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.

Twenty-one journals were picked up in the media last week (21 - 27 Jan) - our highlights include:

- A study published in *The BMJ* on the risk of regularly eating fried food was picked up globally, including *The New York Times, Daily Mail* and *Times of India*.

- Research published in the *Journal of Epidemiology & Community Health* on the link between body size and longevity generated extensive coverage, including *The Times, Deccan Chronicle* and *Newsweek*.

- A study published in *BMJ Nutrition, Prevention & Health* on the gap between eating and going to bed made global headlines, including *Daily Mail, New York Post* and *INSIDER*.

PRESS RELEASES

*The BMJ* | *BMJ Nutrition, Prevention & Health* | *BMJ Supportive & Palliative Care* | *Journal of Epidemiology & Community Health*

EXTERNAL PRESS RELEASES

*Vet Record*

OTHER COVERAGE

*The BMJ* | *Annals of the Rheumatic Diseases* | *Archives of Disease in Childhood* | *BMJ Case Reports* | *BMJ Global Health* | *BMJ Innovations* | *BMJ Open* | *BMJ Open Sport & Exercise Medicine* | *BMJ Sexual & Reproductive Health* | *British Journal of Ophthalmology* | *British Journal of Sports Medicine* | *Emergency Medicine Journal* | *Journal of Medical Ethics* | *Journal of Neurology, Neurosurgery & Psychiatry* | *Lupus Science & Medicine* | *Occupational & Environmental Medicine* | *Trauma Surgery & Acute Care Open*

The BMJ

Research: *Association of fried food consumption with all cause, cardiovascular, and cancer mortality: prospective cohort study*
Fried Foods Tied to Heart Disease in Women  The New York Times 23/01/2019
Eating fried chicken and fish 'linked to premature death'  Daily Mail x 2 23/01/2019
Fried chicken and fish up risk of early death  Times of India 25/01/2019


International


Research: Should we rename low risk cancers?

Breast tumours with small chance of spreading 'should not be called cancer'  Daily Mirror 23/01/2019
Doctors should stop using the word cancer: Low-risk tumours should be renamed 'indolent' because the c-word traumatises patients, leading expert says  Daily Mail 23/01/2019
Should we rename some low-risk cancers?  COSMOS Magazine 26/01/2019


Research: Three week versus six week immobilisation for stable Weber B type ankle fractures: randomised, multicentre, non-inferiority clinical trial

You do NOT need to spend six weeks in a cast if you fracture your ankle - three weeks is plenty, researchers find  Daily Mail 23/01/2019
You've Been Wearing That Cast On Your Ankle Twice As Long As Necessary  IFL Science 24/01/2019
Study suggests halving time in cast for ankle fractures  The Irish Times 23/01/2019
Other coverage for The BMJ

**Further coverage for smear testing kits**

*Five million British women are putting their lives at risk because they are 'too embarrassed' for cervical cancer screenings* Daily Mail 21/01/2019

**Also in:** Express Digest, The Amed Post

*Surgeons with huge egos ‘put patients at risk’* (print) Scottish Daily Mail 21/01/2019

**Also in:** Daily Express, IOL South Africa, The Press and Journal, Express Digest, The Amed Post, Before It’s News, Safrica 24, Medical Brief South Africa, Evening Express

*What Is Lingonberry?* Blogarama 21/01/2019

**Further coverage for inappropriate prescribing**

*Wisconsin's Rate Of Inappropriately Prescribed Antibiotics Below National Average* Medical Health News 21/01/2019

**Also in:** Natural Health 365, Spooner Advocate, News Llive, Minn Post, Urban Milwaukee, ET Healthworld, Technology Networks, MedShadow, Infectious Disease Advisor, Healthline, Health24 South Africa, Star Tribune, Florida Courier

**Further coverage for common genetic “stealth” condition**

*Common Genetic “Stealth Condition” Increases Risk Of Further Health Problems* IFLScience 21/01/2019

**Also in:** EN-CPhl.CN, Health Medicine Network, Mogaz News, Express Digest, Medical Newser, The Senior


*Cigarette advertising before smoking was officially bad for your health* Health Tips Blog 21/01/2019

*6 Reasons Taking Calcium Supplements Could Be Harmful* Cathe 21/01/2019

*Are desperate cancer patients who raise money online falling prey to quack medicine?* Daily Mail 22/01/2019

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

*Is there an answer to millennial burnout?* BBC-Capital 22/01/2019

**Also in:** MENAFN, ABC News Australia, Scroll.in, Medical Xpress, Yahoo News UK

**Further coverage for night shifts and diabetes risk**

*Night shift plus unhealthy habits equals higher diabetes risk* Health24 South Africa 21/01/2019

**Further coverage for financial interests of patient groups**

*Most patient groups contributing to NICE 'have financial interests'* Management in Practice 21/01/2019

**Also in:** EN-CPhl.CN

*The magic pill - the increasing use of vitamin D outside of recommendations* Nursing in Practice 21/01/2019
Microalbuminuria Market trends and dynamics 2017-2025: Novartis AG, Sanofi, Alfa Wassermann S.p.A

Further coverage for HRT tablets
Hormone Patches and Clots (print) The New York Times 22/01/2019

Why bloating and fatigue could be a sign you need a medieval cure - and why, without treatment, you may end up with arthritic joints and diabetes

Further coverage for Coca Cola and China’s obesity policy
Group helped tilt anti-obesity fight Chicago Tribune 22/01/2019

5 natural ways to boost your immune system
From sage and elderberry to vegetable soups with a kick: Nutritionist reveals the five natural ways to boost your immune system this flu season

COPD – Diet For Chronic Lung Diseases
The Man with a Thousand White Papers

Further coverage for implants investigation
J&J agrees to settle hip implant claims in US for $120m

Is Dr. House Right? Do All Patients Lie?
The anti-vaccination debate was built on a lie, why do people still believe it?

Social media is ‘putting millions of children’s lives at risk’

Be especially careful of Santa impersonators on toboggans

Sponsored feature: patients behaving badly

India neglects snakebites despite 50K deaths each year

Snakebite: a public health problem you don’t hear of

Women with IBD at higher risk of Postpartum mental Illness: BMJ

Managing increasing demand

Mix of risk, benefit in Achilles tendon surgery

Can artificial intelligence help doctors and patients have better conversations?

Appropriate ME Treatment (Sharon Hodgson, Shadow Health Minister, speaking 5:29:36-
Further coverage for sugar in UK supermarket yoghurts
New analysis finds that most yogurts contain excessive amounts of sugar Natural News 24/01/2019

Complications: Abortion’s Impact on Women National Right to Life 24/01/2019
Neonatal sepsis on rise in India: AIIMS paper The Hindu Business Line 24/01/2019
Pat Lambe’s retirement a symptom of rugby’s obsession with bulk Irish Times 24/01/2019
Up to a third still feel pain after knee replacements Star Tribune 24/01/2019
Sterilization Equipment and Disinfectant Market Reaching US$ 6,500 Mn Towards the End of 2026 prsync 24/01/2019
Trainee GPs who work in same surgery for three years to pocket £20k ‘golden hello’ Stoke on Trent Live 24/01/2019
Toward unrestricted use of public genomic data ScienceMag 25/01/2019
Maximum energy, minimum effort Choice 25/01/2019
Pain, a personal experience - Charles Gauci Times of Malta 25/01/2019
For the Love of God, Stop Avoiding Gluten Unless You Have a Legit Medical Reason to Do So Runner’s World 2019
Antimicrobial resistance: new role for UK pharmacies Out-Law.com 25/01/2019
Step Inside the Patient Safety Horror Room Medscape 25/01/2019
Want to know more about the end of clickbait? Read this! Silicon Republic 25/01/2019
Can a shed make a man healthy? Filey Mercury 25/01/2019
Sin is going out of fashion MoneyWeek 25/01/2019
Aleafia Health Study Indicates 45% of Patients End Benzodiazepine Use Following Medical Cannabis Treatment MarketPlace 25/01/2019

Will the 2019 Flu Season Be as Deadly as Last Year’s? Here’s How to Prepare Yourself Yahoo News 25/01/2019
4 Reasons You’re Not Gaining Weight (Plus Easy Fixes) LiveStrong.com 25/01/2019
My Turn: Anti-vax coverage counter to healthy discourse West Hawaii Today 26/01/2019

JOURNALS

BMJ Nutrition, Prevention & Health

Research: Effect of a 2-hour interval between dinner and bedtime on glycated haemoglobin levels in middle aged and elderly Japanese people: a longitudinal analysis of 3-year health check-up data

You do NOT need to leave two hours between dinner and bedtime 'because there are no discernible health benefits' Daily Mail x 2 21/01/2019
Eating right before bed may not be that bad for you after all, according to a new study INSIDER 22/01/19
Sleep is more important for weight loss than cutting out late-night snacks New York Post 23/01/2019
BMJ Supportive & Palliative Care

Research: Simple and powerful: a consultant and governance-led bereavement service

Bereavement service led by senior clinicians may reduce risk of legal action after patient deaths OnMedica 22/01/2019

Also in: MyHeadlinez, Medical Xpress, BrightSurf, News-Medical.Net

Journal of Epidemiology & Community Health

Research: Body size, non-occupational physical activity and the chance of reaching longevity in men and women: findings from the Netherlands Cohort Study

Women live longer the closer they stay to their weight at age 20 The Times 22/01/2019
Women’s lifespan affected by their body size The Deccan Chronicle 23/01/2019
WANT TO LIVE TO 90? TALL, SLIM WOMEN HAVE BEST CHANCE, SCIENTISTS FIND Newsweek 22/01/19


International

Other

**Study finds second born children are likely to be more successful than their siblings** RSVP Live 26/01/2019

**Annals of the Rheumatic Diseases**

*Single infusion of rituximab slows development of rheumatoid arthritis – new research*
Arthritis Digest 22/01/2019

**Rates of Serious Infection Differ With Abatacept, Rituximab, Tocilizumab** Medical Health News 23/01/2019

**Identical twins light the way for new genetic cause of arthritis** Medical Xpress 24/01/2019

**Rituxan Fails to Treat Moderate to Severe SLE without Kidney Involvement, Trial Reanalysis Confirms** Lupus News Today 25/01/2019

**IBD Rates Low in Patients on Cosentyx** MedPage Today 25/01/2019

**Belimumab May Reduce Organ Damage Progression in Systemic Lupus Erythematosus** Rheumatology Advisor 25/01/2019

**Clinical Trials in Childhood-Onset Systemic Lupus Erythematosus: Next Steps and Future Directions** Rheumatology Advisor 25/01/2019

**Women with RA have reduced chance of live birth after assisted reproduction treatment** MDEdge 27/01/2019

**Archives of Disease in Childhood**

*The Successful, Dangerous Child Sex-Change Charity* National Review 23/01/2019

**BMJ Case Reports**

*Woman goes to the doctor with a swollen forehead... only for doctors to pull out two MAGGOTS that burrowed into her skin during a trip to Africa* Daily Mail x2 23/01/2019

**Also in:** LongRoom, LADbible, Express Digest, Brinkwire, IFL Science, remonews, HealthMedicine Network,

**Case report of neglected obstructive pneumonia** Specialty Medical Dialogues 22/01/2019

**Embrace winter weather – the Scottish way!** (cold water swimming, misattributed to The BMJ, no link available) Top Santé 23/01/2019
Doctors pull a hair extension out of a woman's face after it got embedded during a fight with her sister Daily Mail 25/01/2019
Also in: The Nation Newspaper, Brinkwire

BMJ Global Health
Puerto Rico received lopsided hurricane disaster aid compared to Texas and Florida, study says CNN 22/01/2019

Reducing out of pocket health costs - better population health SeniorAu.com.au 27/01/2019

BMJ Innovations
Comment: Giving instant messaging a clean bill of health Building Better Healthcare 22/01/2019

BMJ Open
Pasta, rice and bread roll into favour as carbs prove health credentials The Australian 21/01/2019

GPs prescribe more opioids in deprived areas, finds study Pulse 21/01/2019

Teens keep active despite asthma or eczema, study finds Medical Xpress 21/01/2019
Also in: Medical Newser, Scienmag, ScienceDaily, News-Medical.Net

UAE- No proof screen time is toxic, but ill effects remain: Study MENAFN 21/01/2019
Also in: Daily Record

Package Leaflets for EU Biosimilars May Negatively Impact Adherence, Study Says Center for Biosimilars 21/012019

Glasgow Coma, AVPU Scales Have Limited Usability for Assessing Level of Consciousness in Pediatric Head Injury Neurology Advisor 23/01/2019

MARIKA SBOROS: Can eating fibre protect one from heart attack? Business Day 24/01/2019

‘Rise in single people and private renters’ increasing social fragmentation The Big Issue 25/01/2019
Also in: Phys.org

Low-cost changes could have significant effect on improving health of workforce of the NHS Medical Newser 24/01/2019
Easy access to healthy foods ‘nudges’ clinicians to better diets OnMedica 24/01/2019
Also in: Medical Xpress, BrightSurf, Bioengineer, Scienmag, News-Medical.Net, MedIndia

10 Mocktail Recipes So Good You Won't Believe They're Booze-Free Everyday Health 24/01/2019

Further coverage for corporal punishment
Spanking Kids Linked To Antisocial Behavior As Adults Att.net 24/01/2019

Also in: From Press

Study reveals obesity among urban poor higher than national average Dhaka Tribune 25/01/2019

What Exactly Is Mindfulness Meditation and How Can I Try It? PureWow 25/01/2019

Public-Private Collaboration To Address The Health And Economic Challenge Of Obesity In Spain Forbes 25/01/2019

Air pollution linked to higher risk of dementia in cities, study finds Times of News 26/01/2019

BMJ Open Sport & Exercise Medicine
Rugby stars have become so heavy they are now considered clinically obese, after average player weight increases 25% to 16st 8lb from 1950s x 2 Daily Mail 21/01/2019

Also in: The Guardian, Stuff

CAN A FITNESS TRACKER BENEFIT THE LIFTER? Muscle Insider 24/01/2019

BMJ Sexual & Reproductive Health
Is it safe to skip your period on the pill? Patient 21/01/2019

Further coverage for first time sex
Teach Your Kids 'Sexual Competence' Offspring (LifeHacker Australia) 24/01/2019
Why teens today are right to be wary of losing their virginity too early Sunday Times Magazine (India Knight column) 27/01/19

British Journal of Ophthalmology
Eye Infection Outbreak in Contact Lens Wearers Could Cause Blindness Alternative Daily 25/01/2019

British Journal of Sports Medicine
How to treat your martial arts athletes Chiropractic Economics 21/01/2019

Can a DNA test help you to get fitter? The Times 22/01/2019

Also in: The Irish Times

Physicians: Treat eSports players as college athletes Medical Xpress 22/01/2019


Women who want to reach their 90th birthday should put on ‘no more than one-and-a-half stone from the age of 20’ (The number of British pensioners in their 70s and 80s hitting official NHS moderate exercise target) Daily Mail 21/01/2019

How does vitamin D-3 kill mice? AJC 22/01/2019

Sweatcoin proves paying people to walk could help in the fight against obesity Yahoo Sports 23/01/2019

What Is Advocare, Anyway? Here’s the Murky Nutrition Behind The Cult-Like Supplement
6 Tips for Beginners to Enjoy Running From the Start Mapmyrun 24/01/2019

Inside Lane: The Caster Semenya Debate Is Heating Up Competitor Running 24/01/2019

Positive self belief key to recovery from shoulder pain Health Medicine Network 25/01/2019
Also in: Medical Xpress, Bioengineer, It’s my Health, Scienmag, ScienceDaily

Premier League teams rarely use all their substitutes. Why don't they take advantage of such fresh legs? ESPN 25/01/2019
Also in: MyHeadlinez, Sport.co.uk, Times of News, football.co.uk, wopular, Yahoo Sports

Concussions In Youth Sport LabRoots 25/01/2019
Also in: Medical Health News

Emergency Medicine Journal
Ambulances queuing at A&E as winter pressure intensifies on Royal Berkshire Hospital In Your Area 21/01/2019
Also in: Medical Health News

Deputies: NC man breaks into woman's home, strangles, sexually assaults her CBS 17 21/01/2019
Officer hears woman whisper, 'help me,' finds rape suspect in closet, police say MSN 21/01/2019
Also in: The Hour, The Advocate + extensive coverage by local US news outlets

Jiu-Jitsu Move May Save Lives of Trauma Victims, Study Shows EMS World 21/01/2019

Most ambulance oxygen tanks carry the superbug MRSA, new study finds Daily Mail 25/01/2019
Also in: Mogaz News, Express Digest, Health Medicine Network, Brinkwire, LongRoom

Journal of Medical Ethics
Why a law banning genital mutilation was deemed unconstitutional in the US – and what is needed now Scroll.in 23/01/2019

Separation Anxiety – Should Treatment be Imposed for Conjoined Twins? Bioethics 24/01/2019
Also in: Practical Ethics, ScienceDaily

Journal of Neurology, Neurosurgery & Psychiatry
Certain Protein Levels May Track Effectiveness of Spinraza, Case Report Shows Medical Health News 22/01/2019

Need to Know: The Link Between the Epstein-Barr Virus and MS Multiple Sclerosis News Today 24/0/2019

Lupus Science & Medicine
In 2019, What Are the Major Challenges in Lupus? MedPage Today 21/01/2019
**Occupational & Environmental Medicine**

*Warning: Common household chemical linked to cancer and heart disease, according to NEW study* Before It's News 26/01/2019

**Trauma Surgery & Acute Care Open**

*Animal, bug bites a billion-dollar burden in the US* Health24 South Africa 22/01/2019

256-slice CT scanners not reliable to diagnose traumatic diaphragmatic injuries Applied Radiology 24/01/2019

**Vet Record**

Research: *Pilot study of head conformation changes over time in the Cavalier King Charles spaniel breed*

Cavalier King Charles spaniels’ health in hands of show judges Vet Times 25/01/2019

Deadly rabbit virus threatens UK brown hare population The Guardian 25/01/2019

Hares in Essex and Dorset found with rabbit virus BBC News 25/01/2019

Deadly rabbit virus makes jump to threaten UK hare populations The Independent 25/01/2019