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 15 journals were picked up in the media last week (1-7 July) - our highlights include:

- A study published in *The BMJ* suggesting that the obesity epidemic is due to an interplay between genes and environment was picked up internationally by *The Japan Times*, *Newsweek* and *Herald Sun*.

- Experts in *The BMJ* questioning WHO advice to reduce saturated fat to curb chronic disease made global headlines in *The Sydney Morning Herald*, the *Daily Mail* and *ABC News*.

- Research published in the *Journal of Epidemiology & Community Health* finding that ‘back to school asthma’ is linked to a tripling in the rate of health service appointments made national headlines, including *BBC News*, the *Daily Mail* and *The Telegraph*.

- A survey published in *BMJ Open* showing that UK MPs are more likely to have mental health issues than the general public was picked up by *The Telegraph*, *The Guardian* and *Sputnik International*.

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**PRESS RELEASES**

*The BMJ* | *BMJ Open*
*Journal of Epidemiology & Community Health* | *Tobacco Control* x 2

**EXTERNAL PRESS RELEASES**

*BMJ Open* | *Tobacco Control*

**OTHER COVERAGE**

*The BMJ* | *Annals of the Rheumatic Diseases*
*BMJ Case Reports* | *BMJ Global Health*
*BMJ Open Diabetes Research & Care* | *BMJ Open Respiratory Research*
*British Journal of Sports Medicine* | *Emergency Medicine Journal*
*General Psychiatry* | *Journal of Medical Ethics*
*Journal of Neurology, Neurosurgery & Psychiatry* | *Occupational & Environmental Medicine*
New Editor-in-Chief for the Journal of Medical Genetics

In Publishing 03/07/2019

The BMJ

Research: **Quantifying the impact of genes on body mass index during the obesity epidemic: longitudinal findings from the HUNT Study**

+ linked editorial: **Understanding the obesity epidemic** (PR)

**PEOPLE GETTING SUBSTANTIALLY FATTER THANKS TO OUR UNHEALTHY ENVIRONMENT, SAYS STUDY**

Newsweek 03/07/2019

**Genetics interact with environment to increase BMI across population**

OnMedica 04/07/2019

**Genes, yes, but obesity pandemic mostly down to diet, says study**

The Japan Times 05/07/2019


**Analysis:** **WHO draft guidelines on dietary saturated and trans fatty acids: time for a new approach?** (PR)

World Health Organisation's recommendations on saturated fat are out of date, expert team says

ABC News 03/07/2019

Ditching saturated fats may 'do more harm than good' as people miss out on nutrients in eggs, chocolate, meat and cheese, scientists warn

Daily Mail 03/07/2019

Is saturated fat as bad for us as we think?

Sydney Morning Herald 04/07/2019


**Other coverage for The BMJ**

Large Meta-Analysis Supports Short-Duration Dual Antiplatelet Therapy

NEJM Journal Watch 01/07/2019

Also in: BioPortfolio

Pulse Oximetry for Screening Critical Congenital Heart Defects

RT Magazine 01/07/2019

Further coverage for being or becoming more active in middle and older age (PR)

It Is Never Too Late To Start Exercise To Improve Lifespan, Says Study

International Business Times 01/07/2019

How exercise increases lifespan regardless of past activity levels

The Guardian Nigeria 02/07/2019
From fish to bacon, a ranking of meats in order of healthiness (No link available) The Washington Post 03/07/2019

From fish to bacon: A ranking of meats in order of healthiness New Zealand Herald 05/07/2019


Heart disease education provides protective effect IMT 03/07/2019

New non-invasive method for diagnosing coronary artery disease labonline.com 03/07/2019

Further coverage for knee replacement surgery and quality of life (PR)

Why We Need to Challenge Medical and Surgical Dogma Medium 03/07/2019

Further coverage for tobacco package (PR)

Dramatic spike in teen vaping and smoking requires urgent legislative remedies The Hill Times 04/07/2019

Ten-year cervical screening intervals an option for some women, researchers say Pulse 04/07/2019

Pune: Website collects youth perspective on mental health The Indian Express 05/07/2019

6 activities that can help your osteoarthritis (slide 3/7) MSN Lifestyle 05/07/2019

The real reason you can't handle alcohol anymore MSN Lifestyle 05/07/2019

Further coverage for breakfast and weight control (PR)

Breakfast and Heart Disease (print only) Mirror + Irish Daily Mirror 05/07/2019

Good or bad? Eggs, coffee, olive oil, soy Gulf News 06/07/2019

Opioids Market Outlook and Opportunities in Grooming Regions till 2025 17Ok News 06/07/2019

Dear Church, please do some yelling Christian Today 06/07/2019

Golden age of clever television Financial Times 06/07/2019

NHS should scrap bell-ringing ceremonies, says cancer patient who has had 88 rounds of chemo The Telegraph 07/07/2019


Further coverage for testosterone levels in female athletes (PR)

Martina Navratilova on Wimbledon and why she won’t be silenced in the trans sport debate The Times + The Sunday Times 06/07/2019

The county in the UK with the worst teeth revealed - is it where you live? Daily Express 07/07/2019

Also in: The News Amed

Stop diabetes before it strikes (print only) The Irish Daily Mail 07/07/2019

This Refreshing Smoothie Is Full Of Gut Healing Superfoods That Can Boost Your Digestion BruDirect 07/07/2019

JOURNALS

BMJ Open
**Research: Mental health of UK Members of Parliament in the House of Commons: a cross sectional survey (PR)**

MPs twice as likely to have mental health issues as general public The Telegraph 01/07/2019
Three in four MPs ‘probably have poor mental health’ The Guardian 01/07/2019
‘Worrying Picture’: Most British MPs Might Suffer From Mental Health Issues, New Study Finds Sputnik International Russia 02/07/2019

**Also in:** The Sun + Sun IE + Scottish Sun, The Times, Daily Mail, Metro, The Spectator (+ tweeted by Isabel Hardman), Yahoo UK, Hull Daily Mail

**International + other**

**Research: Trends in mental health related contacts among mothers of Aboriginal children in Western Australia (1990–2013): a linked data population-based cohort study of over 40 000 children (External PR)**

No coverage

Men accessing community care have better memory Community Care Review 01/07/2019

**Further coverage for strobe lighting and epileptic fits (PR)**
Strobing stage lights could up risk of epileptic seizures (misattributed to The BMJ) Japan Today 01/07/2019
Strobes at concerts may cause epileptic seizures Health24 04/07/2019

**Further coverage for period symptoms and loss of productivity (PR)**
Menstrual symptoms linked to 9 days a year of lost productivity through presenteeism Practice Business 01/07/2019
A New Study Revealed How Many Days of Productivity Are Lost During Your Period Shape 01/07/2019
Should You Electrically Vibrate Your Period Pain Away? Slate Magazine 06/07/2019

**Also in:** SBS Australia, 17Ok News, News Live, Mirage News Australia, Newsbezeer, Lily Lines, Centre Daily Times, Dailyheralds, Miss Kyra, Drugs.com, Entorno Inteligente, She Society, Romper, CNA, DutchNews.nl, Brinkwire, IFL Science

Google searches for health-related information doubled among patients in the week before an ER visit World of DTC Marketing.com 01/07/2019

**COPD Patients at Greater Risk of Fractures and Osteoporosis Than Those with Other Diseases, UK Study Finds** COPD News Today 02/07/2019

**Further coverage for harms of others’ drinking (PR)**
Alcohol abuse among NHS patients ‘much bigger problem’ than first thought Sky News
04/07/2019
Also in: MSN UK, Heart Digital + widely covered by UK local radio

Access PT Early On to Help Control OA Pain and Disability, Per BMJ Study Physical Therapy Products 04/07/2019

Why You Should Consider Starting a Workplace Fitness Weight Loss Competition (and How to Do It) Medium 04/07/2019

Aussie pre-teens spend most of their day sitting still, study shows Mirage News 05/07/2019
Snapshot of 11 to 12 year olds to help experts determine what's needed to keep Australians healthy Mirage News 05/07/2019
Ballarat children among 1800 studied for national snapshot on health of 11 and 12 year olds The Courier 05/07/2019
Also in: Gold Coast Bulletin, Adelaide Now

Children are sitting or sleeping 21 hours a day (print only) Courier Mail 05/07/2019

Journal of Epidemiology & Community Health

Research: Monitoring epidemiological trends in back to school asthma among preschool and school-aged children using real-time syndromic surveillance in England, 2012-2016 (PR)

Boys more likely to need help for 'back to school asthma' BBC News 01/07/2019
'Back to school asthma' sees attacks rising four fold in September The Telegraph 01/07/2019 Child asthma cases can triple at the start of the school year [...] Daily Mail 02/07/2019


IT'S TIME TO TALK ABOUT DEPRESSION AND SUICIDE IN SOUTH AFRICAN MEN
Men's Health 03/07/2019

Tobacco Control

Research: Few US higher education campuses have gone completely smoke and/or tobacco-free (US focus PR)

Few US higher education campuses have gone completely smoke and/or tobacco-free Medical Xpress 02/07/2019
Few U.S. Universities Are Smoke-Free UPI 03/07/2019

Also in: U.S. News & World Report, HealthDay, MedicineNet
Research: Characterising JUUL-related posts on Instagram (US focus PR)

Juul Doesn't Need To Advertise To Young People, Everyone Else Is Doing It For Them NPR 03/07/2019
#Juul: Study makes the case for stricter regulation on e-cigarette marketing CNN 03/07/2019
Young adults react to Netflix’s decision to cut back on smoking scenes after ‘Stranger Things’ criticism WPSD Local6 06/07/2019

Also in: UPI, CBS Baltimore, From Press, Newsmx, Doctors Lounge + extensively covered by US local broadcast

Research: Content analysis of tobacco in episodic programming popular among youth and young adults (External PR)
No coverage

Annals of the Rheumatic Diseases
EULAR: Gout diagnosis should not depend on hyperuricemia alone Medical Health News 01/07/2019
Also in: Healio

Graphic Images Of "Flesh Rotting" Cocaine Cut With Cow De-Wormer Will Put You Off Drugs For Life IFLScience 06/07/2019

BMJ Case Reports
Armadillo hunter who used to catch and sell the mammals to scientists researching leprosy is diagnosed with the illness himself after catching it from one of the animals 30 years ago Daily Mail 01/07/2019
Doctors Baffled By Lesion On Man's Arms – Until They Discovered He Was An Armadillo Hunter IFLScience 02/07/2019

COKE ROT Cocaine can ROT your skin and genitals – as drug is cut with dangerous cattle de-wormer, experts warn The Sun 02/07/2019
Also in: IFL Science

A woman had a black horn growing from her thumb for 5 years and doctors had to surgically remove it Business Insider Australia 02/07/2019

FLIRTY FACTS: The unexpected ways sex can affect your body (print only) Daily Mail 02/07/2019
The unexpected ways sex can affect your eyes Ghana MMA 04/07/2019
Also in: Safrica24

Cancer patient, 81, is left with a three-month 'erection' after the disease spread to his penis and made it solid Daily Mail 02/07/2019

British traveller has 'bits of a stingray' removed from her foot NINE MONTHS after one of the fish attacked her in Peru Daily Mail 03/07/2019

BMJ Global Health
UK government among those exaggerating impact of aid The Guardian 03/07/2019
Insulin Pens Market Growing Product Innovations with 8.8% of CAGR Estimations is Set to Hit the Medical Device Industry’s Revenue by 2027

Female Sex, Not Vitamin D Deficiency, Linked to Diabetic Neuropathy

Diabetes type 2: Best exercise for reducing symptoms and burning calories

General population underestimates type 2 diabetes risk

Diabetes remains prevalent in Western Pennsylvania despite steep drop nationwide

Type 2 diabetes: Study reveals surprising link to the condition - are you at risk?

10 Surprising Benefits of Weight Loss

Why kids should play more

Public Sector Informant: Businesses and governments pay people to get healthy, and it works

CAN WORKING OUT LOWER THE RISK OF DEVELOPING A COLD?

Stomach cancer: This lifestyle activity may reduce your risk of developing the disease

Headgear may not reduce sport-related concussion

Did you have heart surgery? Doctors say doing this every day could help you live longer
How to stretch correctly before and after working out  

BMJ study identifies risk factors for patellofemoral pain  

Sugar is the New Tobacco  

Further coverage for benefits of HIIT for weight loss (PR)  

Thinking of running for weight loss? What you really need to know, according to experts  

Is Faster Better? How Short, Intense Workouts Can Help You Lose Weight Quickly  

Trying to Lose Belly Fat? This Is the Workout You Should Be Doing, According to a Trainer  

Emergency Medicine Journal  

HOW MONMOUTH COUNTY’S LOOKING OUT FOR VICTIMS OF STRANGULATION  

National Doctors’ Day 2019: Why Doctors Suffer From Anxiety & Depression  

General Psychiatry  

Pulling Their Hair Out: Does Your Child Have a BFRB?  

Further coverage for alleviating anxiety by regulating gut bacteria (PR)  

Probiotics show promising benefits against anxiety  

Journal of Medical Ethics  

Dual Duties Could Allow HCPs to Consider Interests of Genetic Relatives  

Various Pressures Faced by Practitioners in Dealing With Euthanasia Requests  

Progressing beyond sport’s non-inclusive gender binary  

Journal of Neurology, Neurosurgery & Psychiatry  

Does psychology have a conflict of interest problem?  

Occupational & Environmental Medicine  

Further coverage for mother’s workplace exposure to solvents and child’s autism risk (PR)  

Are Paint Fumes a Health Concern? Here’s What the Latest Science Says  

Spotted around the web: Week of 1 July 2019