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 17 journals were picked up in the media last week (24-30 June) - our highlights include:

- A study published in *The BMJ* linking sleep traits with risk of breast cancer made global headlines, including the *Daily Mail, CNN* and *Malay Mail*.

- Research published in *BMJ Open* suggesting period-related symptoms are linked to productivity loss was picked up by *TODAY, CNN* and *Times of India*.

- A study published in *The BMJ* suggesting that keeping active or becoming more active in middle and older age is linked to longer life made national headlines, including *Daily Mail, ITV News* and *The Telegraph*.

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**PRESS RELEASES**

*The BMJ | BMJ Open*

** Occupational & Environmental Medicine**

**EXTERNAL PRESS RELEASES**

*The BMJ*

**OTHER COVERAGE**

*The BMJ | Annals of the Rheumatic Diseases*

*BMJ Case Reports | BMJ Global Health*

*BMJ Open Sport & Exercise Medicine | BMJ Quality & Safety*

*BMJ Sexual & Reproductive Health | British Journal of Ophthalmology*

*British Journal of Sports Medicine | Gut*

*Journal of Epidemiology & Community Health | Journal of Medical Ethics*

*Journal of Neurology, Neurosurgery & Psychiatry | Postgraduate Medical Journal*

*Tobacco Control*

**BMJ**

*China's healthcare reforms positive for global health* (Fiona Godlee mentioned) China Daily 25/06/2019

*Intelligent Testing Could Save Lives By Defusing Ticking Time Bomb Of Liver Disease* (The
Research: **Investigating causal relations between sleep traits and risk of breast cancer: mendelian randomisation study**

**Linked editorial:** Larks, owls, and breast cancer

Morning larks 'are less at risk of breast cancer': Scientists discover those who rise bright and early are less likely to develop the disease Daily Mail 26/06/2019

Morning people may have a lower risk of breast cancer, says study CNN 27/06/2019

Research finds women who are morning people may have lower risk of breast cancer Malay Mail 27/06/2019


Research: **Physical activity trajectories and mortality: a population based cohort study** (PR)

No such thing as too much exercise in later life: Getting fit slashes your risk of an early death - 'even if you've been inactive your whole life' Daily Mail 26/06/2019

Boosting your exercise in middle age will help you live longer, study suggests ITV 26/06/2019

You just can't get enough, when it comes to exercise: Cambridge study The Telegraph 26/06/2019

Research: Diagnosis of obstructive coronary artery disease using computed tomography angiography in patients with stable chest pain depending on clinical probability and in clinically important subgroups: meta-analysis of individual patient data (External PR)

Sometimes, A Non-Invasive Procedure Will Suffice Scienmag 25/06/2019
Also in: Bioengineer.org, Agenparl, ScienceDaily, Nature World News, NewsCaf

Other coverage for The BMJ
Put out the risk The Hindu 24/06/2019
NHS boss admits hospitals now need MORE beds Brinkwire 24/06/2019
HEAD SPIN Common drugs taken by millions increase risk of dementia by 50%; experts warn The Sun + Sun IE + Scottish Sun 24/06/2019
Also in: USSA News
Breast cancer risk increased by IVF in women over 40 Bionews 24/06/2019

Further coverage for tobacco package (PR)
Rise of cigarette consumption in low and middle income countries Deccan Chronicle 24/06/2019
Rights 4 Vapers Reaction to Study Showing Increase in Vaping Among Youth in Canada Picante 24/06/2019

Hot flushes, sleepless nights and moodswings… could ANDREW PIERCE be going through the manopause? Daily Mail 25/06/2019
Also in: Mogaz News, Celebrity Best News, Express Digest, 10z US Politics
Can Our Bodies Even Tell the Difference Between Naturally Occurring and Added Sugars? Self 24/06/2019
Also in: MSN Health & Fitness, From Press
Diet soda is a nutritional pariah, but the case against it is thin The Starphoenix 24/06/2019
Perspective | The case for diet soda: It gets a bad rap, but the research tells a different story (link unavailable) The Washington Post 24/06/2019
Also in: Canada.com, SFGate, Genetic Literacy Project + widely covered by regional Canadian news outlets
Boy Chokes to Death on Hot Dog in Front of Family During San Juan Festivities in Gran Canaria The Epoch Times 25/06/2019
Also in: NTD, MSN Health & Fitness

Further coverage for red meat (PR)
How Grilling Season Can Mess With Your Health (slide 11/11) Redbrook 24/06/2019
Also in: MSN Philippines, EcoWatch, Fitness Health Yoga

TREE LEAF ENCOUNTER LEADS TO RARE FUNGAL CORNEAL INFECTION Optometry Today 24/06/2019
Want a rocking sex life? Stop overeating  The Health Site 24/06/2019
Anti-Vaxxer are not the main driver of the measles epidemic, NewsBeezer 24/06/2019
WHO antibiotics classification tool will help curb resistance  The East African 25/06/2019
Zostavax Lawsuit Claims Shingles Vaccine Caused Painful, Itchy, Blistering Rash AboutLawsuits.com 25/06/2019
In which cases of CAD, accuracy of Coronary CT Angiography is highest, finds study Medical Dialogues 25/06/2019
It ain’t necessarily so  CyprusMail 25/06/2019
NHS to open young persons' gambling clinic  Drink and Drug News 25/06/2019
UK study confirms sitting too much can be deadly  My Central Oregon 25/06/2019
Also in: Regional Daily News, Ladders + covered widely by local US broadcast outlets

Further coverage for ultra-processed food (PR)
It’s trendy to scorn processed food. Now there’s research to back up that attitude, The Washington Post 25/06/2019
Also in: MarketWatch, foodnavigator-asia.com, UPROXX, pe.com, Goody Feed, Dunya, Science Alert

Further coverage for China’s healthcare reforms collection (PR)
BMJ Series Examines 10-Year Progress Of China’s Health System Reform KFF.org 24/06/2019
China’s healthcare reforms positive for global health China Daily 25/06/2019

It felt like the flu. It took 10 doctors, a year, and $60,000 to get an answer  Vox 25/06/2019
5 steps to a long life (and 2 routes to a shorter one)  Healthista 25/06/2019
Michael Mosley: An egg-cellent breakfast  Science Focus 25/06/2019
101 Easy Ways to Be a (Much) Healthier Man (slide 5/102) MSN Health & Fitness 25/06/2019
How does vitamin D deficiency affect your health?  ArchyWorldys 25/06/2019
It’s Time to Question the Restrictions on Buprenorphine psychcongress.com 25/06/2019
Giving up wheat, rye may help beat that mystery illness but don’t try it at home  Times of India (print + online) 26/06/2019
Also in: ET Healthworld, ETRetail.com
What’s up, doc?The frontline of the NHS is being reinvented Medical Health News 26/06/2019

Further coverage for thyroid hormone treatment (PR)
Why are doctors trying to stop women taking thyroid pills that cost just pennies?  Brinkwire 26/06/2019
HEALTH: Should I be worried about my thyroid? Daily Mail 30/06/2019
Also in: WhatsNew2day, You Magazine, Express Digest

The front line of England’s health service is being re-invented  The Economist 26/06/2019
Grown Incidences of Medication Errors boosted the demand of CDSS  VC 26/06/2019
Also widely covered by US regional news outlets
How safe are e-cigarettes? Mother Nature Network 26/06/2019
The county in the UK with the worst teeth revealed – is it where you live? Newsgroove 26/06/2019
STEVEN HOFFMAN: TOBACCO CONTROL INTERVENTIONS Foundation Trudeau 26/06/2019
Stopping Booze Even Temporarily Has Health Benefits The Fix 26/06/2019

Further coverage for epilepsy drugs and suicidal behaviour (PR)
Common nerve pain drug linked to suicidal behavior, overdose Japan Today 27/06/2019

The advantages of my state education: I know all the wrong people The Times 27/06/2019
Is Milk Good for Your Bones? Eating Well 27/06/2019
The HPV vaccine may lead to the elimination of cervical cancer, a massive study finds NBC News 27/06/19

Also in:
17Ok News, Worry Free Health, F3 NWS, News Llive, Centre Daily Times Online, MSN Health & Fitness, TODAY, Dailyherals, The News Articles, us.pressfrom.com, KVOA-TV Online, Fitness Health Yoga

The computer will see you now... AI better than some doctors at detecting childhood diseases Natural News 27/06/2019

Further coverage for protective effect of education on heart disease (PR)
Link Between Education and Lowered Risk of Heart Attack Discovered MedIndia 27/06/2019

Nutrition: Why you should avoid these foods even in moderation The Orange County Register 28/06/19

Also covered widely by US regional news outlets
NHS front line is being reinvented with more pharmacists and nurses to ‘prevent illnesses’ instead of just treating them inews 28/06/2019
Swedish Researchers Find Link Between PPI and Stomach Cancer Top Class Actions 28/06/2019
Preventive dose, daily The Week 29/06/2019

How one simple test might save your life: Could you be on the brink of diabetes... and not know it? Daily Mail 29/06/2019

Save it, I'm not ready to retire anyway CBC News 29/06/2019
17 Health "Myths" You Heard as a Kid That Turned Out to Be True17 Health "Myths" You Heard as a Kid That Turned Out to Be True (slide 12/18) MSN Health & Fitness 29/06/2019
Everything you need to know about detoxing GQ 29/06/2019
Here’s why you should eat more mangoes: 6 Health benefits Natural News 29/06/2019
I needed mental health support but eight therapists rejected me for being blind Metro 30/06/2019

Also in: Newsgroove

JOURNALS

BMJ Open

Research: Productivity loss due to menstruation-related symptoms: a nationwide cross-sectional survey among 32 748 women (PR)

Menstrual pain linked to days of lost productivity for women having periods TODAY
27/06/2019
Period pain linked to nearly 9 days of lost productivity for a woman in a year CNN 28/06/19
Women lose 9 work days/year due to period pain Times of India 29/06/2019


Healthy eaters more likely to exercise in pregnancy Irish Examiner 25/06/2019
Also in: Easy Branches

From beer to processed meats: 6 things that are harming your sperm count Irish Independent 25/06/2019

China organ transplant claims raise alarm about research Nature News 25/06/2019
Journal Publishes Concern About Study Using Forced Organ Donation Medscape 25/06/2019
Also in: Fooshya, Medical Health News, BioEdge

Why You Should Consider Starting a Workplace Fitness Weight Loss Competition (and How to Do It) Inc. 25/06/2019
Also in: From Press, MSN Health & Fitness

The You Docs: Eliminate ultraprocessed foods from your diet (no link available) Roanoke Times 25/06/2019
Also in: Sharecare

Male victims of domestic violence often suffer in silence The Independent (Bangladesh) 26/06/2019

Further coverage for strobe lighting and epileptic fit risk (PR)
Study: Strobe lights at shows linked to risk of epileptic fits Dance Music North West 26/06/2019

MOORFIELDS STUDY INVESTIGATES TREATMENT EFFECTIVENESS FOR WET AMD Optometry Today 28/06/2019

Researchers find correlation between vaping cannabis and other tobacco use Medical Xpress 28/06/2019
Also in: MyHeadlinez, Intnet, SRNN News

Further coverage for women’s awareness of alcohol’s role in breast cancer (PR)
Casual Alcohol Use Has Been Linked to Several Major Cancers—So Where’s the Campaign? Health 28/06/2019
Most women do not realise alcohol is a risk factor for breast cancer  The Daily Star (Bangladesh) 30/06/2019

**Also in:** Medical Health News, From Press, MSN Health & Fitness, Yahoo News

Medical journals found to restrict access to pharma industry research  Drug Target Review 27/06/2019

Last week, this boy was severely bullied; now, he has every reason to smile  Gulf News 29/06/2019

Summer time & living is sneezy  The People 30/06/2019

Party whips add to MPs’ mental health problems, study shows (misattributed to The BMJ)  The Guardian 30/06/2019

Pestminster MPs to have CCTV in their offices and a strict alcohol curfew in plans being drawn up by Speaker John Bercow to tackle epidemic of groping and bullying in the Commons  (misattributed to The BMJ)  Daily Mail 30/06/2019

**Also in:** The Observer, The Mail on Sunday, Express Digest, Easy Branches World News, Celebrity Best News, Viportal

**Occupational & Environmental Medicine**

Research: The CHARGE study: an assessment of parental occupational exposures and autism spectrum disorder (PR)

Women exposed to solvent chemicals at work are 1.5 times more likely to have a child with autism, study finds  Daily Mail 27/06/2019

Mother’s workplace exposure to solvents may heighten child’s autism risk  OnMedica 28/06/2019

Women’s Exposure to Solvents at Work Tied to Autism in Children  U.S. News & World Report 28/06/2019


**Annals of the Rheumatic Diseases**

Lutikisumab does not significantly improve pain or imaging outcomes in hand osteoarthritis  Specialty Medical Dialogues 24/06/19

Cardiovascular Risk Estimates Vary by Algorithm Used in RA  Rheumatology Advisor 28/06/2019

Anti-NR2 Antibodies May Serve as a Diagnostic Tool for Fatigue in SLE  Rheumatology Advisor 28/06/2019

Study Identifies Factors that Put Patients with Scleroderma at Risk for Organ Damage
Maternal Rheumatoid Arthritis During Pregnancy Might have Life-Long Consequences for Offspring  
Rheumatology Network 29/06/2019

BMJ Case Reports  
14-YEAR-OLD SUFFERS EYE INJURY IN ACCIDENT WITH TOY GUN  
Optometry Today 24/06/2019

Tree leaf encounter leads to rare fungal corneal infection  
Optometry Today 24/06/19

Boy Says He Got Pencil Stuck in His Ear, Turns out to Be Much Stranger  
Epoch Times 26/06/2019

This 31-Year-Old Man Almost Died After Using A Cotton Bud  
Gentside 26/06/2019

Woman can’t have sex due to 2cm-long vagina  
Infosurhoy 27/06/2019

Man Learns the Hard Way That Mixing Pufferfish and Cocaine Is a Very Bad Idea  
LiveScience 27/06/2019

A Man Tried Mixing Cocaine And Pufferfish. It Didn’t End Well  
IFLScience 27/06/2019

Also in: Dailyheralds, 17Ok News, News Live

On The Pulse - June 2019  
OnMedica 28/06/2019

BMJ Global Health  
PanTheryx Lands $50M to Use “First Milk” to Target Gut Microbiome  
Xconomy 26/06/2019

How Best to Reduce Self-Stigma in People With HIV  
Poz.com 26/06/2019

BMJ Open Sport & Exercise Medicine  
Esports – The Main Cause of Injuries and Eye Fatigue  
(misattributed to The BMJ) Weny News 25/06/2019

Also covered widely by US regional news outlets

BMJ Quality & Safety  
This Startup Wants to Make a Safer, Smarter IV Infusion Pump  
BostInno 25/06/2019

BMJ Sexual & Reproductive Health  
Opinion: Women’s health heading in wrong direction  
SBJ 28/06/2019

British Journal of Ophthalmology  
Ranking the best eye drops of 2019  
BodyNutrition 24/06/2019

SPECTACLES SLOW MYOPIC PROGRESSION  
Optometry Today 25/06/2019

Blood pressure, diurnal IOP, disc hemorrhage linked to glaucoma progression  
Healio 26/06/2019

Patient understanding of OHT, glaucoma diagnosis helps outcomes  
Primary Care Optometry News Online 28/06/19

Also in: Healio
Eight ways to de-stress at your desk

Journal of Medical Ethics
Dual Duties Could Allow HCPs to Consider Interests of Genetic Relatives

Journal of Neurology, Neurosurgery & Psychiatry
Do Brain Injuries Affect Women Differently Than Men?

The New York Times

Here Are 5 Health Benefits Of Coffee

Indian 24 News

DAT Availability Indicates Risk for Cognitive Impairment, Depression in Newly Diagnosed PD

Neurology Advisor

Postgraduate Medical Journal
23 Habits Men Don’t Realize Are Hurting Their Hearts

Best Life

Tobacco Control
Smokers twice as likely to quit smoking using Allen Carr method, study reveals

Irish Medical Times