways to avoid weight gain this holiday season The Jakarta Post 12/12/2018

Also in:

International
Research: The 'use it or lose it' conjecture: An analysis of the effect of intellectual engagement on trajectories of cognitive ageing

**Puzzle solving 'won't stop mental decline'** BBC News 11/12/2018

**Crosswords and puzzles do not prevent mental decline, study says** CNN 11/12/2018

**Sudoku, crosswords won't prevent dementia** Times of India 13/12/2018

**Also in:** BBC1 Breakfast, BBC World Service, BBC Radio 2, BBC Radio 4 Today, BBC Radio 5 Live (plus over 50 BBC regional radio stations across the UK), Daily Mail, The Metro, Daily Record, extensive coverage by UK regional radio stations, The Conversation (UK), i, The Times (Scottish edition), UK News Desk Online, Reuters, The Herald

**International**


**Other**


Research: Golf habits among physicians and surgeons: observational cohort study

**Golf is most common among older male surgeons** - Medical XPress 11/12/2018

**Doctors love golf: Fact or fiction?** Medical News Today 11/12/2018

**Golf is most common among older male surgeons** Golfer Galore 11/12/2018

**Also in:** MyHeadlinez, Medscape, FierceHealthcare, NewsDog
Research: **Death and readmissions after hospital discharge during the December holiday period: cohort study**

The danger of holiday hospital visits: Patients discharged over Christmas are more likely to die or be readmitted  Daily Mail 11/12/2018

Patients discharged from hospital at the holidays face higher risk of death, study finds  CBS News 12/12/2018

Hospital discharge during December holidays tied to more readmissions, deaths  Channel NewsAsia 12/12/2018


**Feature: Overdiagnosis and industry influence: how cow’s milk protein allergy is extending the reach of infant formula manufacturers**

As the industry is accused of scaring mums off breastfeeding, don't be fooled by the milk formula machine! (follow-up piece by Chris van Tulleken) - Daily Mail 10/12/2018

Also in: Express Digest, Health Medicine Network, Econotimes

**UK research:** *(Over)eating out at major UK restaurant chains: observational study of energy content of main meals*

**International research:** Measured energy content of frequently purchased restaurant meals: multi-country cross sectional study

**Editorial:** Bringing harmony to public health debates about food

Your favorite restaurant is more calorific than fast food, global study finds  CNN 12/12/2018

Restaurants urged to trim portions  The Times 13/12/2018

Fast food meals have fewer calories than restaurant dishes, BMJ finds  The Telegraph 13/12/2018


**Research:** **Physician mothers’ experience of workplace discrimination: a qualitative analysis**
Editorial: Unto them a child is born

Physician Mothers Face ‘Insidious, Persistent’ Discrimination Medscape 12/12/2018
Women Doctors Say They’re Penalized for Motherhood U.S. News & World Report 13/12/2018
Women doctors penalized for motherhood, survey says UPI 14/12/2018

Also in: Medical Xpress, MyHeadlinez, Free Vice, Doctors Lounge, Healing Well, Health on the Net Foundation, Drugs.com, FierceHealthcare, Medical Bag

Research: Christmas, national holidays, sport events, and time factors as triggers of acute myocardial infarction: SWEDHEART observational study 1998-2013

Christmas Is a Peak Time for Heart Attacks The New York Post 12/12/2018
Risk of having a heart attack peaks at 10pm on Christmas Eve: study The Sydney Morning Herald 13/12/2018
Heart attack risk peaks at 10pm on Christmas Eve The Times (+ Scottish edition) 13/12/2018


International

Other

Other coverage for The BMJ:
Is this proof pill-popping Britain should stop taking the tablets? In the first of a two-part investigation, we reveal how medication is being massively over-prescribed — and may do
**more harm than good** Daily Mail 10/12/2018

**Also in:** Medical Health News, Express Digest

**STATIN SAGA: Medical ethics question 'miracle' of statins to cut cholesterol** DNA India 10/12/2018

**The gene-edited Chinese twins represent a multi-generational ethical quandary** From Press 10/12/2018

**Also in:** MSN UK + Philippines + South Africa

**James Bond is a raging alcoholic** (reference to previous Christmas study) Maxim 10/12/2018

**Shaken not slurred: James Bond had 'a severe chronic alcohol problem,' public health experts say** Washington Post 11/12/2018

**Also in:** RazzleTazzle, Chicago Tribune, The Gazette, Orlando Sentinel, The Morning Call, Mercury News, East Bay Times, South China Morning Post

**Prescriptions — and overdoses — are skyrocketing for anti-anxiety drugs that make opioids even more lethal** Philly.com 10/12/2018

**You Shouldn't Offer Your Seat To Older People On Public Transport Anymore** (reference to Sir Muir Gray on benefits of physical activity in older people) - Gentside UK 10/12/2018

**Further coverage for DIY smear tests**

**Women may soon be offered DIY at-home smear test kits** 10/12/2018 YOU Magazine

**Getting Your Omega-3 to Omega-6 Ratio Right Is Essential for Optimal Health** Mercola 10/12/2018

Q) So can you REALLY massage the pain away? A) It all depends if the gadget's any good - or just a gimmick Daily Mail 10/12/2018

**Is fish oil good or bad for you?** Mumbai Mirror 11/12/2018

**Also in:** Ahmedabad Mirror

**Don’t ignore incidental findings on MRIs, it may be cancer : BMJ study** Specialty Medical Dialogues 11/12/2018

**Abortionist who cuts ‘cords’ admits babies in womb are ‘human beings’** Live Action 11/12/2018

**Release Active Drugs – Homeopathy By Another Name** Science-Based Medicine 12/12/2018

**7 big health myths that were debunked in 2018** Techflier 12/12/2018

**Also in:** INSIDER, Business Insider Nordic, Uncova, Pulse, Latest Nigerian News

**Modi inaugurates Partners' Forum 2018** Business Standard 12/12/2018

**Also in:** The Hans India, Mangalorean.com, Can-India News, Statesman India, Belle Vision, Vishva Times, Windows to News, NewKerala

**Why Your Doctor is Wrong About Cholesterol** Mercola 12/12/2018

**How to Eat for a Heart-Healthy Holiday** Yahoo Finance 12/12/2018

**Time to Ditch the Fish Oil Pills?** Good Times 12/12/2018

**“Graveyard shift” is even more ominous than it sounds** The Outline 12/12/2018

**Your gout, your fault?** Science-Based Medicine 13/12/2018

**NHMRC to Fund Major Phase 2 Clinical Trial of Cynata’s Cymerus™ MSCs in Patients with Osteoarthritis** Marketplace 13/12/2018

**Also in:** Bezinga, Market Insider, numerous local US news outlets, Spoke, Globenewswire, Forbes 13/12/2018

**Study ‘Proves’ Parachutes Don’t Save People Who Fall Out of Airplanes** Live Science 14/12/2018

**Parachutes don’t save people who fall out of airplanes** Tech Explorist 15/12/2018

**Also in:** Digital Journal, Longroom

**1,000 Calorie Meals; Gut Bacteria and Oral Diabetes Agents; VR for Hot Flashes?** MedPage Today 14/12/2018

**People over 65 actually read faster than those in their 20s, and it could be because of**
'computer vision syndrome' Business Insider 14/12/2018
Also in: GhanaNation, News of the Day, Uncova, INSIDER, USA Online Journal
Santa in skinny jeans? Here's what people think a 'rebranded' Santa should look like The Telegraph 14/12/2018
Also in: The Herald + numerous US local news outlets
Malawi shines at global forum The Nation 14/12/2018
How Soccer Players Can Get Injured Less Often STACK 14/12/2018
Slow demise of smoking cessation services Practice Business 14/12/2018
'THEY TOOK THEIR TOLL' Fitness blogger claims breast implants 'caused body odour, acne, hair loss and weight gain' The Sun 14/12/2018
When doctors prescribed clothes for women's health The Irish Times 14/12/2018
Uncovering the implants scandal: 'the lack of transparency is shocking' The Guardian 15/12/2018
Also in: Yahoo News
Danish research reveals areas of the brain responsible for Christmas spirit The Boar 15/12/2018
Are the holidays really the hardest time of year? The stats are surprising The Guardian 15/12/2018
Dr Miriam Stoppard - 'Become a specialist in lifestyle medicine' Mirror + Irish Mirror 16/12/2018
Also in: WS Tale
Toymakers urged to help fight stigma of disability The Times 15/12/2018
Also in: The Irish Times

JOURNALS

Heart

Research: Association of occupational exposures with cardiovascular disease among US Hispanics/Latinos (US Focus)

Occupational exposure to pesticides increases risk for cardiovascular disease among Latinos News-Medical.net 12/12/18
Pesticides exposure at workplace doubles risk of coronary artery disease Specialty Medical Dialogues 13/12/18

Also in: Medical Xpress, Science Daily, HealthDay

Trauma Surgery & Acute Care Open

Research: Mortality, hospital admission, and healthcare cost due to injury from venomous and non-venomous animal encounters in the USA: 5-year analysis of the National Emergency Department Sample (US Focus)

Animal attacks cost us more than $1 billion a year, and they're becoming more common CNN 11/12/2018
Doctors cite climate change for rise in animal bites, U.S. health care costs NBC News 12/12/2018
Animal attacks cost the US billions COSMOS Magazine 13/12/2018

Also in: HealthDay, KVOA Tucson News + numerous US local broadcast outlets, Doctors
Annals of the Rheumatic Diseases
Vertebral fracture prevalence, incidence low in axial SpA Healio 10/12/2018

DAPSA-based remission better detects patient-perceived remission in PsA Medical Health News 11/12/2018

At High Risk of Developing Rheumatoid Arthritis? A Dose of Rituximab May Help Slow Down the Onset Creaky Joints 13/12/2018

Archives of Disease in Childhood
Screen Time: Obesity, Low-Self Esteem and Other Side Effects of Screen Exposure in Children Parents Didn't Know Of (misattributed to The BMJ) LatesLY 11/12/2018

Swapping tablets for trainers Khmer Times 14/12/2018

BMJ Case Reports
Man, 51, is nailed to the ground after being impaled by a 36-inch crowbar that perforated his bowel after falling off a shed Daily Mail 10/12/2018

SEW AMAZING Doctors STITCH man's severed forearm back on – and he can still use it Daily Mail 10/12/2018

Man, 67, has his arm RESEWN after he accidentally cut it off while operating heavy machinery at work - and he can still use his hand Daily Mail 12/12/2018

Also in: The Stars Post, Health Breaking News, The Amed Post

BITTER PILL Man, 33, left 'paralysed' for two days after taking common weight loss supplements The Scottish Sun 14/12/2018

Also in: Times of News, The Amed Post, Stars Post, Fox News Channel, TodayChan, F3 NWS, WCSI

Woman, 94, went to hospital after a fall only for doctors to discover acupuncture needles had been buried along her spine for 30 YEARS Daily Mail 14/12/2018

Also in: Armenian News-NEWS.am information-analytical agency

The teenager has a heart attack after having torn an artery in the neck on a water slide

BMJ Evidence-Based Medicine
Russian Homeopathy, Hiding In Plain Sight Forbes 10/12/2018

Further coverage for US gun violence
Reduced life expectancy is the real 'American carnage' (no link available) Bangor Daily News 10/12/2018

Gun violence has cut more than four years from the average life expectancy of African Americans, study says Daily Mail 10/12/2018
Also in: Blavity, Vibe

BMJ Global Health
Ten reasons people stop attending HIV care in Zambia Nam Aidsmap 10/12/2018
Zika has unborn victims in Madhya Pradesh Down to Earth 12/12/2018
Gottlieb Slams Manufacturers of Insulin Managed Care 12/12/2018

BMJ Open
Is this proof pill-popping Britain should stop taking the tablets? Daily Mail 10/12/2018
Also in: Health Medicine Network

Cigarettes: self-screwdriver more at the Dump News Articles Insider 10/12/2018
Why alcohol makes some people violent GVS Wales 10/12/2018
Smokers who roll their own less inclined to quit: Study India Blooms 10/12/2018
Also in: Journey Line

Key signs and symptoms to recognise when terminally ill patients are close to death Medical Xpress 11/12/2018
Does 'cupping' work, or is it a fashionable fad? A doctor weighs in JOE 12/12/2018
Study: Those who smoke during pregnancy show 'serious dietary inadequacies' Irish Examiner 12/12/2018

Death by sitting or the secret fat loss technique that is just sitting around Red Deer Express 12/12/2018
Heart health of shift workers under test in meal shift trial (no link available) Herald Sun 15/12/2018

Powerful devices in the 5G era: Do mobile phones cause cancer? The Sydney Morning Herald 16/12/2018
Also in: WAToday.com.au, Brisbane Times, The Age Australia

BMJ Quality & Safety
Further coverage for lower RN staffing
Lower RN staffing linked to increased in-hospital mortality NewsDog 10/12/2018
Shortage of trained nurses in hospital wards linked to rise in patient death risk Irish Medical Times 12/12/2018
Also in: Medical Brief South Africa

British Journal of Sports Medicine
The myth of the running shoe The Globe & Mail 10/12/2018
Also in: Medical Health News, Triathlete
Avoid dementia, take a walk The Filipino 11/12/2018

What Are Plyometrics & How Good Are They For Getting Fitter? Men’s Health 12/12/2018

DNA-based diet and exercise plans offer little more than self-fulfilling prophecy, study The Next Web 13/12/2018
Also in: F3 News

Can the design of a running shoe help prevent injury? A B.C. researcher says he has the answer Newsclock 15/12/2018
Also in: Medical Health News, Times of News, CBC News Network

ESMO Open
Escalating Axitinib Dose After Disease Progression Improves Outcomes in Metastatic RCC Oncology Learning Network 12/12/2018

Injury Prevention
New child passenger safety law takes effect in 2019 MyWebTimes 10/12/18

Journal of Epidemiology & Community Health
How the media aids in the rise of suicide rates The Reflector (Student newspaper, University of Minneapolis) 12/12/18

Women a leading cause of men's 'untimely' deaths East Africa Standard 14/12/2018

Journal of Medical Ethics
Euthanasia deaths in Quebec rising rapidly Mercatornet 10/12/2018
Euthanasia Is Becoming First Resort in Quebec Evolution News & Science Today 10/12/2018
Also in: LifeNews.com, National Review, Discovery Institute, LifeSiteNews, Canada Free Press

Journal of NeuroInterventional Surgery
BNP in silent stenosis, arterial inflammation, wireless clot passage MedPage Today 14/12/18

Favourable revascularisation rates for first-in-man results of the Versi Retriever in acute ischaemic stroke NeuroNews 14/12/2018

Journal of Neurology, Neurosurgery, and Psychiatry
What to know about marijuana and multiple sclerosis Medical News Today 10/12/2018

10 surprising ways sex affects your brain Business Insider Australia 11/12/2018
Also in: INSIDER

MS stem cell treatment breakthrough in Australian trial The Australian 12/12/2018
ALS Patients’ Sexuality, Intimacy Issues Should Be Addressed by Healthcare Pros, Study Suggests  ALS News Today 15/12/2018

**Occupational & Environmental Medicine**
This is the ideal office setup for low stress and better physical health  Men's Journal 14/12/18 (link unavailable)

**RMD Open**
Mesirow Financial Investment Management Us Value Equity Trimmed Its Supernus Pharmaceuticals (SUPN) Holding; Dermira (DERM) Sellers Increased By 11.77% Their Shorts  The FinReviewer 12/12/18

**Tobacco Control**
Canadian Study Indicates ‘Worrisome’ Increase in Teen Vaping  Vaping Post 12/12/2018