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 (31 Dec - 6 Jan)**

- A study in *The BMJ* about the lack of compelling evidence for health benefits of non-sugar sweeteners made global coverage, including *The Guardian*, *CBS News* and *The Times of India*.

- A review published in *BMJ Open* informed new guidance from The Royal College of Paediatrics and Child Health (RCPCH) on children’s screen time, and was picked up by *The Telegraph*, *BBC News* and *The Indian Express*.

- Research in *The BMJ* on the variation in radiation dose for CT scans was covered widely, including *On Medica*, *Nursing Times* and *The Tribune*.

- *Fiona Godlee* appeared on the panel of BBC’s *The Big Questions*, discussing whether drugs should be treated like alcohol.

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*The Big Questions* (Fiona Godlee on the panel) BBC 06/01/2019

*BMJ and UNSILO partner to create AI-based subject collections* Library Technology Guides 04/01/2019

**The BMJ**

**Research:** *Association between intake of non-sugar sweeteners and health outcomes: systematic review and meta-analyses of randomised and non-randomised controlled trials and observational studies*

- *No evidence of sugar substitutes’ health benefits, finds study* The Guardian 02/01/2019
- *Do sugar-free sweeteners really help you lose weight?* CBS News 03/01/2019
- *Artificial sweeteners may do more harm than good: Study* The Times of India 04/01/2019

**Also in:** The Telegraph, Daily Mail, The Times, The Independent, Huff Post UK, Metro, The Spectator, MSN UK + IE

*International*

Malay Mail, Free Malaysia Today, Jakarta Post, MedIndia.net, Yahoo News UK + Australia & NZ, Economic Times, UPI News, The Asian Age, INQUIRER.net, Europe Sun, Kataeb.org (Lebanon), Deccan Chronicle, Women’s Health, Reuters, Minn Post, Asean Breaking News,
Research: International variation in radiation dose for computed tomography examinations: prospective cohort study

Clinicians cause variation in radiation doses from CT scans OnMedica 03/01/2019
Call for radiation doses from CT scans to be more consistent Nursing Times 03/01/2019
Consistent radiation dose must to avoid risks The Tribune 03/01/2019


Other coverage for The BMJ
CDC reports a national uptick in the number of flu cases PS4 France 31/12/2018
Drive Sharper, Live Longer, Look Sexier And 42 Other Reasons To Ride A Bicycle In 2019 Forbes 31/12/2018
New Thinking for a New Year U.S. News & World Report 31/12/2018
Better health care Northwest Arkansas Democrat Gazette 31/12/2018
Leaders who prize overwork create burnout cultures Financial Times (UK + Asia) 31/12/2018

Also in: MSN IE
Ten people we said goodbye to in 2018 The Belfast Telegraph 31/12/2018
The wrecking-ball that is the Tories' benefit reforms Morning Star 31/12/2018
How the EXPERTS stay healthy: In the season of coughs, colds and festive burnout, 9 medics reveal their personal tips Daily Mail 31/12/2018

Also in: Health Medical Network, Express Digest
Parachutes do NOT save lives: Laughable study reveals how flawed ‘research’ can be Brinkwire 31/12/2018
Simple Steps to Feeling Great Again Natural Awakenings FC 01/01/2019
New guideline recommends dual antiplatelet therapy after TIA MD Alert 01/01/2019
Learn How to Lift Weights (and Build Muscle) With This 4-Week Beginner Workout Plan Medical Health News 01/01/2019
7 Old-School Hangover Cures You Won’t Want to Try at Home Brit + Co 01/01/2019
3-Year-Old Choked To Death Eating 12 Grapes As New Year Tradition International Business Times 01/01/2019
My not-so guilty pleasure The Australian 01/01/2019

Further coverage for doctors’ golfing habits
Doctors Love Golf: Fact Or Fiction? 01/01/2019

Further coverage for heart attack risk over holidays
Monday Mornings And Other Times When Heart-Attack Risks Increase Finance Daily 01/01/2019

HEALTH SPOTLIGHT: Lifestyle of Mothers Plays Important Role in Obesity Risk for Their Children Space Coast Daily 02/01/2019
Physicians must have necessary time for patients The Independent (Bangladesh) 02/01/2019

3 Universally Unattractive Habits, According to Science MyDomaine 02/01/2019
Out of joint: When knee replacements bring pain and regret NBC News 02/01/2019
10 Disturbing Cases Of Mass Hysterical Contagion Like ‘Bird Box’ ListVerse 02/01/2019

Further coverage for weight gain over the holidays
Science: The holidays are killing us Easy Branches World News 02/01/2019
Also in: MarketWatch, Medical Health News, Money Health Finance

Further coverage for low carb diets
Diet low on carbohydrates helps maintain weight loss The Health Site 02/01/2018
Are All Calories Created (Burned) Equally? Science Friday 04/01/2019
Also in: Health Thoroughfare, Medical Health News,

Smoking shisha linked to diabetes and obesity, study finds The Telegraph 02/01/2019
Also in: MSN UK + South Africa, Daily Mail
Are medical editors responsible if articles they publish cause harm? CMAJ News 02/01/2019
NEW GUIDELINE RECOMMENDS DUAL ANTIPLATELET THERAPY AFTER TIA Managed Healthcare 02/01/2019
This is what Dry January and avoiding alcohol for a month does to your body Birmingham Live 02/01/2019
Julia Molony: 'Why I'm doing Dry January - and why you should too' Irish Independent 03/01/2019
HEALTH SPOTLIGHT: Lifestyle of Mothers Plays Important Role in Obesity Risk for Their Children wn.com 02/01/2019
Prince Charles' FEUD with doctor REVEALED: ‘He's so wrong about medicine’ Daily Express 03/01/2019
TRIFECTA OF OPIOIDS, ALCOHOL AND SUICIDE ARE BLAMED FOR THE DROP IN U.S. LIFE EXPECTANCY Healtheo360 03/01/2019
Midwives are being banned from saying these everyday phrases to ‘avoid sexism’ KentLive 03/01/2019
Also in: Brief report + covered by numerous other regional news outlets across the UK
13 ways carbs help you LOSE weight – from filling you up to fuelling workouts Amed Post 03/01/2019
Also in: The Sun (Scottish + IE versions), Health Medicine Network, Express Digest
New recommendations on use of dual antiplatelet therapy in TIA Specialty Medical Dialogues 03/01/2019
Mythologies of the Moon  HubPages 03/01/2019
Parachute use doesn’t necessarily prevent death, major injury —Experts  Uncova 03/01/2019
This is how many carbs you can eat and still lose weight  My body + soul 03/01/2019

Further coverage for infant formula
Baby milk allergy a ‘Trojan horse’ for formula firms to extend reach, expert claims  NutraIngredients.com 03/01/2019

Senior health chief in Italy scolds the government’s ‘anti-scientific’ stance on vaccines after resigning from his post  Daily Mail 04/01/2019
Also in: Express Digest
Top Doc: Many Knee Replacement Surgeries Unnecessary  Newsmax 04/01/2019
Also in: Medical Xpress, Aging Options, News Day, Newsmax + covered by numerous US local news outlets
Cerebral small vessel disease, hypertension increase cognitive impairment risk  UPI 04/01/2019
Inflammatory Marker Linked to Some Lung Cancers  NEJM Journal Watch 04/01/2019
Do emoji have a place in serious conversation?  World Economic Forum 04/01/2019

Further coverage for regular problem solving
Kathy Griffin opens up about mother’s dementia diagnosis: ‘This is never easy for any child’  The Independent 04/01/2019
Also in: Yahoo Lifestyle

The big chill: the health benefits of swimming in ice water  MSN Lifestyle 04/01/2019
Insomnia: 10 tips to help you get to sleep  Yerepouni News 04/01/2019
5 Essential 'Beauty Foods’ To Rejuvenate Your Body With  Food Beast 04/01/2019

Further coverage for physician mothers
Discrimination Against Physician Mothers A Widespread Issue  Clinical Pain Advisor 04/01/2019

No, Gout Is Not a Trendy, Upper-Class Disease — Here Are 3 Key Facts You Really Need to Know About It  Creaky Joints 04/01/2019
Opioids Agonist Drugs Market Insights With Key Players Purdue Pharma L.P., Janssen Pharmaceuticals, Pfizer, Egalet Corporation, Allergan  Open PR 05/01/2019

Further coverage for chain restaurant meals
Read menu card, curb appetite  The Hindu 05/01/2019

Kenya: Can child-focused sanitation and nutrition programming improve health practices and outcomes? Evidence from a randomised controlled trial in Kitui County, Kenya  Nigeria News 05/01/2019

JOURNALS
Annals of the Rheumatic Diseases
Is There Anything I Can Do to Prevent Osteoarthritis?  Easy Branches World News 02/01/2019
Also in: Cleveland Clinic Health Essentials
Single-Infusion Rituximab May Delay Development of Early Rheumatoid Arthritis
Rheumatology Advisor 03/01/2019

Moderate Liver Enzyme Elevation Found in Patients With & Without Hepatic Steatosis
The Rheumatologist 02/01/2019

Lutikizumab, a New Biologic, Doesn’t Seem to Help If You Have Osteoarthritis in Your Hands
Creaky Joints 03/01/2019

Archives of Disease in Childhood
Latent TB common in child contacts of patients with drug-resistant TB
MDAlert 02/01/2018

Ranking the best multivitamins for kids of 2019
Body Nutrition 04/01/2019

BMJ Case Reports
STAR STRUCK: MAN DEVELOPS CATARACT AFTER BEING PUNCHED IN THE FACE
Optometry Today 03/01/2019

SCOTTISH WOMAN SUFFERS EYE INJURY AFTER APPLYING ERECTILE DYSFUNCTION CREAM INSTEAD OF OCULAR LUBRICANT
Optometry Today 03/01/2019

The man who is allergic to nine type of BEER: 32-year-old suffers an anaphylactic shock 'after putting his lips on a bottle', medical case report reveals
Daily Mail 04/01/2019

Rare Type of Headache can be Treated Without Medicine, New Study Finds
Digital Journal 04/01/2019

BMJ Global Health
From abuse to abortion laws: the world's 12 hot topics in 2018 (decline in FGM rates)
The Guardian 31/12/2018
Also in: Equities.com, Medicine Hat News Online, OurWindsor.ca, The Star

Health workers strikes 'caused massive deaths'
The Standard (Kenya) 04/01/19

BMJ Open
Centra is selling Gordon’s and Beefeater’s Pink Gin 70cl for just €15 for New Year’s
RSVP Live 31/12/2018

Further coverage for corporal punishment
Corporal punishment tied to teen fighting
The Nation’s Health 02/01/2019

Children With Asthma Prescribed More Antibiotics Than Those Without
Pulmonology Advisor 02/01/2019

Top 5 New Year’s resolutions for a healthier and happier 2019
Medical News Bulletin 02/01/19

Will cutting out booze for ‘Dry January’ help your health?
Medical Xpress 03/01/2019
Also in: Smithsonian.com, WebMD, UPI + UPI Asia, HealthDay, Breitbart, Drugs.com, Healing Well, Doctor’s Lounge, Times of News India

Children ‘should not be allowed screen time for an hour before bed’
The Telegraph
04/01/2019

Worry less about children's screen use, parents told BBC news 04/01/2019

Screen time for children need not be curtailed: Study The Indian Express 06/01/2019


8 Silent Signs of Diabetes in Men Reports Healthcare 04/01/2019

Forget About Calorie Counting: 7 Ways to Eat Healthier Instead Eating Well Magazine 04/01/2018

Mothers and fathers’ influence on children’s weight is not the same Medical News Bulletin 05/01/2019

BMJ Quality & Safety
Be careful using symptom checkers to evaluate illness Star Advertiser 02/01/2019

British Journal of Sports Medicine

People’s Pharmacy: Four-step formula to stop cold sores Medical Health News 01/01/2019

Also in: My AJC

British Study Crunched 30 Years of Data and Discovered Something Shocking About Exercise and Weight Loss AltHealthWorks 31/12/2018

Further coverage for effectiveness of exercise for lowering high blood pressure Can exercise lower blood pressure as effectively as drugs? Medical News Today 31/12/2018

Exercise can be another way of lowering blood pressure than medication DaijiWorld 31/12/2018

Also in: MENAFN, Runner’s World, Life Extension Magazine, Diabetes.co.uk, Sharjah Clinics, Etamaad Daily

Does Sports Massage After a Workout Have Any Benefit? Blogarmoda.com 01/12/2018

Learn How to Lift Weights (and Build Muscle) With This 4-Week Beginner Workout Plan Popsugar 01/01/2018

Insomnia: 10 tips to help you get to sleep MSN IE 02/01/2019

For Healthy Kidneys, Avoid Sugary Drinks The People’s Pharmacy 03/01/2019

Ways to Track Your Cycling Goals With MapMyRide Mapmyrun 04/01/2019

The government now knows that golf is good for you The Gold Business 06/01/2019

Sitting disease Manila Bulletin 06/01/2019
Emergency Medicine Journal
Hospitals braced for weekend of mayhem after busy festive season Grimsby Telegraph
04/01/19
Also in: Medical Health News + wide coverage by local US radio outlets

Ambulance equipment contaminated with drug-resistant superbug Reuters + Reuters India
04/01/2019
Also in: MD Alert, Business Insider, Channel NewsAsia, Easy Branches World News, Physician’s Weekly, AYR Digital Network + numerous regional US stations

Journal of Clinical Pathology
Sequencing Assay Adopted for Advanced Lung Cancer Reflex Testing LabMedica.com
31/12/2018

Journal of Medical Ethics
Are medical editors responsible if articles they publish cause harm? CMAJ News 02/01/2019

Journal of NeuroInterventional Surgery
Docs’ Risk From Patients’ Obesity; ViV on Stentless Aortic Valves; Sapien 3 Ultra OK’d MedPage Today 03/01/2019

Lupus Science & Medicine
HER2 May Be Biomarker of Kidney Disease in Children, Teens with Lupus, Study Suggests Lupus News Today 04/01/2019

Occupational & Environmental Medicine
US Study: Work in Space Does Not Seem to Shorten Astronauts’ Lives Voice of America
31/12/2018
Also in: ProSyscom.tech

RMD Open
Retention of Subcutaneous vs Intravenous Tocilizumab in Rheumatoid Arthritis Rheumatology Advisor 02/01/2019

Tobacco Control
Further coverage for bidi smoking in India
Bidi smoking cost India Rs 805.5 billion last year: Study International Business Times India
30/12/2018
Study: Bidi Smoking Costs India US$12 Billion A Year Asian Scientist Magazine 02/01/2019
Also in: The Week, HW News English, Business Line, Business Today