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 23 journals were picked up in the media last week (5-11 August) - our highlights include:

- Research in *The BMJ* finding that good heart health at age 50 is linked to lower dementia risk later in life picked up global headlines, including *The New York Post*, *The Times* and *Malay Mail*.

- A study published in *BMJ Open* suggesting that ‘fat suit’ role play may help uncover medical student prejudices against obesity made national headlines, including *The Daily Mail*, *The Daily Telegraph*, *The Times* and *Metro*.

- Research published in *BMJ Evidence-Based Medicine* finding that ‘spin’ is found in over half of clinical trial abstracts published in top psychiatry journals was picked up by the *Daily Mail*, *inews* and *OnMedica*.

- A paper published in *BMJ Open* suggesting that there is “extensive gender discrimination in healthcare access” for women in India was picked up by *The Daily Telegraph*, *The Indian Express* and *Times of India*.

**PRESS RELEASES**

*The BMJ | BMJ Evidence-Based Medicine*  
*BMJ Open*

**EXTERNAL PRESS RELEASES**

*BMJ Open | BMJ Open Diabetes Research & Care*

**OTHER COVERAGE**

*The BMJ | Annals of the Rheumatic Diseases*  
*BMJ Case Reports | BMJ Global Health*  
*BMJ Innovations | BMJ Open Gastroenterology*  
*British Journal of Ophthalmology | British Journal of Sports Medicine*  
*Gut | Heart*  
*Injury Prevention | Journal of Epidemiology & Community Health*  
*Journal of Medical Ethics | Journal of Neurology, Neurosurgery & Psychiatry*  
*Lupus Science & Medicine | Regional Anesthesia & Pain Medicine*  
*Sexually Transmitted Infections | Thorax*  
*Trauma Surgery & Acute Care Open | Vet Record Open*
Research: **Association of ideal cardiovascular health at age 50 with incidence of dementia: 25 year follow-up of Whitehall II cohort study**

**+ Linked editorial: The determinants of cognitive decline and dementia (PR)**

- **Being active at age 50 halves your risk of developing dementia** New York Post 08/08/2019
- **Good heart health in middle age may lower your risk of dementia** The Times 08/08/2019
- **New study links good cardiovascular health at age 50 with a lower risk of dementia 08/08/2019** Malay Mail 08/08/2019


Research: **Association between major surgical admissions and the cognitive trajectory: 19 year follow-up of Whitehall II cohort study**

**+ Linked editorial: The determinants of cognitive decline and dementia (PR)**

- **Major surgery ages your brain by FIVE MONTHS by the time you die and doubles your risk of 'significant cognitive decline', study finds** Daily Mail 07/08/2019
- **Major surgery doubles risk of substantial brain decline, study suggests** The Telegraph 07/08/2019
- **Major surgeries may have lasting effects on cognitive ability** United Press International 08/08/2019


**Other coverage for The BMJ**

- **Why family history and DNA codes are no guide to your future health** (print + online) The Telegraph 05/08/2019

**Further coverage for preventable harm (PR)**

- **Reducing Exposure to Preventable Harm Paramount Across Healthcare Settings** Psychiatry
Dr Miriam Stoppard: How t'ai chi can be a helpful pain reliever Mirror 05/08/2019
Also in: Irish Mirror, European News, MSN NZ
The Harm in Medical Error Memes HiTech Answers 05/08/2019
Medical Mistake Claims Life of American Hero Neil Armstrong Health Nut News 10/08/2019
Also in: World Breaking News, Mercola
Heal with exercise: Make urban living work for your health New Straits Times 06/08/2019
Is Milk Good for Your Bones? EatingWell 06/08/2019

Further coverage for health apps (PR)
Study: Many health apps share sensitive medical data with third parties, leaving patients at risk of potential privacy loss NaturalNews 05/08/2019

Are IBS & Insomnia Linked? MSN Health & Fitness 06/08/2019
The dangers of Dr. Google San Francisco Chronicle 06/08/2019
Also in: SF Gate
This is What Happens to Your Body When You Drink Tea Every Day From Press 06/08/2019
Dangers of a processed food diet and its agrarian alternative The Nassu Guardian 06/08/2019
An Inside Look At How Monsanto, A PR Firm And A Reporter Give Readers A Warped View Of Science HuffPost 06/08/2019
Also in: Yahoo UK
Smart pill pot tells you u (and your doctor) if you miss a dose Irish Daily Mail 06/08/2019
Dangers of a processed food diet and its agrarian alternative The World News 06/08/2019

Further coverage for sugary drinks and cancer (PR)
Little girl dies of cancer after regular consumption of bubble tea and sweets Yahoo Lifestyle 06/08/2019
Sweet and sour: Aussie academic pans study linking sweetened drinks to cancer risk, others applaud Foodnavigator-Asia 07/08/2019
Study ties sugary drinks to cancer Taipei Times 10/08/2019
Also in: Yahoo Singapore, Everyday Health, Gonzales Weekly Citizen, Healtheo360, The Sidney Daily News

Further coverage for state gun laws (PR)
THE LOOSER A STATE'S GUN LAWS, THE MORE MASS SHOOTINGS IT HAS Wired 06/08/2019
Also in: Wisconsin Public Radio, QuoterLand, Medical Xpress, urbanmilwaukee.com, Milwaukee Independent

Further coverage for sexual activity in Britain (PR)
How I Learned to Enjoy Sex Again After Being Assaulted Vice 06/08/2019

What's life like as a junior doctor and what do current trainees wish they had known when they started? ITV News 07/08/2019
Eating chicken can reduce chances of getting breast cancer, say scientists inews 07/08/2019
Also in: MSN UK + IE, MSN South Africa
Further coverage for WHO’s saturated fats guidelines (PR)
Fatty Acids Recommendations Remain Subject to Discussions The National Law Review 07/08/2019
Also in: Health Medicine Network, Express Digest, , WhatsNew2day, Mogaz News, MailOnline

The link between pot and mass shootings may be closer than we think New York Post 07/08/2019
Medicare spending on essential medicines up 116 percent from 2011 to 2015 Medical Xpress 07/08/2019
Also in: Drugs.com, Physician’s Briefing, AJMC, Lexology, Clinical Pain Advisor, Star2,

Further coverage for digital GPs (PR)
Babylon’s GP at Hand model risks ‘destabilising’ care, professor warns Digital Health 07/08/2019

Transradial access is safe and effective for neuroendovascular procedures Interventional News 07/08/2019
Music Therapy: Why You Need to Know Your Didgeridoo Vision Times 07/08/2019
Saving Time and Money Through Automation Elite Learning 07/08/2019

Further coverage recognising for ‘Should obesity be recognised as a disease?’ head to head (PR)
'It is NOT ok to be fat, Dr!' Should the NHS pay to treat obesity? Express 07/08/2019
Medical experts call for obesity to be classed as a disease Advo Group 10/08/2019
Also in: The News Amed, The Stars Post, Chester Chronicle

New Research on How Sleep Deprivation Harms Nurses, College Students, and Disaster Survivors Everyday Health 07/08/2019

8 Simple Hacks to Boost Your Health While You Commute LiveStrong 07/08/2019
Are you suffering from high blood pressure? Here’s why you should avoid potatoes Pink Villa 08/08/2019

Transradial access is safe and effective for neuroendovascular procedures NeuroNews 08/08/2019
2020 Candidate Andrew Yang Tweets Support for Safe Consumption Sites Filter 08/08/2019
Where is the laser focus on auditing professionals? Financial Times 08/08/2019
20 Things You Didn’t Know About Testosterone Men’s Health 08/08/2019
The truth about sunbeds and tan safety MSN Health & Fitness + MSN IE 08/08/2019

Also in: Yerepouni Daily News, RSVP Magazine
13 reasons why your urine smells really weird Health24 South Africa 08/08/2019
Outrage as NHS watchdog rules medicinal cannabis should NOT be prescribed for pain or MS and admits it can't decide whether children with epilepsy should get it Daily Mail 08/08/2019
Are hospitalists overtreating pneumonia? Today’s Hospitalist 08/08/2019
Haze lifts on ‘pot-induced’ mass murder (print) New York Post 08/08/2019
What mums need to know: Folic acid supplements reduce the incidence of autism Mirror 09/08/2019
Netflix Scrutinized for Potential Impact on Health and Planet The Hollywood Reporter 09/08/2019
How to protect yourself and your family from dengue fever: Is dengue vaccine (Dengvaxia)
safe for everyone? Times Now 09/08/2019
US won’t approve labels that say glyphosate causes cancer MailOnline 09/08/2019
Heartburn Drugs Linked To Fatal Heart & Kidney Disease, Stomach Cancer Health Nut News 09/08/2019
8 Packaged Foods That Are Actually Healthy Consumer Reports 09/08/2019
Also in: Yahoo Finance

Further coverage for premature birth and chronic kidney disease risk in later life (PR)
Kidney disease: 1 in 7 adults may be affected, premature birth increases risk Centre Daily Times 09/08/2019
Also in: 17Ok News, News Live

Stuart Campbell interview: ‘Unbelievable fury is the only rational human response to UK politics now’ The Times (print + online) 10/08/2019
Leeds doctor: ‘People should be able to “self-certify” as ill to reduce GPs’ surgery waiting times’ Yorkshire Post 10/08/2019
War on words: cancer is a disease, not a battle The Guardian 11/08/2019
Also in: 17Ok News, Centre Daily Times, Onties, News Live, Dailyheralds
Why Do Diabetics Lose Their Feet? Top Class Actions 11/08/2019

JOURNALS

BMJ Evidence-Based Medicine

Research: Evaluation of spin in abstracts of papers in psychiatry and psychology journals (PR)

Spin doctors: HALF of clinical trials published in top psychiatry journals 'are exaggerated without the evidence to back them up' Mail Online 05/08/2019
More than half of summaries in top psychiatry journals contain 'spin', review finds inews (print + online) 05/08/2019
Half of clinical trial abstracts in top psychiatry journals contain ‘spin’ OnMedica 06/08/2019


The politicization of gender dysphoria The Christian Post 08/08/2019
Also in: BCNN1

Older parents may not know child has ADHD as they're better at absorbing rowdy behaviour, say scientists The Telegraph + Sunday Telegraph 11/08/2019
**BMJ Open**

**Research:** *Is an obesity simulation suit in an undergraduate medical communication class a valuable teaching tool? A cross-sectional proof of concept study* (PR)

*Patients should wear FAT SUITS to help medical students learn 'how to be nicer towards obese people and not discriminate', claim researchers* [Mail Online](https://www.msn.com/en-gb/health/medical-news/patients-should-wear-fat-suits-to-help-medical-students-learn-how-to-be-nicer-towards-obese-people-and-not-discriminate-claim-researchers/ar-BBHB58) 05/08/2019

*German medical students wear fat suits to combat obesity prejudice* [The Times](https://www.thetimes.co.uk/article/german-medical-students-wear-fat-suits-to-combat-obesity-prejudice-dj6yjsp1v) 06/08/2019

*Fat suits highlight bias among medics* (print) [The Daily Telegraph](https://www.thedailytelegraph.co.uk) 06/08/2019


**Research:** *Missing female patients: an observational analysis of sex ratio among outpatients in a referral tertiary care public hospital in India* (India Focus)

*‘Extensive discrimination’ means thousands of Indian women miss out on healthcare, experts warn* [The Daily Telegraph](https://www.thedailytelegraph.co.uk) 07/08/2019

*AIIMS study bares gender bias in health care* [The Telegraph India](https://www.telegraphindia.com) 08/08/2019

*Gender gap in AIIMS OPD: Four lakh women missing in 2016, say researchers* [The Indian Express](https://www.indianexpress.com) 09/08/2019

**Also in:** Yahoo UK, The New Indian Express, Medical Xpress, Newsdig, Sciencecodex, Kaiser Family Foundation, Times of India (misattrib to The BMJ), News Dog, India 24 News, Channel News Asia, Brookings Institution, MediBulletin, News18, ShethePeople, Medical Health News, ET Healthworld, Docwire, Channel News Asia

**Research:** *Epidemiology of eating disorders in primary care in children and young people: a Clinical Practice Research Datalink study in England* (External PR)

No coverage

**Research:** *Research priorities for young people with cancer: a UK priority setting partnership with the James Lind Alliance* (External PR)

No coverage

**Research:** *Does initial postgraduate career intention and social demographics predict perceived career behaviour? A national cross-sectional survey of UK postgraduate doctors* (External PR)

Almost 40% of trainee doctors change their mind about specialty training in foundation years
Aclidinium and Tiotropium Reduce Sedentary Behavior in Patients With COPD  AJMC
Managed Networks 04/08/19

How eating pasta 3 times a week won’t make you gain weight  Times of India 05/08/2019

Professional coaching can reduce burnout in doctors  NewsGP (Australia) 06/08/2019

Further coverage for shortage of health professionals in India (PR)
Are we staring at empty hospitals in the future?  Research Matters 06/08/2019
Minister Says PMJAY To Be People’s Movement, But Health System Understaffed  Medical Buyer 05/08/2019

Also in: Market Reporter

Further coverage for tick-borne UK Lyme disease cases (PR)
INCIDENCE OF LYME DISEASE THREE TIMES HIGHER IN THE UK, CONTRARY TO PREDICTIONS  Health Gazette 24 06/08/2019
Council to put up warnings about ticks after woman reports catching Lyme disease in Clissold Park  Hackney Citizen 08/08/2019
Also in: Sligo CHampion, Newham Recorder, The Guardian, Irish Independent

What Your Body Fat Percentage Tells You About Your Health  EatingWell Magazine 07/08/2019

The Best Sports and Exercises to Avoid Injury  TIME 07/08/2019
Also in: 17Ok News, Dailyheralds

Can Ground Ginger Reduce Muscle Pain?  Iron Man 07/08/2019

Study: Snoring Increases Chronic Kidney Disease Risk  Renal & Urology News 09/08/19
Also in: Centre Daily Times, News Llive, 17Ok News

Senators blast Novartis over data manipulation before approval of Zolgensma  STAT 09/08/19

Systematic Review of Botulinum Toxin as Migraine Prophylactic  Clinical Pain Advisor 09/08/19

Medical research ranked higher by people receiving health-related news while they wait  Medical Xpress 09/08/2019
Also in: Medical Health News, Mirage News Australia, Scienmag

Further coverage for acupuncture easing menopausal symptoms (PR)
Everything you need to know about acupuncture: Does it really work?  Stars at 60 11/08/2019
Children in Republic more likely to suffer 'lazy eye' than in North  Irish Times 11/08/2019

**Annals of the Rheumatic Diseases**
Vaccines Boost Gout Flare Risk, But… MedPage Today 05/08/2019

Despite Better Drug Treatments, Many Psoriatic Arthritis Patients Still Have Joint Surgery Creaky Joints 05/08/2019

What's next for rheumatoid arthritis-associated periodontal disease? Rheumatology Network 06/08/2019

Are radiographic axSpA and ankylosing spondylitis one in the same? Rheumatology Network 06/08/2019

Five-year rate for joint surgery in PsA twice as high as general population Healio 07/08/2019

Criteria for Hereditary Recurrent Fevers Gets a Second Look Rheumatology Network 07/08/2019

**BMJ Case Reports**
Warning After Woman Loses Hands And Legs From Puppy Lick 10Daily 05/08/2019
Also in: Newsllive, dailyheralds, Centre Daily Times, 17Ok News, CheckOrphan

What Is A 'Blind Vagina' & What Are The Symptoms? (misattributed to The BMJ) Refinery 29 05/08/2019
Also in: VidMid

Prisoner, 25, is left unable to ejaculate because of a never-before-seen side effect of his anti-psychotic medication Mail Online 05/08/2019

Malta doctors treat rare cocaine disorder that can 'eat away' at brain Malta Today 07/08/2019
Terrifying MRI scans reveal the effect cocaine can have on your brain Mirror 07/08/2019
Also in: Metro, WSTale

Runner ruptures his oesophagus by vomiting as doctors reveal they feared the 37-year-old's chest pain was a sign of a heart attack Mail Online 09/08/19
Also in: News.am, Mogaz News, WhatsNew2Day, Express Digest, Health Medici Net

**BMJ Global Health**
Self-administration of injectable contraception contemporaryobgyn.net 06/08/2019

Taxing sugary drinks can benefit Indonesia, research suggests The Conversation UK 07/08/2019
Also in: Medical Xpress

**BMJ Innovations**
Feedback confirms potential equity raise to fund Bleepa development proactive 07/08/2019
Also in: Research Tree
**BMJ Open Diabetes Research & Care**

**Research:** Unilateral remote temperature monitoring to predict future ulceration for the diabetic foot in remission *(External PR)*
No coverage

Avoiding regular snacking improves HbA1c of children with type 1 diabetes, study reports
Diabetes.co.uk 05/08/2019

*Further coverage for long working hours and diabetes risk (PR)*
Working for 45-plus hours a week associated with type 2 diabetes risk in women
Diabetes.co.uk 06/08/2019

*Also in:* Onties

**Type 2 diabetes: Eating these three foods could lower blood sugar** Express 07/08/2019

*Also in:* The Stars Post


*Also in:* Benzinga + numerous online business outlets

Top stories in endocrinology: American Diabetes Association updated standards include SGLT2 inhibitors, continuous glucose monitoring; exercise prevents bone loss after bariatric surgery Healio 07/08/2019

**BMJ Open Gastroenterology**

**Malignant Ascites Treatment Market Equipments Details by Clinical Experts 2018-2026**
Business Intelligence 06/08/2019

**British Journal of Ophthalmology**

**Demand Within the Global Market for CNV (Choroidal NeoVascularization) has been Rising**
Market Reports 05/08/2019

MOORFIELDS CLOUD-BASED PLATFORM COULD REDUCE UNNECESSARY HOSPITAL REFERRALS Optometry Today 06/08/2019

Cloud-based telemedicine platform may cut unnecessary ophthalmology referrals MD Alert 09/08/2019

**British Journal of Sports Medicine**

**2017 int'l recommendations better identify adolescent athletes with abnormal ECGs** MD Alert 05/08/2019

Why you're exercising but not losing weight The Times 06/08/2019

What Are the Advantages and Disadvantages of Standing Desks? nbc-2.com 06/08/2019

*Also in:* Minyanville Finances + numerous online business news outlets

Cohsasa appoints new standards developer Biz Community 06/08/2019

The real reasons you're not losing weight at the gym The Times 06/08/2019
New formula predicts AFL ladder position based on player injury: Deakin Mirage News 07/08/2019
Also in: Australasian Leisure Management 07/08/2019

New study sheds light on novel exercise treatment for common form of cardiovascular disease Medical Health News 07/08/2019
Also in: Health Life Zone, Medical Xpress, Specialty Medical Dialogues

Physically active people have lower colon cancer risk The National Post 09/08/19
Also in: MailOnline, Netscape, London South East, The Toronto Sun, Ottawa Citizen, Canada.com, MSN Health & Fitness, MD Alert, The Vancouver Sun

Researchers Link Activity Levels to Higher Chances of Detecting Heart Diseases Ask Health News 10/08/2019

Fascinated with fascia treatments? It’s time to face the facts Q107 10/08/2019
Also in: Global News Online,

Gut
Edinburgh has One of the Highest Rates of IBD in the World, Study Reports IBD News 07/08/2019


Heart
Should you really be going to work on an egg? Science has long been divided over whether eggs are good for us — or dangerously high in cholesterol, so we unscramble facts from fiction MailOnline 05/08/2019

Injury Prevention
Gun control really works. Science has shown time and again that it can prevent mass shootings and save lives (December 2016 PR) Business Insider Australia 07/08/19

EXCLUSIVE: Mom’s lobbying leads to new safety feature in public dorm rooms Atlanta Journal Constitution 09/08/19

Why a visit to a water park could leave you sliding into surgery: Holidaymakers reveal their horror stories of shattered limbs, ruptured organs and even a broken neck that will make you think twice about taking the plunge Daily Mail (print + online) 10/08/2019
Also in: Mogaz News

Journal of Epidemiology & Community Health
Black men 2.5 times more likely than white men to be killed by police, new research estimates Journalist’s Resource 05/08/2019

Further coverage for poor quality social relationships and bone loss in postmenopausal women (PR) Social stress tied to lower bone density after menopause Business Insider 06/08/2019
Also in: Business Insider, MailOnline, The World News, Channel NewsAsia, intnet,
Further coverage for moving during early pregnancy and preterm birth risk (PR)

Moving during early pregnancy may increase preterm birth risk, Reuters + Reuters India
07/08/2019

Preterm Birth Risk May Increase With Moving House During Early Pregnancy, Study Says
International Business Times 10/08/2019


Ferguson changed how America talks about police violence. 5 years later, not much else has changed. Vox 09/08/19
Also in: The World News

Myth-busting: Addressing 5 of the top lies told after ‘mass shootings’ Alabama Today
09/08/19

Seven simple ways to increase your happiness levels Standard Media (Kenya) 11/08/2019
Also in: East Africa Standard

Journal of Medical Ethics
As Hubbard targets Tokyo 2020, the transgender sport debate grows more intense Tokyo Daily News 05/08/2019
Also in: Inside the games biz

New Study: Female Athletes at Disadvantage Against Trans Athletes Despite Trans Hormone Therapy CBN News 06/08/2019
Study: Transgender Male Athletes Keep Physical Advantages Even After Female Hormone Injections The Federalist 08/08/2019

Education Dept. opens investigation into policy allowing transgender athletes to compete against girls Christian Post 09/08/19
Also in: PJ Media

As I see it: voters support End of Life Options Act Worcester Telegram 09/08/19 (link unavailable)

Journal of Neurology, Neurosurgery & Psychiatry
8 Things That Will Happen When You Add Extra Virgin Olive Oil To Your Pantry Longevity 09/08/19

Lupus Science & Medicine
Detectable Coronary Artery Calcium Prevalent in Young Patients With Systemic Lupus Erythematosus Rheumatology Advisor 05/08/19

Regional Anesthesia & Pain Medicine
Further coverage for music as anaesthetic (PR)
Music Treats Preoperative Anxiety as Effectively as Midazolam, Study Finds
Florence Health 06/08/2019
Also in: Boldsky (misattributed to The BMJ), Outpatient Surgery Magazine

Sexually Transmitted Infections
Study links age to reluctance to be tested for HIV The National 09/08/2019
Stigma of 1980s puts gay men off HIV testing, researchers say The Times 09/08/2019
Also in: The Scotsman, Gay Community News

Thorax
Further coverage for back to school asthma (PR)
Asthma deaths highest in a decade Pulse 09/08/2019
Also in: News Llive, Dailyheralds, Medical Health News

Trauma Surgery & Acute Care Open
Further coverage for statement on gun control (PR)
Gun control really works. Science has shown time and again that it can prevent mass shootings and save lives Business Insider Australia + Malaysia + India 07/08/2019
Also in: INSIDER, Markets Insider, Att net, Pulse Nigeria, Daily Magazine, Yahoo News

Vet Record Open
Virbac launches antiemetic Vet Times 05/08/19