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 **24 journals** were picked up in the media last week (15-21 July) - our highlights include:

- A head to head published in *The BMJ* debating whether obesity should be recognised as a disease made national headlines, including *The Telegraph, The Independent* and *The Times*.

- Research published in *Regional Anesthesia & Pain Medicine* suggesting that music may offer an alternative to the preoperative drug routinely used to calm nerves generated global coverage, including *BBC News, Times of India* and *Inquirer.net*.

- A study published in *Journal of Epidemiology & Community Health* revealing that the government's voluntary pact with the food industry to curb salt content in England is linked to thousands of extra heart disease/stroke and stomach cancer cases was covered widely, including the *Daily Mail, ITV News* and *MedIndia.com*.

**PRESS RELEASES**

*BMJ | The BMJ*  
*BMJ Open | British Journal of Ophthalmology*  
*Journal of Epidemiology & Community Health | Regional Anesthesia & Pain Medicine*

**EXTERNAL PRESS RELEASES**

*BMJ Nutrition, Prevention & Health | BMJ Evidence-Based Medicine*

**OTHER COVERAGE**

*The BMJ | Annals of the Rheumatic Diseases*  
*Archives of Disease in Childhood | BMJ Case Reports*  
*BMJ Open Diabetes Research & Care | BMJ Open Gastroenterology*  
*BMJ Open Sport & Exercise Medicine | BMJ Paediatrics Open*  
*BMJ Quality & Safety | British Journal of Sports Medicine*  
*Gut | Journal of Clinical Pathology*  
*Journal of Medical Ethics | Lupus Science & Medicine*  
*Occupational & Environmental Medicine | Postgraduate Medical Journal*  
*RMD Open | Thorax*

*BMJ*
Doctors Nova Scotia tackles physician recruitment with new fund (BMJ Careers Fair mentioned) CBC 17/07/2019

BMJ launches new open access neurology journal Mirage News 17/07/2019
Neurology News (PR)

The BMJ

Research: Prevalence, severity, and nature of preventable patient harm across medical care settings: systematic review and meta-analysis
+ Linked editorial: Preventable harm: getting the measure right (PR)

One in 20 patients exposed to preventable harm in medical care OnMedica 18/07/2019
Hey! That's the Wrong Knee, Doctor U.S. News & World Report 18/07/2019
One in 12 patients are harmed by medical mistakes - leaving tens of thousands disabled or dead, study finds Daily Mail 19/07/2019


Head to Head: Should obesity be recognised as a disease? (PR)

OBESITY SHOULD BE RECOGNISED AS A DISEASE, MEDICAL EXPERTS SAY The Independent 18/07/2019
Being too fat 'is a disease to be treated' (print only) The Times 18/07/2019
Obesity crisis causes decline in number of organ transplants. The Daily Telegraph (front page, print) 18/07/2019
Homosexuality was once considered a disease to be treated. Let’s not make the same mistake with obesity. The Daily Telegraph 18/07/2019


Other coverage for The BMJ
Further coverage for sugary drinks and risk of cancer (PR)
MARIKA SBOROS: Cancer risks should not be sugar-coated Business Day 15/07/2019
Study Finds Possible Link between Sugary Drinks, Cancer Voice of America 15/07/2019
Sugary Drinks Linked to Cancer (print only) New York Times 16/07/2019

Further coverage for sleeping traits and risk of breast cancer (PR)
Early risers may have lower breast cancer risk: study Japan Today 15/07/2019
Women Who Wake up Early Maybe Less Likely to Get Breast Cancer Albawaba 16/07/2019

Further coverage for increasing red meat intake (PR)
Is Turkey Bacon Actually Healthier Than Regular Bacon? Experts Weigh In. HuffPost 15/07/2019
From fish to franks: A ranking of meats in order of healthiness Jewish World Review 15/07/2019
Also in: MSN Lifestyle, Drovers Magazine, From Press, MSN Health & Fitness, Archy Worldys, MSN Philippines, Newsbeezer, Yahoo News Australia & NZ, Fitness Health Yoga, HTV, Indian 24 News
Drinking Coffee Could Protect Against Liver Cancer, Says Study MSN Health & Fitness 15/07/2019
How Many Hours Should Trainee Doctors Work? Voice of America 15/07/2019
What Is Homeostasis? LiveScience 15/07/2019
Working for Peace in a Violent World Yes! Magazine 15/07/2019
More than one in 10 children all over the world miss out on life-saving vaccines [...] Daily Mail 15/07/2019
Residency Work Restrictions Fail to Impact Quality of Care Health IT Informatics 15/07/2019
Legislators, public health officials take cautious approach to doctor policing Politico 15/07/2019
How to protect the children of the frontline ReliefWeb 15/07/2019
Also in: Save the Children UK

Further coverage for ultra-processed food (PR)
Fake foods pose real health risks Star Advertiser 15/07/2019
Academies call on health ministers to resolve health data issues Mirage News 16/07/2019
The gap between motherhood and the menopause is getting smaller - here's how to cope The Telegraph 16/07/2019

Further coverage for tobacco package (PR)
Study confirms epidemic e-cigarette rates and increase in tobacco use among youth New Kerala 16/07/2019
Imagine if you were given a pill which lifted your mood, pepped up your sex life and helped you lose weight... then imagine being denied it — thanks to a postcode lottery that's dividing doctors Daily Mail (print + online) 16/07/2019
Also in: Newsgroove, Express Digest, Mogaz News

Further coverage for sleeping traits and risk of breast cancer (PR)
Early risers may have lower breast cancer risk Daily Sabah 16/07/2019
Also in: Star2
Further coverage for new drugs entering the German healthcare system (PR)

No Evidence Of Added Benefit For Most New Drugs Entering German Healthcare System
Schwartz Report 15/07/2019
Also in: Medical Health News, Medscape

'Alexa, what are the symptoms of cyberchondria?' The National (UAE) 15/07/2019
The military is eyeing the advantages of keto Mercola 15/07/2019
Florence Nightingale is a Design Hero Medium 15/07/2019
How to sleep: Better sleeping helps reduce obesity – how to sleep better? Stars Post 16/07/2019
Also in: The News Amed
Teens Who Use Social Media A Lot More Likely To Experience Depressive Symptoms, New Study Finds Romper 16/07/2019
The Medical Journals’ Sell-Out—Getting Paid to Play, by the Children’s Health Defense Team Health Nut News 16/07/2019
Jeremy v Jeremy Morning Star 16/07/2019
The medical journals’ sell-out… getting paid to play Natural News 16/07/2019

Further coverage for WHO saturated fats advice (PR)
WHO Recommendations on Fatty Acid Intake Challenged The National Law Review 16/07/2019
Also in: The New Daily

Further coverage for role of genes and environment in obesity epidemic (PR)
Genes, yes, but obesity mostly down to lifestyle The Japan News 17/07/2019
Also in: Fooshya, Archy Worldys, The Stars Post

Small cash incentive helps smokers to quit The Times + Scottish Times + Irish Times 17/07/2019

Further coverage for becoming more active in middle age and living longer (PR)
Exercise in middle age tied to longer life, study says Business Breaking News 17/07/2019
Maintaining or starting exercise in middle age tied to longer life SRN News 17/07/2019

We all get a bit hot under the collar in office air-con wars Evening Standard (print + online) 17/07/2019
5 'Healthy' Foods That Can Actually Be Bad For Your Health, According To Nutrition Experts Bustle 17/07/2019
Is an 80-hour work week enough to train a doctor? Business Day 17/07/2019
Cuts to study of killings by mental health patients ‘put people at risk’ The Guardian 17/07/2019
Also in: MSN, Newsgroove, Yahoo UK

Further coverage for no link between flu vaccine in pregnancy and later health problems in
children (PR)
Little association found between in utero H1N1 vaccine and 5-year health outcomes MD Edge 17/07/2019
Also in: Medical Health News, Infectious Disease Advisor

Rising Generic Prices Help Drive Up Cost of WHO List of Essential Medicines in US AJMC 17/07/2019

Further coverage for durations of antibiotic courses (PR)
Consider shorter courses when prescribing antibiotics NICE 18/07/2019
Also in: Pharma Times, European Pharmaceutical Manufacturer, WIREDgov.net

Further coverage for glucosamine supplements (PR)
Study: Glucosamine Supplement May Reduce Cardiovascular Disease The Global Dispatch 18/07/2019
Also in: Canadian Running, Rocket News, Yahoo News + Yahoo Lifestyle

Tramadol riskier than thought, BMJ study calls to reclassify the opioid drug Medical Dialogues 18/07/2019
Migrants and Multiple Sclerosis (print) Daily Mirror 19/07/2019
Seaside advice: Never swim under the influence of emotional excitement The Irish Times 19/07/2019
Do I Have Face Blindness Or Am I Just An A**hole? 10 Daily 19/07/2019
Capping Work Hours in Residency Does Affect Later Outcomes Dermatology Advisor 19/07/2019
NHS England pilot paves way for new smartphone-based UTI test Phoneweek 19/07/2019
Also in: News-Medical.Net
Some say this picture’s proof fruit makes you fat. Here’s why that’s fake news Daily Mail + Mail on Sunday 20/07/2019
Also in: Newsgroove, WhatsNew2day, Angle News, Express Digest
Multidrug-resistant bugs are claiming newborns across India, says study in British Medical Journal Newsdog 20/07/2019
Also in: Scroll.in
How to survive the fake news about cancer Equities.com 21/07/2019
PLASTIC INACTION MAY POSE REAL RISK TO HUMAN HEALTH Footprint 21/07/2019

JOURNALS

BMJ Open

Research: Cross-country analysis of correlation between protection of women’s economic and social rights, health improvement and sustainable development

Protecting women’s rights is linked to a healthier population, research finds Daily Telegraph 19/07/2019
Strong women’s rights linked to better health OnMedica 19/07/2019
Nations with strong women’s right have better health Deccan Chronicle 21/07/2019

Also in: The Independent, Outlook India, Daiji World, Newsd.In, India Today, ANI News, WebIndia123, Can India News, New Kerala, ProKerala, Phys.org, Earth.com, Science Daily,
A health check of Australia’s 11 and 12-year-olds  ABC (Adrian Aldcroft interview) 15/07/2019

Fake foods pose real health risks  Star Advertiser 15/07/2019

Why Don’t Prescribers Discuss Antidepressant Discontinuation?  Mad in America 15/07/2019

Further coverage for women’s awareness of alcohol’s role in breast cancer risk (PR)
Does alcohol cause cancer? (misattributed to The BMJ) Patient 15/07/2019

Further coverage for period pain and productivity loss (PR)
Period pain is impacting women at school, uni and work. Let’s be open about it (misattributed to The BMJ) Parent 24 15/07/2019
Menstruation-Related Symptoms Cause Significant Loss in Workplace Productivity
Endocrinology Advisor 17/07/2019

Further coverage for MPs’ mental health (PR)
Some MPs are warning the parliamentary work load is going to kill someone  Canada’s National Observer (misattributed to The BMJ) 16/07/2019
Also in: MSN + covered widely by Canadian local news outlets, Before It's News

Bee Stings for Arthritis (misattributed to The BMJ) Science-Based Medicine 16/07/2019

Further coverage for sugar content of supermarket yogurts (2018 PR)
Nut butter-infused Greek yogurt: Chobani launches new sugar-reduced range  Nutrition Insight 16/07/2019

Male victims of domestic violence struggle to disclose abuse  Daily Mail 17/07/2019
Also in: Reuters + Reuters India, Yahoo News, National Post, The Vancouver Sun, Channel NewsAsia, LeaderPost, Newsgroove, Physician’s Weekly, MD Alert, TheDrive, Devdiscourse + covered widely by US regional radio outlets

The Medical Journals’ Sell-Out—Getting Paid to Play  Collective Evolution 17/07/2019

Do antidepressants work better than placebo?  Medical News Today 18/07/2019
New Analysis Shows Antidepressants May Not Work  Health Journal 18/07/2019
Also in: Blogarama, Medical News Today

Lung disease patients are at greater risk for osteoporosis and fractures, study shows  Health24 South Africa 19/07/2019

’Use the bathroom first.’ 5 things I wish I’d known before having anal sex for the first time.  MammaMia 21/07/2019

British Journal of Ophthalmology

Research: Gender differences in blindness, cataract blindness and cataract surgical
Cataract blindness significantly more common in women than men in India

Cataract blindness in India much more prevalent in women than men, finds study

Cataract blindness hits women more than men in India

100 Years Ago | 17 July 2019

Cataract blindness in India much more prevalent in women than men, finds study

Mirage News Australia 16/07/2019

Cataract blindness in India much more prevalent in women than men, finds study

Specialty Medical Dialogues 17/07/2019

Cataract blindness hits women more than men in India

DowntoEarth.com 18/07/2019

Cataract blindness significantly more common in women than men in India

Journal of Epidemiology & Community Health

Research: Quantifying the impact of the Public Health Responsibility Deal on salt intake, cardiovascular disease and gastric cancer burdens: interrupted time series and microsimulation study

Whitehall's laissez-faire approach to salt will kill or maim thousands, experts say

ITV News 19/07/19

Relaxing salt regulations in ready meals, bread and soup 'caused 9,900 cases of heart disease and 1,500 stomach cancer diagnoses'.

Daily Mail + Scottish Daily Mail 19/07/19

Higher incidence of heart disease/stroke despite pact to reduce salt intake

MedIndia.com 20/07/19


Further coverage for poor social relationships and bone loss (PR)

Lily Lines: What more doctors should be telling older women

The Lily 15/07/2019

Also in: Taipei Times, Bel Marra Health, The Epoch Times

Women who work for a salary see slower memory decline in old age, reducing their risk of dementia, a new study suggests

The Washington Post 16/07/2019

Also in: SFGate

The connection between cannabis and fertility

The Leader Post 16/07/2019

Also in: The London Free Press, The GrowthOp

A rise in premature births among Latina women may be linked to Trump's election, study says

CNN International 19/07/19

Trump's election may be tied to premature births among Latinas

From Press 19/07/2019

Also in: MSN Health & Fitness, The World News, Att net + widely covered by US regional broadcast
Research: **Music versus midazolam during preoperative nerve block placements: a prospective randomized controlled study** (PR)

Music is as good as sedative in calming patients' nerves before surgery  
Times of India 20/07/19
Music 'calms nerves before surgery' as well as sedative  
BBC News 19/07/19
Music may calm pre-op nerves as effectively as drugs, says new study  
Inquirer.net (Philippines) 21/07/19


*International + Other*


**Endometriosis: Can Botulinum Toxin Injections Help Reduce Pelvic Spasm Pain?**  
Everyday Health 17/07/2019

Also in: Science News, Endometriosis News Today, Kentucky India

**Annals of the Rheumatic Diseases**

EULAR stresses privacy, transparency in research using 'big data'  
Healio 15/07/2019

Joint Surgery Rates Still High in PsA  
MedPage Today 16/07/2019

EULAR Updates Guidelines for Large Vessel Vasculitis  
Rheumatology Network 19/07/2019

Tender Joints Were Not Associated With Ultrasound-Detected Synovitis in RA  
Rheumatology Advisor 19/07/2019

Easily Acquired Data Can Predict Knee Osteoarthritis in High-Risk Patients  
Rheumatology
Genetic loci influencing asymptomatic hyperuricemia to gout progression identified Medwire News 19/07/2019

Archives of Disease in Childhood
Study highlights need for more discussions about child organ donation Mirage News Australia 18/07/2019
Also in: Medical Express

BMJ Case Reports
HIV patient develops ritonavir induced kidney stone 2 years after stopping it: BMJ Case Report Specially Medical Dialogues 15/07/2019

Scientists use ECSTASY to ‘cure alcoholics’: Four people give up heavy drinking after taking two doses of MDMA alongside psychotherapy in eight-week trial, study claims Daily Mail 15/07/2019

This Woman Couldn’t Have Sex Because She Had a ‘Dead End’ Vagina—Here’s What That Means (misattributed to The BMJ) Health.com 15/07/2019

Turn your phone addicts into WILD water babies (misattributed to The BMJ) Daily Mail 17/07/2019

Woman, 31, needs surgery after her contraceptive implant travelled from her arm to her LUNG in ‘very rare’ incident Daily Mail 19/07/2019
IMPLANT AGONY Woman, 31, rushed to surgery after her contraceptive implant moved from her arm to her LUNG The Sun 20/07/2019
Woman rushed to surgery after contraceptive implant moved from her arm to her lung Mirror 20/07/2019
Also in: Health.com, LADbible, SDE Entertainment News, The Epoch Times

8 of the weirdest sex injuries and the medical explanations behind them Business Insider (Singapore) 19/07/2019

BMJ Evidence-Based Medicine

Research: Digital aripiprazole or digital evergreening? A systematic review of the evidence and its dissemination in the scientific literature and in the media (External PR)
No coverage

The Medical Journals’ Sell-Out—Getting Paid to Play, by the Children’s Health Defense Team Health Nut News 16/07/2019

BMJ Nutrition, Prevention & Health

Research: Comparison of salt-related knowledge, attitudes and behaviours between parents and caregivers of children under 18 years of age and other adults who do not care for children under 18 years of age in Victoria, Australia (External PR)
Research finds packaging confusing on salt content (link unavailable) Herald Sun 17/07/2019
Also in: Courier Mail

**BMJ Open Diabetes Research & Care**
Climbing stairs can cut the risk Type 2 Diabetes reveals study Hiptoro 15/07/2019

**BMJ Open Gastroenterology**
Blood Test Complements Colonoscopy for Lynch Syndrome Patients LabMedica.com 16/07/2019

**BMJ Open Sport & Exercise Medicine**
Olympic cyclist Dani Rowe: 'My bones aren't up to running' BBC News + BBC Cymru Fyw 19/07/2019

Researchers use Twitter and artificial intelligence to see who’s exercising News-Medical.Net 18/07/2019
Researchers use Twitter and Al to see who is hitting the gym ScienceDaily 18/07/2019
Social media chatter reveals county-level male v. female exercise patterns Al in Healthcare 19/07/2019

**BMJ Paediatrics Open**
'Short sleep, shorter life': Australia's deadly insomnia epidemic (misattributed to The BMJ) Sydney Morning Herald 19/07/2019
Also in: WA Today, Brisbane Times, The Age Australia

**BMJ Quality & Safety**
MyStay program helps patients take control of their recovery Mirage News 16/07/2019

**British Journal of Sports Medicine**
Semenya v IAAF: a ground-breaking gender test case Deccan Herald 14/07/2019
Caster Semenya v IAAF: a ground-breaking gender test case Yahoo Sports 15/07/2019

The Science behind the Factors that Influence Healthy Aging The Costa Rica News 15/07/2019

Dealing with these two simple health issues in early adulthood can help prevent heart disease when you’re older MarketWatch 16/07/2019
Also in: Medical Health News, Morningstar, Archy Worldys, Infection Control Today, Doctors Lounge

Why playing tennis is good for you regardless of how old you are The Telegraph 16/07/2019

Study dispels myth of exercise damage in the treatment of osteoarthritis of the knee (misattributed to The BMJ) Medical Xpress 16/07/2019
Postgraduate Medical Journal
Practicing Mindfulness to Ease Parkinson’s-related Anxiety, Depression: A Specialist’s View
Parkinson’s News Today 17/07/2019

RMD Open
Predictors of Non-Radiographic Axial Spondyloarthritis Remission With Adalimumab
Rheumatology Advisor 17/07/2019

Thorax
San Francisco plans to ban e-cigarette sales Active Quote 16/07/2019

Fitness in middle age cuts men's odds for lung disease later Health24 16/07/2019