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 25 journals were picked up in the media last week (14-20 October) - our highlights include:

- Research published in the *British Journal of Sports Medicine* suggesting that a rise in testosterone level boosts young women’s running capacity made international headlines, including *Sky News, Newsweek* and the *Sydney Morning Herald*.

- A study published in *The BMJ* concluding that weight gain in early adult life may be linked to an increased risk of premature death was covered widely, including *The Times, MailOnline, CNN* and the *Australian Financial Review*.

- An analysis published in *The BMJ* suggesting that for most healthy people, the benefits of statins “may be marginal at best” generated national headlines, including *The Telegraph, The Times, ITV News* and *The Sun*.

**PRESS RELEASES**

- *The BMJ* | *BMJ Sexual & Reproductive Health*  
- *British Journal of Sports Medicine* | *Emergency Medicine Journal*  
- *Vet Record*  

**EXTERNAL PRESS RELEASES**

- *British Journal of Sports Medicine* | *Journal of Epidemiology & Community Health*  

**OTHER COVERAGE**

- *The BMJ* | *Annals of the Rheumatic Diseases*  
- *BMJ Case Reports* | *BMJ Global Health*  
- *BMJ Nutrition, Prevention & Health* | *BMJ Open*  
- *BMJ Open Respiratory Research* | *BMJ Open Sport & Exercise Medicine*  
- *BMJ Supportive & Palliative Care* | *British Journal of Ophthalmology*  
- *Gut* | *Journal of Investigative Medicine*  
- *Journal of Medical Ethics* | *Journal of NeuroInterventional Surgery*  
- *Lupus Science & Medicine* | *Occupational & Environmental Medicine*  
- *Open Heart* | *RMD Open*  
- *Thorax* | *Tobacco Control*  

*The BMJ*
Research + linked editorial: **Association of early postnatal transfer and birth outside a tertiary hospital with mortality and severe brain injury in extremely preterm infants: observational cohort study with propensity score matching; Hospital transfer of extremely preterm infants** (PR)

*Risk of brain damage in premature babies may reduce if born in specialist units* Mirage News 17/10/2019  
*Premature birth needs to be in specialist centres - study* Englemed Health News 17/10/2019  
*Outcomes Poorer for Extreme Preemies Transferred After Birth* Physician’s Weekly 17/10/2019

**Also in:** Medical Xpress, Express Healthcare, Doctors Lounge, Physician’s Briefing

**Practice:** **Direct-to-consumer genetic testing** (PR)

*False positives are 'common in over-the-counter genetic tests', experts warn* inews (print + online) 16/10/2019  
*Genetic tests: Experts urge caution over home testing* BBC News 17/10/2019  
*Home DNA kits can be 'misleading' over future health risks - report* Sky News 17/10/2019


**Research:** **Weight change across adulthood in relation to all cause and cause specific mortality: prospective cohort study** (PR)

*Obese adults who do not cut to a healthy body weight by middle age are 20% more likely to die early, study suggests* MailOnline 16/10/2019  
*A new study says there could be a surprising consequence to losing weight later in life* CNN 17/10/2019  
*Going on a diet in middle age could shorten your life* Australian Financial Review 17/10/2019


*International + other*  
Analysis: **Statins for primary prevention of cardiovascular disease** (PR)

**Millions may be taking statins unnecessarily, study suggests** The Daily Telegraph (print + online) 16/10/2012

**Giving healthy people statins may cause harm, say researchers** ITV news 16/10/2019

**FAT LOT OF GOOD Giving healthy people statins is a waste of NHS cash and could do more harm than good, experts warn** The Sun + Scottish Sun + Irish Sun (print + online) 17/10/2019


**Further coverage for impact of infant formula on the environment** (PR)

Breastfeeding benefits mom, baby and the environment: Formula's environmental impact

ABC News + ABC News Radio Network 14/10/2019

**Also in:** Good Morning America, Lady Click, Connect Radio, Sign of the Times, Regional Daily News, KRVN-AM Online + widely covered by US radio

**Further coverage for snack tax** (PR)

**Should we be taxing biscuits?** The Independent (print + online) 14/10/2019

**Further coverage for red meat consumption** (PR)

**Should you keep eating red meat or is the Impossible Burger the answer? A cardiologist weighs in.** The Philadelphia Inquirer 14/10/2019

**Further coverage for assisted reproduction and bowel cancer risk** (PR)

**BRCA2 gene fault, fertility issues raise prostate cancer risk** BioPortfolio 15/10/2019

**Routine colorectal cancer screening may not be appropriate for everyone- study** MD Alert 15/10/2019

**Also in:** Everyday Health, ASCO Post, Australian Life Scientist, The Breaking News, Healthglu, Mercola

**Further coverage for sexual activity in Britain** (PR)

**Sex, investigated: what is really going on between the sheets in Britain's homes?** iNews (print + online) 16/10/2019

**Are You Getting Any? I Bring My Dildo with Me on Dates** Vice 18/10/2019

**Further coverage for snack tax** (PR)
Latest adult obesity data offer few signs of progress  
Food Business News 15/10/2019

Further coverage for minimum unit pricing in Scotland (PR)  
NOFILA welcomes MUP implementation announcement  
Drinks Industry Ireland 16/10/2019

Further coverage for preventable harm (PR)  
In a review of 337,000 patient cases, this was the No. 1 most common preventable medical error  
Sky Statement 20/10/2019

Other coverage for The BMJ  
World Palliative Care Day: The importance of relieving suffering of patients  
PrimeTimes (In) 14/10/2019  
Questions remain over puberty-blockers, as review clears study  
BBC News + BBC Radio Devon 14/10/2019  
Also in: The Dundee Messenger, Health Medicine Network, My Clallam County, YourWellness  
Juul Making Up For E-cigarettes Clampdown In US With Philippine Push, Activists Say  
International Business Times 14/10/2019  
E-Cig Vaping Led to Lung Cancer in Mice: What Does This Mean for Humans?  
EcoWatch 14/10/2019  
Also in: Mundelein Review, Environment Guru, Chicago Tribune  
Marion Nestle, Harvard School Of Public Health, And Other Correlation Fetishists Are Upset About Red Meat Not Causing Cancer  
Science20 14/10/2019  
New treatment for bipolar depression could have fewer side effects  
Hospital News 14/10/2019  
Signs of aging detected by a simple walking test at age 45  
News-Medical.Net 14/10/2019  
Fact Check: is coffee good for you?  
The Week 14/10/2019  
Why The Wellness Business Is Booming (And How To Succeed In The Industry)  
Forbes 14/10/2019  
Needle girls and motiveless malingerers  
The Psychologist 14/10/2019  
Teamwork isn't always good for the patient (Tessa Richards mentioned)  
The Daily Telegraph 14/10/2019  
Shorter-duration penicillin effective for treating strep throat  
MD Alert 14/10/2019  
Is the craze for CBD oil justified or just crazy?  
ITV News 15/10/2019  
Here's Robert F. Kennedy Jr. Explicitly Voicing His Support For Anti-Vax Godfather Andrew Wakefield  
Vice 15/10/2019  
The disgraced anti-vaxx doctor, the supermodel and the measles epidemic  
Stuff NZ 20/10/2019  
Also in: The World Socialist Website  
Government Policy, Cost-Benefit Analysis, And Life Expectancy  
Townhall Finance 15/10/2019  
Yes, Obesity Is a Disease  
LiveStrong.com 15/10/2019  
Shocking figures revive calls for mental health reforms  
Maverick Citizen 16/10/2019  
UK ophthalmologist struck off  
nzoptics.co.nz 16/10/2019  
Type 2 diabetes: The superfood proven to lower blood sugar levels  
Express 16/10/2019  
Taxpayers locked into PFI contracts that are 'a shocking waste of money'  
The i 16/10/2019  
Public health expert warns Hackney Council could 'come to regret' vape store partnership  
Hackney Gazette + Hackney Citizen 16/10/2019  
Donating to your local food bank: what goods to give  
Lovemoney 16/10/2019  
11 Target Groceries Dietitians Swear By  
LiveStrong 16/10/2019  
How the Ban on Medical Advertising Hurt Women Doctors  
TIME 16/10/2019
NHS doctors too busy for soapy storylines, says Bodies creator The Guardian (print + online) 16/10/2019

Also in: Yahoo News UK, Malay Mail

Canada makes clinical trial data available to public Spectrum 16/10/2019

Children Are the Largest Casualty of the Kashmir Crisis Inside Sources 17/10/2019

We Found Over 700 Doctors Who Were Paid More Than a Million Dollars by Drug and Medical Device Companies Propublica 17/10/2019

Also in: Nation of Change

Type 1 diabetes: HbA1c levels above 6.9% associated with complications, finds BMJ study Specialty Medical Dialogues 17/10/2019

Could coffee help keep you slim? Top Santé 17/10/2019

SGLT-2 inhibitors reduce heart failure risk across patient groups BioPortfolio 17/10/2019

Also in: Pharmaceutical Journal

Honour a sweet reward for sugar research RNZ 17/10/2019

13 Possible Reasons Your Urine Smells Terrible, According to Doctors Prevention 17/10/2019

Lack of physician training about eating disorders leading to avoidable deaths News-Medical.Net 17/10/2019

Red Meat Shows the Flaws in Nutritional Research Medium 17/10/2019

The benefits of sobriety and how to go sober netdoctor 18/10/2019

Avoid These 5 Bad Habits That Can Damage Your Brain thrivéglobal.com 18/10/2019

World Bank pandemic financing scheme serves private sector interests over global health security, analysis suggests Medical Xpress 18/10/2019

Are sex-selective abortions skewing population: Myth Versus Truth Indid Facts 18/10/2019

Children in the criminal justice system The Saturday Paper 18/10/2019

Climate Change Fears of Teen Activist Are Empirically Baseless The Stream 18/10/2019

Also in: EducationViews.org

‘Cookbook Medicine’ Is More Popular Than Ever (& That’s a Good Thing) The Rheumatologist 18/10/2019

Dual-antiplatelet treatment best prevents saphenous-vein-graft failure after CABG MD Alert 18/10/2019

Specialists blocking access to important diabetes technology Diabetes.co.uk 18/10/2019

Vitamin B12 Deficiency: Is This the Secret Cause of Your Tiredness? Women’s Health 19/10/2019

Could eating more iron stop you feeling tired? BBC Food 19/10/2019

The law made me heartily ashamed of my mother’s pointlessly painful end The Herald 19/10/2019

Are Pricey Fertility Treatments Helping Women Have Babies...Or Preying On Them? Women’s Health 19/10/2019

Also in: Pulse Ghana, Yahoo! Lifestyle, NewsDog

Should you repair a torn ACL? That’s a surprisingly tricky question The Sydney Morning Herald 20/10/2019

Also in: WAtoday.com.au, Brisbane Times, The Age Australia

Extinction Rebellion are right to be angry. The Environment Bill fails to live up to the environmental crisis we’re in The Independent 20/10/2019

Also in: Yahoo! News, MSN UK

SOS save our sex lives (print only) The Sun 20/10/2019

JOURNALS

BMJ Sexual & Reproductive Health
Commentary: Climate change and contraception (PR)

Use contraception to save the planet [...] MailOnline x 2 15/10/2019
Contraception must not be ignored in climate change debates OnMedica 16/10/2019
Scientists back wider family-planning access to ease climate threats Malay Mail 16/10/2019


WHY ALL WOMEN DO NOT NEED TO TAKE A PILL BREAK MONTHLY (print only) Irish Daily Mail 15/10/2019
Is the PILL past its sell-by date? (print only) Irish Daily Mail 15/10/2019
Hormonal Birth Control, The Pill, and the Wellness Creep TVN 17/10/2019

British Journal of Sports Medicine

Research: Effects of moderately increased testosterone concentration on physical performance in young women: a double blind, randomised, placebo controlled study (PR)

HIGH TESTOSTERONE LEVELS ‘SIGNIFICANTLY’ BOOST WOMEN’S RUNNING ABILITY
Newsweek 15/10/2019
Testosterone does boost women's running ability, study finds amid Semenya debate Sky News 16/10/2019
Testosterone study shows Semenya has an advantage over rivals: IAAF Sydney Morning Herald 17/10/2019


International

Other
Research: **Physically active lessons in schools and their impact on physical activity, educational, health and cognition outcomes: a systematic review and meta-analysis** (External PR)

**Children who do star jumps during school lessons fare better in exams** The Daily Telegraph 15/10/2019

**Students who take part in physical exercises like star jumps or running on the spot during school lessons 'do better in tests'** Daily Mail 16/10/2019


Researchers analyze the role of kinesiophobia in individuals with chronic pain Medical Xpress 14/10/2019

Also in: Scienmag

How to get fit: expert tips for training like a pro (link unavailable) The Times 14/10/2019

Researchers aim to find how kinesiophobia may affect individuals with chronic musculoskeletal pain News-Medical.Net 15/10/2019

Putting ice on injuries could be doing more damage than good Stuff NZ 15/10/2019

**IMPROVE YOUR TRIATHLON SWIM** Outdoors Radar 15/10/2019

New study looks into injuries in women's ski jumping Inside the Games 17/10/2019

Heavy-resistance training can help running performance Reuters + Reuters India 17/10/2019


Those Superfast Nike Shoes Are Creating a Problem New York Times 18/10/19

Personalised treatments have significant impact on back pain - study The Irish Times 20/10/2019

Also in: Limerick's Live95FM

**Emergency Medicine Journal**

Research: **The impact of closing emergency departments on mortality in emergencies: an observational study**

Commentary: **Consequences of ED closures** (PR)

Hospital A&E closures are 'not linked to increase in deaths' iNews 18/10/19
Vet Record

Editorial: No-deal Brexit - the UK is not ready
Features: Focus on Brexit: just how prepared are we?: Focus on Brexit 2: just how prepared are we? (PR)

Vet profession 'not prepared for no-deal Brexit' amid a shortage of vets and more work
iNews (print + online) 18/10/19
Why UK veterinarians are nervous about Brexit Vet Candy 18/10/2019
UK veterinary profession simply not ready for 'no deal' Brexit Phys.org 19/10/19

Also in: BrightSurf, Scienmag, Centre Daily Times

Further coverage for lop-eared bunnies and ear/dental problems (PR)
UNHAPPY BUNNIES Pet rabbits' lives blighted by illness and loneliness because of their Instagramability as people copy celeb owners such as Cara Delevingne and Kendall Jenner
The Sun + Scottish Sun + Irish Sun (print + online) 15/10/2019

Trio of studies raise alarm on rabbit welfare Vin News Service 15/10/2019

The Science of Rehoming Horses The Horse 17/10/2019

Further coverage for potentially harmful bacteria in raw dog food (PR)
Why raw dog food could be harmful for pets and owners alike Medical News Today 17/10/2019
Salmonella and E. coli found in raw pet food Food Safety News 18/10/2019
Also in: Food Industry Today, Before It’s News

Studies show you've been feeding your dog the wrong amount of dry food Health24 South Africa 19/10/2019
Also in: Food Industry Today

Annals of the Rheumatic Diseases
IBS an 'overlooked' comorbidity in axSpA patients Medical Health News 14/10/2019
Do High-Dose Statins Increase the Risk for Osteoporosis? Medscape 14/10/2019
Also in: Medical Health News, Endocrinology Advisor, Rheumatology Advisor, MedPage Today

Ixekizumab Superior to Adalimumab in Joint, Skin Disease Improvement in Psoriatic Arthritis Rheumatology Advisor 16/10/2019

BMJ Case Reports
UK vapers top 3.6 million – half as many as smoke – says study Medical Brief South Africa 15/10/2019

35-YEAR-OLD DIAGNOSED WITH RETINOBLASTOMA Optometry Today 16/10/2019

Rare kidney condition caused plumber to have permanently smelly breath because it covers his tongue in thick PLAQUE Daily Mail 18/10/19
Further coverage for acute psychosis episode triggered by Brexit (PR)
First Brexit-induced psychosis documented by medics ZME Science 18/10/2019

Britain's vapers issued stark new warning as death toll linked to e-cigs rises (misattributed to The BMJ) Daily Star 20/10/2019

BMJ Global Health
Maine Voices: When it comes to helping Type 1 diabetes families, Sen. Collins is resting on her laurels Press herald 18/10/2019
Also in: Maine Central

BMJ Nutrition, Prevention & Health
Further coverage for boosting nut consumption (PR)
Yes, Nuts Are High in Fat. Can They Really Stave Off Weight Gain? Bicycling 14/10/2019
A Diet Plan That's Nuts The Doctor Will See You Now 17/10/2019
Also in: Heali, Runner's World, HealthDay, DT Next, MedIndia

A Doctor Reviews 'The Game Changers' As It Launches On Netflix Plant Based News 16/10/2019

5 Simple Ways to Stop Age-Related Weight Gain Daily News US 19/10/2019
Also in: Women’s Lifestyle

BMJ Open
New study findings show unemployment doubles risk of death Nigerian News 14/10/2019
Also in: NigerianEye,

Further coverage for antidepressants and pregnancy-related diabetes risk (PR)
Antidepressants During Pregnancy Tied to Greater Risk of Gestational Diabetes PsychCentral 14/10/2019
Antidepressants might raise odds for serious pregnancy complication Health24 16/10/2019
Also in: World News Network, AboutLawsuits, Health24 South Africa

The poorer you are, the more likely you’ll die early —Study The Punch (Nigeria) 14/10/2019
Study links poverty to lower life expectancy Today Nigeria 14/10/2019
Poverty, Unemployment, Low Education Linked to Lower Life Expectancy Asharq 16/10/2019

Calories in popular UK restaurant chain dishes can be 'shockingly high' warn experts About 14/10/2019

How These Medical Centers Beat the “Revolving Door” of Healthcare with a Wellness-Oriented Approach Lady Click 14/10/2019

The weekend effect IS real: Patients are 15% more likely to die on Saturday or Sunday Angle News 15/10/2019

HOW YOU CAN BEAT PAIN Irish Daily Mail 16/10/2019

Further coverage for women’s awareness of alcohol’s role in breast cancer risk (PR)
Women’s awareness of alcohol’s role in breast cancer risk is poor TVN 19/10/2019
Tobacco firms accused of using gimmicks to subvert plain packaging  The Guardian (print + online) 20/10/2019
Also in: Palm FM, Healthglu, ExecReview News One Place, World News Network, Yahoo Singapore, Yahoo Finance UK

BMJ Open Respiratory Research
Central Airway Obstruction in Lung Cancer Associated With Poor Survival  Pulmonology Advisor 17/10/2019
Also in: Medical Health News

BMJ Open Sport & Exercise Medicine
Can I Work Myself to Death at the Gym?  (misattributed to The BMJ) Dollarshaveclub.com 15/10/2019

BMJ Supportive & Palliative Care
30 Percent of HIV/AIDS Patients Have Depression, Global Study Finds  psychcongress.com 15/10/2019

British Journal of Ophthalmology
Too much reading ruins kids' eyes  (print only) The Sunday Times (Irish edition) 20/10/2019

Gut
Management of inflammatory bowel disease in adults: BSG Guidelines  Specialty Medical Dialogues 19/10/2019

Journal of Epidemiology & Community Health
Research: Inequalities in time from stopping paid work to death: findings from the ONS Longitudinal Study, 2001–2011  (External PR)
Lessons of Beto O'Rourke and "Joker": Mental illness is not the cause of gun violence  Salon 14/10/2019

Tilisi mega-city launches green garden homes  dhahabu.co.ke 17/10/2019

Study finds children who are in childcare are better behaved (yes, really)  Herfamily 19/10/2019

Journal of Investigative Medicine
These Daily Habits Might Keep You From Getting Sick  The Active Times 16/10/2019
Also in: MSN Lifestyle + MSN New Zealand

5 Vitamins Vegan Athletes Need, According To A Nutritionist  Bustle 20/10/2019

Journal of Medical Ethics
Bioethicists guide researchers in artificial organ studies  Yale News 14/10/2019

New study proves that biological males have a huge advantage when participating in women’s sports… even after they’ve been chemically castrated  Natural News 15/10/2019
Medical Negligence and Law  Economic and Political Weekly 19/10/19

**Journal of NeuroInterventional Surgery**
Superior clinical outcomes for endovascular therapy candidates triaged directly to a comprehensive stroke centre  Vascular News 14/10/2019

**Lupus Science & Medicine**
Exagen Announces Publication of Two Key Studies Validating Clinical Performance of AVISE® Lupus in Patients with Probable SLE and Demonstrating Superior Clinical Utility Compared to Standard Diagnostic Testing prospective randomized multicenter  BioSpace 15/10/2019

Research Studies Validate Superiority of Lupus Test for Clinical Decision-Making and Patient Management  lupus.org 16/10/2019

**Occupational & Environmental Medicine**
Decades of Night Work Tied to Nearly 3 Times Higher MS Risk, Studies in Nurses Suggest  Multiplesclerosis News Today 14/10/2019

Open Office Seating Linked To Lower Stress, Greater Activity Levels Among Workers  StudyFinds 15/10/2019

**Open Heart**
Snus isn't linked to poor outcomes after PCI  MedPage Today 17/10/19

**RMD Open**
Treatment switching associated with VTE risk in RA  MedWire News 17/10/2019

Death Risk Up in Uncontrolled Gout  MedPage Today 17/10/2019

**Thorax**
Four surprising signs of lung cancer, and when you should get them checked out  TheHealthSite 13/10/19

**Tobacco Control**
Malaysia wants to regulate e-cigarettes  The Asean Post 20/10/19

Does vaping help people quit smoking? Why scientists are split  Inverse 20/10/19