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.

A total of **22 journals** were picked up in the media last week (13-19 May) - our highlights include:

- A paper published in *The BMJ* linking glucosamine supplements with a lower risk of cardiovascular disease was covered extensively, including *The Independent, The New York Times* and *The Telegraph*.

- Research published in *Gut* revealing that bowel cancer is rising among younger adults in Europe was picked up by *inews, HuffPost UK* and *BBC News* (+ tweeted by Victoria Derbyshire).

- A study published in *Tobacco Control* suggesting that the Tobacco display ban has reduced the risk of children smoking made headlines in *BBC News, ITV News* and *Daily Mail*.

**PRESS RELEASES**

*The BMJ* | *British Journal of Sports Medicine*  
*Gut*  

**EXTERNAL PRESS RELEASES**

*The BMJ* | *Tobacco Control*  

**OTHER COVERAGE**

*The BMJ* | *Annals of the Rheumatic Diseases*  
*BMJ Case Reports* | *BMJ Global Health*  
*BMJ Open* | *BMJ Open Diabetes Research & Care*  
*BMJ Open Gastroenterology* | *BMJ Open Sport & Exercise Medicine*  
*British Journal of Ophthalmology* | *Heart*  
*Injury Prevention* | *Journal of Epidemiology & Community Health*  
*Journal of Medical Ethics* | *Journal of Neurology, Neurosurgery & Psychiatry*  
*Occupational & Environmental Medicine* | *Open Heart*  
*Regional Anesthesia & Pain Medicine* | *RMD Open*  
*Sexually Transmitted Infections*  

*The BMJ*
Research: **Association of habitual glucosamine use with risk of cardiovascular disease: prospective study in UK Biobank (PR)**

**Taking joint supplements could help lower risk of heart disease and stroke** The Independent 14/05/2019  
**Glucosamine Tied to Heart Benefits** The New York Times 14/05/2019  
**Joint supplements could reduce the chance of early heart death by a fifth** The Telegraph 14/05/2019


**Rapid Recommendations:** **Thyroid hormone treatment for subclinical hypothyroidism: a clinical practice guideline (PR)**

**Hundreds of thousands of people in the UK may be unnecessarily taking drugs for a sub-clinical hypothyroidism, study warns** Daily Mail 14/05/2019  
**Thyroid disease 'being over-treated'** BBC News 15/05/2019  
**Why doctors now warn against routinely treating mild thyroid issues** CBC News 17/05/2019


Research: **Breast cancer risk in transgender people receiving hormone treatment: nationwide cohort study in the Netherlands (PR)**

**Increased Risk Of Breast Cancer In Transgender Women, Study Suggests** Yahoo News UK 14/05/2019  
**Increased Risk Of Breast Cancer In Transgender Women, Study Suggests** HuffPost UK 14/05/2019  
**Transgender women face a greater risk of breast cancer because of the hormones they take, shows study** Daily Mail 15/05/2019

**Also in:** OnMedica, Yahoo News Australia & NZ, Follow News, MedPage Today, Celebrity Best News, MedIndia.net, MyHeadlinez, MSN UK, Medical Xpress, WebMD, MediBulletin,
Investigation: **Big tobacco, the new politics, and the threat to public health** (PR)

*Big tobacco linked to tobacco industry revealed in probe* The Scotsman 16/05/2019

*Big tobacco secretly bankrolling anti-NHS think tank whose bosses donate thousands to Tory leadership contenders, investigation reveals* The Independent 16/05/2019

*Public health 'under assault' by free-market idealogues* OnMedica 16/05/2019

*IEA responds to British Medical Journal report* Wiredgov 16/05/2019


Research: **Chronic use of tramadol after acute pain episode: cohort study** (External PR)

*Historically ‘Safer’ Tramadol More Likely Than Other Opioids To Result In Prolonged Use* Scienmag 14/05/2019

*Common painkiller ‘is actually just as addictive as opiates’* Yahoo News 14/05/2019

*‘There really is no safe opioid’: Study finds tramadol isn’t a less addictive painkiller* CBC News 14/05/2019


**Other coverage for The BMJ**

*Petition calls for inquiry into cannabis and violence* voxy.co.nz 13/05/2019

**Also in:** Medical Health News

*The joy of absence* World News Easy Branches 13/05/2019

*Grin & Tonic* (print only) Daily Star of Scotland 13/05/2019

*Potential Mandatory Levy on UK Gambling Operators Causes Stocks Drop* Vegas Slots Online 13/05/2019

*UK Gambling Stocks Down After Call for a Mandatory Levy* Casino Betting News 15/05/2019

*Do Farxiga and Jardiance Cause Amputations?* Top Class Actions 13/05/2019

*AI diagnostic tool for pneumothoraces approved by FDA* PharmaPhorum 13/05/2019

*Using corticosteroids (or not)* 13/05/2019

**Further coverage for older fathers**

*Men Have a Biological Clock Too, and Scientists Say It Starts Ticking Early* Inverse 13/05/2019

**Also in:** The National

*Health Benefits of Biking to Work* From Press 14/05/2019

**Also in:** MSN Health & Fitness, Consumer Reports

*Two cups of coffee a day could help you live longer* Free Malaysia Today 14/05/2019

**Also in:** Malay Mail, The Star Malaysia, Yahoo UK, Cooking Light, Daily Magazine, Martha
Further coverage for sexual activity in Britain
Caring for your sexual well-being? This expert calls for quality love-making CBC News
14/05/2019
Sex six times a week may be pushing it, but what should your marriage KPIs be? (print only) The Telegraph 15/05/2019
Sexless marriage? The sex therapist’s advice for jaded couples The Times 18/05/2019

Deadly in pigs but harmless to humans, why is African swine fever such a threat to China’s economy? Intellasia.net 14/05/2019
What patients really think about the NHS and its staff The Independent (app edition, no link) 14/05/2019
Opposition day debate calling for the publication of ministerial papers on cuts to public health spending House of Commons BBC Parliament 14/05/2019 (The BMJ news analysis mentioned at 3:09:37)
Opioids: A Painful Prescription? (07:34-07:53) File on 4, BBC Radio 4 14/05/2019
How 1.7 million people were unfairly fined by the NHS The Week 14/05/2019
How an AI-based chest X-ray solution detects collapsed lungs Compelo Medical Devices 14/05/2019

Further coverage for breakfast and weight control
4 Nutrition Questions Registered Dietitians Hear All the Time—Answered Self 14/05/2019
Cereal offenders are toast: breakfasts from around the world The Times 19/05/2019
Also in: MSN Health & Fitness, Daily Magazine

20 Inappropriate Things Pediatricians Did In The ’90s BabyGaga 14/05/2019
Also in: Medical Health News
How To Reduce Your Risk Of Dementia, According To The WHO IFLScience 15/05/2019
Ebola outbreak grows by 19 as WHO notes ‘stop and go’ response CIDRAP 15/05/2019
Are standing desks actually worth using? RTE 15/05/2019
40 Ways to Stay Fit After 40 Best Life 15/05/2019
HEALTH: Rice and obesity The Independent Nigeria 15/05/2019
Bad back? The expert who says pain is all in the brain (print only) The Times 15/05/2019
Why PE Should Be Required from Kindergarten to College Medium 15/05/2019
A Question of Control Scientific American 16/05/2019
‘It was like meeting the Pope’: how Peppa Pig became a £1bn global phenomenon The Guardian 16/05/2019
Also in: MSN UK + IE + NZ
MARRIAGE MORE IMPORTANT THAN WEALTH WHEN FINDING HAPPINESS, SURVEY SAYS The Independent 17/05/2019
Also in: Yahoo UK

Further coverage for apgar scores
Normal Apgar score of less than 10 is not good enough Star2 17/05/2019
Also in: MD Alert
Further coverage for access to medical cannabis

Alfie Dingley’s mother says she still can’t access the cannabis her son needs, causing him to have life-threatening seizures again inews 17/05/2019

GARDASIL’S FRAUDULENT RESEARCH REVEALED: THERE WILL BE LEGAL CONSEQUENCES, SAYS ATTORNEY ROBERT F. KENNEDY JR. Blacklisted News 17/05/2019

Also in: Activist Post

Every baby in the UK could get the chickenpox vaccine Celebrity Best News 18/05/2019

Also in: The Mail on Sunday, Mogaz News, Express Digest, WhatsNews2Day, MSN UK + IE, Health Medicine Network

To the editor: International docs available for rural doc shortage The Blade 19/05/2019

Potential Pitfalls of Using Antidepressants for Anxiety Disorders psychcongress.com 19/05/2019

25 Secrets to Get a Flat Belly Fast MSN Health & Fitness 19/05/2019

Also in: MSN Philippines

39 common facts that just aren't true MSN Lifestyle 19/05/2019

JOURNALS

British Journal of Sports Medicine

Review: Mental health symptoms and disorders in elite athletes: a systematic review on cultural influencers and barriers to athletes seeking treatment


+ Editorial: Breaking a taboo: why the International Olympic Committee convened experts to develop a consensus statement on mental health in elite athletes (PR)

One in three professional sports stars and Olympians have mental health problems but they aren’t reporting them because they are scared advertisers would be put off Daily Mail 16/05/2019

Many top athletes ashamed to seek assistance for mental illness UPI 17/05/2019


Bad science: Caster Semenya, testosterone and the athletics federation stuff.co.nz 13/05/2019

New appeal launched over testosterone rule (print only) The Times + Irish Times 13/05/2019


Morning Exercise Improves Decision-Making in Elderly The Epoch Times 13/05/2019

Morning exercise kick-starts seniors' brains Health24 15/05/2019

Also in: Health24 South Africa, Rehacare
Not Sure If Cardio or Lifting Weights Is Better for Weight Loss? Here's What 2 Experts Have to Say My Fat Pocket 13/05/2019

‘Apple Watch or it doesn't count’: How tech addiction might be ruining your workout USA Today 15/05/2019
Also in: Medical Xpress + covered by numerous US local news outlets

Sports Medicine Market Overview by Product, Application, Competitive Landscape, Industry Size, Share, Trends and Forecast to 2025 Market Research Gazette 15/05/2019

How not understanding your menstrual cycle might be affecting your running Runner’s World 15/05/2019
Also in: The Daily News, Entorno Inteligente

Study: Cents make sense for physical activity Medical Xpress 16/05/2019

Further coverage for leisure time activity
Brisk Walking Linked to Remarkably Longer Life, Regardless of Weight Medium 16/05/2019

Why does Kangana Ranaut practise Pilates? The Health Site 17/05/2019

Soil, Seeds, Strength, and Serenity Thrive Global 17/05/2019

Further coverage for HIIT
HIIT (High Intensity Interval Training) - Is it effective for rapid weight loss? Blogarama 18/05/2019

Gut

Research: Increasing Incidence of colorectal cancer in young adults in Europe over the last 25 years

Bowel cancer rates rising ‘among young adults' BBC News 17/05/2019 + tweeted by Victoria Derbyshire and Shelley Silas (British playwright)
Bowel Cancer Symptoms, Plus Diagnosis And Treatment Explained HuffPost UK 17/05/2019
Bowel cancer time bomb as more younger people develop it and diet is blamed inews 16/05/2019

Dr. Zorba Paster: Antibiotic overuse may be contributing to childhood obesity epidemic The Spokesman-Review 14/05/2019

Suffering from depression? Avoid these 5 inflammatory foods The Health Site 16/05/2019
Girl, 11, lands on sharpened pencil and punctures her neck while playing at school (misattributed to The BMJ) The Independent 17/05/2019
Girl, 11, rushed to hospital with a pencil hanging out of her neck after 'landing on the sharpened side when she fell during a break at school' Daily Mail 16/05/2019

Man, 56, rushed to hospital after the fried chicken bone he accidentally swallowed perforated his small bowel... only for the SAME bone to rupture it again just two months later Daily Mail 16/05/2019

Here's What Could Happen If You Get Measles While Pregnant LiveScience 16/05/2019
This BMJ Case Study Shows Just How Dangerous Measles Can Be If You're Pregnant IFLScience 17/05/2019

A Man Got A Gut Parasite Through Having Sex With His Wife IFL Science 16/05/2019
Unusual-This man contracted gut infection through sexual route- Case report Specialty Medical Dialogues 17/05/2019

BMJ Global Health
Pharmacists can help track TB patients Hindustan Times 18/05/2019
Tweaked pharmacy referral model increases TB case-finding The Hindu 18/05/2019
Also in: Medical Health News, Prime Times, HT Syndication, The Telegraph India

NPPA reduces prices of nine non-scheduled anti-cancer medicines by 30 to 60% Pharmabiz.com 18/05/2019

BMJ Open
Research: Does cannabis legalisation change healthcare utilisation? A population-based study using the healthcare cost and utilisation project in Colorado, USA (External PR)

Research Ties Marijuana Legalization to Car Accidents, Injuries U.S. News & World Report 15/05/2019
Legal marijuana reduces chronic pain, but increases injuries and car accidents Medical Xpress 15/05/2019
Marijuana legalisation linked to rise in abuse and car crashes OnMedica 15/05/2019


Fighting Effects from Heat with Potassium Yale Scientific 13/05/2019
Urine Test Could Prevent Cervical Cancer LabMedica.com 14/05/2019
How to Prevent Falls Yahoo News 14/05/2019
Also in: MSN Health & Fitness

40 Ways to Be a Better Husband After 40 Best Life 14/05/2019

Also in: MSN Philippines

Exercises That You Can Do in Your Office to Ease Back Pain SmallBizDaily 15/05/2019

High intake of fruit juice and sugar loaded beverages tied to gout Specialty Medical Dialogues 15/05/2019

One in 20 GPs are dependent on alcohol and HALF drink at least twice a week 'because of the NHS crisis' Daily Mail 16/05/2019

Doctors turn to alcohol, food and drugs to cope with work stress The Guardian 16/05/2019


EATING PASTA THREE TIMES A WEEK WON'T MAKE YOU FAT, STUDY SHOWS Everybody Craves 16/05/2019

Does eating ultraprocessed food affect weight gain? It's complicated ScienceNews 16/05/2019

Also in: AllMediaNY, Mother Nature Network, LongRoom

Methotrexate use in rheumatoid arthritis doesn't increase interstitial lung disease risk Specialty Medical Dialogues 17/05/2019

Further coverage for harms of others’ drinking

British People Get Drunk The Most, According To This New Global Survey (misattributed to The BMJ) Bustle 19/05/2019

BMJ Open Diabetes Research & Care

Type 1 diabetes: New pancreatic cell transplant system shows promise Medical News Today 17/05/2019

BMJ Open Gastroenterology

Interpace Diagnostics Q1 Revenues Rise 25 Percent GenomeWeb 13/05/2019

Also in: Yahoo Finance

BMJ Open Sport & Exercise Medicine

Bruising physicality of Champions Cup final shows why rugby stars must cherish victories while they can inews 13/05/2019

Doctors take an unhealthy approach to exercise (print) Scottish Daily Mail 13/05/2019

Men Suffering From Osteoporosis Could Benefit From Longjack's Ability To Improve Bone Development BruDirect.com 16/05/2019

British Journal of Ophthalmology

This Is the Most Important Place to Apply Sunscreen (and You Probably Aren’t Doing It) MSN 17/05/2019
Dexamethasone Injection May Speed IOP Drop in Angle-Closure Glaucoma

Heart
Omega-3 fatty acids from fish lower risk of exercise-induced Heart attack

Injury Prevention
Easy availability of guns hikes risk of rash decision to end one’s life

Journal of Epidemiology & Community Health
Economists conducted a $5 million experiment to (literally) shed light on crime

Genetics Or Habits: What Are The Causes Of Skin Aging?

Journal of Medical Ethics
Human babies born using an artificial womb ‘possible in a decade’

Journal of Neurology, Neurosurgery & Psychiatry
Early Involvement of Caudate Brain Region Linked to Worse Prognosis in Parkinson’s Patients, Study Finds

Occupational & Environmental Medicine
8 signs that you should leave retirement

Further coverage for night shifts and miscarriage
Night shifts may affect pregnancy

Long shifts, inexperience boost miners’ injury risk: study

How to protect your health in polluted places

Open Heart
Your heart rate may foretell your lifespan

Regional Anesthesia & Pain Medicine
Proximal vs Distal Ultrasound-Guided Approach for Greater Occipital Nerve Block for Chronic Migraine

RMD Open
Insights given into TNFi treatment patterns for patients with PsA

Sexually Transmitted Infections
Further coverage for deep kissing and gonorrhoea

Bad News: Tongue Kissing May Transmit Gonorrhoea VICE 13/05/2019
Kissing may spread gonorrhoea New Telegraph Nigeria 16/05/2019
Also in: Archy Worldys

Rectal Douching Before Sex May Put Gay Men at Increased Risk for HIV and STD Infection: STUDY (misattributed to The BMJ) Towleroad 16/05/2019
Douching linked to HIV and STI transmission in gay and bi men (misattributed to The BMJ) Gay Star News 16/05/2019

Tobacco Control

Research: Impact of a ban on the open display of tobacco products in retail outlets on never smoking youth in the UK: findings from a repeat cross-sectional survey before, during and after implementation (External PR)

Tobacco display ban 'safeguards young people' BBC News 14/05/2019
Tobacco display ban cuts risk of children smoking – study ITV News 14/05/2019
Smoking among children has plummeted by 35% since cigarettes were banned from till points and almost nine in 10 say smoking seems 'unacceptable' Daily Mail 14/05/2019


Young Scots turning away from smoking The Scotsman 14/05/2019

North Carolina sues Juul, setting up a fresh legal fight for the embattled e-cigarette company Washington Post 15/05/2019