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 29 journals were picked up in the media last week (21-27 Oct) - our highlights include:

- A case report published in BMJ Open Gastroenterology about a man whose body started brewing alcohol after yeast took over his gut made global headlines, including The Daily Telegraph, Forbes, The Washington Post and CNN.

- Research published in BMJ Open suggesting that 3+ hours of daily social media use is linked to poor sleep patterns in UK teens was picked up internationally, including BBC News, Sydney Morning Herald and Forbes.

- An editorial published in The BMJ arguing that filtered cigarettes should be banned to curb global plastic waste made headlines in The Times, MailOnline, inews and the New York Post.

BMJ

PRESS RELEASES

The BMJ | BMJ Open

EXTERNAL PRESS RELEASES

BMJ Open | BMJ Quality & Safety
Occupational & Environmental Medicine

OTHER COVERAGE

The BMJ | Annals of the Rheumatic Diseases
BMJ Case Reports | BMJ Evidence-Based Medicine
BMJ Global Health | BMJ Nutrition, Prevention & Health
BMJ Open Gastroenterology | BMJ Open Quality
BMJ Open Respiratory Research | BMJ Open Sport & Exercise Medicine
BMJ Sexual & Reproductive Health | British Journal of Sports Medicine
Emergency Medicine Journal | Gut
Heart | Journal of Epidemiology & Community Health
Journal of Investigative Medicine | Journal of Medical Ethics
Journal of NeuroInterventional Surgery | Journal of Neurology, Neurosurgery & Psychiatry
Lupus Science & Medicine | Open Heart
Research: **Stress related disorders and subsequent risk of life threatening infections: population based sibling controlled cohort study**

Stressed people face a greater risk of killer infections such as meningitis and sepsis 'because they have weaker immune systems'

*MailOnline 23/10/2019*

Stress-related disorders linked to subsequent risk of severe infections

*OnMedica 24/10/2019*

Stress disorder linked to greater risk of infections (print only)

*The Times + Irish and Scottish editions 24/10/2019*


**Editorial:** **No more butts** (PR)

Cigarette filters are a major source of plastic pollution, and they don't even work

*inews 23/10/2019*

Scientists call for ban on ‘useless’ cigarette filters to stop trillions of tiny plastic butts littering the globe because they 'don't work anyway'

*MailOnline 23/10/2019*

Cigarette filters could increase the risk of lung cancer, scientists warn

*The New York Post 24/10/2019*

**Also in:** The Times (+ Scottish and Irish editions), Sky News TV, The Scottish Sun + Sun IE, Medical Xpress, MyHeadlinez, India Times Post, Gizmodo Australia, News-Medical.Net, LongRoom, Angle News, Express Digest, Health Medicine Network

**Further coverage for weight gain across adulthood and risk of death (PR)**

Gaining weight between these ages can increase the risk of early death

*woman&home 21/10/2019*

Is It Ever 'Too Late' to Lose Weight?

*LiveStrong 23/10/2019*

**Also in:** Newsdog, Health24 South Africa, Latest Nigerian News, W24 South Africa, News24 South Africa

**Further coverage for ‘over the counter’ genetic testing (PR)**

Health reports from direct-to-consumer genetic tests 'woefully incomplete'

*BioNews 21/10/2019*

DIY DNA testing kits that predict if you are at risk of cancer, diabetes and Alzheimer's are 'unreliable', warn doctors

*Daily Mail (print + online) 25/10/2019*

**Also in:**WhatsNew2Day, MD Alert, MSN IE, Scottish Daily Mail, Health Medicine Network
Further coverage for routine bowel cancer testing (PR)
Personal Colorectal Cancer Risk Should Drive Screening Doctors Lounge 22/10/2019
Colonoscopy Pros And Cons: Is It Worth The Risk? MSN Lifestyle 23/10/2019

Further coverage for vegetarian diet and stroke (PR)
Steak May Be Good for Your Brain Psychology Today 22/10/2019
Veganism: An Unhealthy Obsession? Redbrick 23/10/2019

Further coverage for eating/skipping breakfast (PR)
Jennifer Aniston and Reese Witherspoon say they fast for 16 hours every day and never eat in the morning Insider 22/10/2019
Also in: Business Insider Singapore, Latest Nigerian News, FromPress

Further coverage for sexual activity in Britain (PR)
Sex investigated: How sex changes in long-term relationships (print + online) iNews 22/10/2019

Further coverage for tobacco package (PR)
New health coordinator reaching out to students Oliver Chronicle 23/10/2019

Further coverage for minimum unit pricing in Scotland (PR)
Report highlights early success of Scottish minimum unit pricing The Student Newspaper 25/10/2019
Also in: The Edinburgh Student

Further coverage for assisted reproduction and prostate cancer risk (PR)
Study offers insight into correlation between infertility, prostate cancer risk Healio 25/10/2019

Further coverage for benefits of preventative statins (PR)
Benefits of preventive statins ‘may be marginal at best’ Nursing Times 26/10/2019

Other coverage for The BMJ
Marcus Welby vs. Doogie Howser The Spirit 21/10/2019
Medical student placements in general practice are ‘seriously underfunded’, finds study Pulse 22/10/2019
The lesser of two evils? Research remains unclear on vaping’s health effects Yale News 22/10/2019
Across the U.S., over 700 doctors were paid more than a million dollars by drug and medical-device companies since 2014 The Philadelphia Inquirer 21/10/2019
Food as Medicine: Breast Cancer MedShadow 21/10/2019
E-cigarettes helped more than 50,000 people in England quit smoking in one year, study estimates CNN 21/10/2019
Also in: US Press From, WICC-AM Online + widely covered by US online news outlets
Climate Change Fears Of Teen Activist Are Empirically Baseless Issues & Insights 21/10/2019
Children are largest casualty of Kashmir crisis Las Vegas Sun 21/10/2019
Body Positivity: Where Is The Healthy In-Between? GQ 22/10/2019
Do dental patients know what they want? Dentistry.co.uk 22/10/2019
Three researchers honoured at Ottawa Hospital Gala
Ottawamatters.com 27/10/2019

Database reveals decade of violent deaths in Middle East
The National (AE) 27/10/2019

Anxiety and your health: Family
Jamaica Observer 27/10/2019

Tuberculosis not a life-long infection in most people: Study
Times Now News 27/10/2019

Also in: prokerala, Daily World (IN), Newkerala, YesPunjab, Can-India News, Social News XYZ, Daijiworld, Outlook India

JOURNALS

BMJ Open

Research: [Social media use and adolescent sleep patterns: cross-sectional findings from the UK millennium cohort study](PR)

Heavy social media use linked to poor sleep
BBC News 22/10/2019

High social media use linked to poorer sleep in teens
Sydney Morning Herald 23/10/2019

Heavy Social Media Use May Steal Teens' Sleep
Forbes 24/10/19


International

Other

Research: [Incidence of anorexia nervosa in young people in the UK and Ireland: a national surveillance study](PR)

Anorexia Rates Among Pre-Teens Have Doubled In A Decade – Why?
HuffPost 22/10/2019

Anorexia in children as young as eight doubles in past decade
Metro 22/10/2019

Anorexia nervosa among young children in UK and Ireland on up
Mirage News Australia 23/10/2019


International + other
Research: **Cross-sectional survey of orthotic service provision in the UK: does where you live affect the service you receive?** *(External PR)*

**Specialist orthotics care varies depending on where patients live** [News-Medical.Net](https://www.news-medical.net) 25/10/2019

**Postcode lottery for NHS orthotics patients** [Medical Xpress](https://www.medicalxpress.com) 25/10/2019

**Also in:** Medical Xpress, BrightSurf, Scienmag

**The SheHawk: The time period for menstrual leave policy is now** [TheSeaHawk.org](https://www.theseahawk.org) 21/10/2019

**Big tobacco accused of flouting branding ban with other innovations** [World Advertising Research Centre](https://www.world-advertising-research-centre.com) 22/10/2019

**Also in:** PackagingNews.co.uk

**Further coverage for antidepressants and pregnancy-related diabetes risk (PR)**

**Antidepressants link to higher risk of gestational diabetes** [Irish Medical Times](https://www.irishmedicaltimes.com) 21/10/2019

**Sugar Reduction In Dairy Beverages—What You Need To Know** [Asia Pacific Food Industry](https://www.asiapacificfoodindustry.com) 21/10/2019

**Chiropractors, Physical Therapists Prescribe Fewer Opioids** [Doctors Lounge](https://www.doctorslounge.com) 22/10/2019

**Also in:** Physician’s Briefing

**The health of African children is lowest in large households, study finds** [The East Africa Monitor](https://www.eastafricamonitor.com) 23/10/2019

**Cigarette companies talk big but don’t deliver it that well** [Market Reports](https://www.marketreports.com) 23/10/19

**Further coverage for awareness of alcohol’s role in breast cancer risk (PR)**

**Alcohol Boosts the Risk of Breast Cancer. Many Women Have No Idea** [TVN](https://www.vn.com) 22/10/2019

**E-cigarette flavors decrease perception of harm among youth** [ScienceDaily](https://www.sciencedaily.com) 24/10/2019

**Also in:** Medical Xpress, Scienmag, Newswise, News-Medical.Net, Sify News, Newkerala.com, KentuckyIndian, AustinIndian, Daijiworld, HealthNewsDigest, webIndia123, NewsKarnataka, Can-India News, Vishva Times, News Dog, Prokerala, Newsreach, Orissa TV, Outlook India, Weekly Voice

John McDonnell (Shadow Chancellor) refers to [BMJ Open research](https://www.bmj.com) (misattrib to The BMJ) about infant mortality and child poverty in Queen’s speech debate - [House of Commons BBC Parliament](https://www.bbc.com) *(skip to 00:03:46- 00:04:20)*, 24/10/2019

**Why Does Wine Make Me Sleepier Than Other Drinks? This May Explain It** [Bustle](https://www.bustle.com) 25/10/2019

**All too often, anal sex isn’t about young women’s desires** [The Citizen](https://www.thecitizen.co.za) 25/10/2019
Also in: The World News

India’s TB report must be seen in light of the country’s slide in Hunger Index The Indian Express 26/10/19

Vitamin D and calcium supplements do not reduce fracture risk in elderly, finds meta analysis Specialty Medical Dialogues 26/10/19

Seasonal affective disorder: the Scandinavian guide to surviving the dark days of winter (misattributed to The BMJ) Stylist 27/10/2019

Annals of the Rheumatic Diseases
People with arthritis should keep moving Villages-News.com 21/10/2019

Tailored Infliximab Doses and Effect on RA Remission MedPage Today 22/10/2019

Ixekizumab superior to adalimumab for joint, skin improvement in PsA Healio 22/10/2019

2019 Diagnostic Criteria Ably Distinguishes Lupus from Sjögren’s Syndrome, Study Says Sjogrens Syndrome News 22/10/2019

Low-dose IL-2 Reduces Disease Activity in SLE, Trial Results Suggest Lupus News Today 23/10/2019

New Study Finds that Taltz Beats Humira for Psoriatic Arthritis Creaky Joints 24/10/2019

Parenchymal lung disease reported in systemic juvenile idiopathic arthritis Healio 24/10/2019

Is This Small-Cap Biotech a Buy Before 2020? The Motley Fool 24/10/19

Vaccines May Increase Risk for Gout Flares, But Benefits of Vaccination Outweigh Risks Rheumatology Advisor 25/10/19

BMJ Case Reports
Rare case of Postpartum Hamman’s syndrome presenting with facial asymmetry- A report Specialty Medical Dialogues 22/10/2019

Rare case of gallstone ileus reported in BMJ Speciality Medical Dialogues 23/10/2019

Drunk carpenter’s hand split in TWO after lit firework exploded while he was holding it MailOnline 24/10/2019

Also in: Express Digest, Mogaz News, Angle News, Newser

BMJ Evidence-Based Medicine

Antidepressant Medications Show Little Clinical Benefit for Major Depressive Disorder Psychiatry Advisor 22/10/2019

High School Personality & Dementia; Starved After Metabolic Surgery MedPage Today
Local researchers often lost in the shadows in international projects

Local scientists from sub-Saharan Africa are often overshadowed in collaborative health research

How international scientific collaborators sideline African researchers

One year of PMJAY: Govt looks at incentives to close gender gap in heart surgery data

Further coverage for boosting nut consumption (PR)

Man's body brews its own beer after yeast take over his gut

NHS team improves stroke care with app for health staff
Depression and Anxiety May Worsen Quality of Life, Lung Function of Patients with Pulmonary Sarcoidosis, Study Says sarcoidosisnews.com 21/10/2019

**BMJ Open Sport & Exercise Medicine**
**Will Gin-Soaked Golden Raisins Help Your Joint Pain?** The People’s Pharmacy 21/10/2019

**BMJ Quality & Safety**
Research: **Passing the acid test? Evaluating the impact of national education initiatives to reduce proton pump inhibitor use in Australia** (External PR)

Widespread use of antacids continues despite long-term health risks, education campaigns Medical Xpress 22/10/2019
Widespread use of anti-acid drugs continues despite long-term health risks, education campaigns Mirage News 23/10/2019

“*It’s just a big illusion*”: How homeopathy went from fringe medicine to the grocery aisles Vox 23/10/2019

**BMJ Sexual & Reproductive Health**
*Further coverage for reproductive coercion (PR)*
**What You Should Know about Reproductive Coercion** Teen Vogue 23/10/2019

**British Journal of Sports Medicine**
*No record is safe with IAAF poised to allow arms race in shoes to run and run* (print + online) The Guardian 21/10/2019
**Banning Kipchoge’s Shoes Is the Dumbest Take in Running Right Now** Runner’s World 21/10/2019
**Also in:** Yahoo UK, MSN UK + IE, Podium Runner, WJCT NEWS

We're sitting ducks for back pain hell (print only) Daily Express 21/10/2019

**From Lowering Cancer Risk To Easing Pain, 5 Benefits Of Exercising Regularly** International Business Times 21/10/2019

**Movement during class improves students’ academic abilities** Business Insider 21/10/2019
**Also in:** Reuter UK + Reuters India, kwsn, CNA, Mogaz News, Physician’s Weekly, Ottawa Citizen + numerous Canadian regional news outlets, Daily Mail, DTNext, Devdiscourse, Dunya, Intnet, Psychology Today

**Further coverage for testosterone levels and women’s running capacity (PR)**
**Artificially Boosting Testosterone Improves Women’s Muscle Mass And Endurance** International Business Times 22/10/2019
**Topical Testosterone Treatment Improves Running Performance in Women** Endocrinology Advisor 23/10/2019

**Heavy-resistance training can help running performance** Japan Today 22/10/2019

**Healthy Living** MSN Lifestyle 22/10/2019

**The faster you walk, the longer you may live** CMA 23/10/2019
Stressed by Stress Injuries  The Phoenix 23/10.2019

After two devastating knee injuries and more than a year out, this is how Callum Wilson returned sharper than ever  The Athletic 23/10/19

Everything You Need to Know About Patellofemoral Pain Syndrome  Runner’s World 24/10/2019

THE PROTEIN LOW-DOWN Eggs-actly how much protein do we need, can you have too much and will it help me lose weight?  The Sun + Scottish Sun + Sun IE (print + online) 27/10/19
Also in: The World News, Lady Click

Bentley’s CEO of North and South America reveals how his morning routine fights jet lag  Business Insider + Business Insider Malaysia + Singapore + Malaysia 27/10/2019

Suffice it to say, this is ‘Spring Clean’ season is well and truly my season  Irish Examiner 27/10/2019

Emergency Medicine Journal
What your heart rate can tell you about your health  MSN Lifestyle 23/10/2019
Also in: MSN Health & Fitness, MSN MY

Gut
New light on an existing therapy  The Daily Star 22/10/2019

Heart
Further coverage for daytime napping and lower risk of heart attack/stroke (PR)
Road test: Sleeping on the job (print only)  New Zealand Herald 21/10/2019
Study: Occasional Naps May Help Lower Risk Of Stroke, Heart Attack  StudyFinds 22/10/2019

Chocolate may deter heartbeat irregularity  CMA 23/10/2019

Add these 3 foods to your daily diet to prevent heart attack!  Times of India 23/10/2019

Journal of Epidemiology & Community Health
Telemedicine may help suicidal patients in rural emergency depts  MD Alert 21/10/2019

Lowest-paid workers have longest retirements  Medical Xpress 23/10/2019
Also in: Fox Business, BrightSurf, Scienmag, News-Medical.Net

Biji & Me program helps build bonds between grandmas and granddaughters in South Asian community  Toronto Star 25/10/2019
Also in: The Brampton Guardian

Giving lazy mice blood transfusions from active rodents ‘gives them more brain cells, helps them perform better on tests and slashes inflammation’  Daily Mail 25/10/2019
Also in: Health Medicine Network, Angle News, Express Digest

Bath named most active place in the UK as laziest cities revealed  Somerset Live 27/10/19
Also in: Central Somerset Gazette

Journal of Investigative Medicine
20 Reasons Why You Keep Getting Sick  Eat This, Not That! 25/10/2019
Also in: MSN IE

Journal of Medical Ethics
Is it Ethical to Charge for Prenatal Screening?  Medical Bag 21/10/2019

Trump Jr.: Sorry to all female athletes that man claiming to be a woman won your cycling championship  LifeSite 22/10/2019
Male Cyclist Sets New Women's World Record, Says Critics Oppose 'Human Rights'  PJ Media 22/10/2019
Transgender female NCAA cross country runner, 22, in Montana named Conference Female Athlete of the Week after placing second in women's race  Daily Mail 26/10/19
Also in: The Stream, OneNews Now, Townhall.com, Express Digest, WhatsNews2Day

Journal of NeuroInterventional Surgery
Perflow Medical Receives CE Mark Approval of Novel Cascade™ Agile  Benzinga 21/10/2019
Also in: New Delhi Times, Asian Hospital & Healthcare Management, Fat Pitch Financials + widely covered by US business news outlets, townhall.com

Journal of Neurology, Neurosurgery & Psychiatry
Psychosis Linked to More Severe Cognitive, Functional and Behavioral Symptoms, But Less Chorea, Study Finds  Huntington's Disease News 22/10/2019

Dimethyl Fumarate Lowers Neurofilament Light in MS  MedPage Today 27/10/19

Lupus Science & Medicine
Novel Diagnostic Test Demonstrates Clinical Utility in Systemic Lupus Erythematosus  Rheumatology Advisor 28/10/2019

Occupational & Environmental Medicine

Research:  Declining blood lead levels among small-scale miners participating in a safer mining pilot programme in Nigeria  (External PR)

Safer mining practices can help reduce lead poisoning  News-Medical.Net 21/10/2019
Lead Poisoning Reduced With Safer Mining Practices  Scienmag 21/10/2019
Lead Poisoning reduced with Safer Mining Practices in Nigeria  Africanews.com 22/10/2019
Also in: Business Ghana, Phys.org, MENA FN, Megaicon Magazine, Social News XYZ, Mining Review

Should you be afraid of foreign-made drugs?  The Hill 21/10/2019

MS News that Caught My Eye Last Week: Injectable DMTs, Ofatumumab 'Success Story,' MS and Night Shift Work, MS Biomarker Study  Multiple Sclerosis News Today 21/10/2019
Open Heart
25 Reasons Why Cutting Back On Sugar Could Better Your Health Best Health 24/10/2019

RMD Open
Achieving target sUA levels 'should be a principal goal' in hyperuricemic patients with gout Medwire News 21/10/2019

Tofacitinib Monotherapy Acceptable When Methotrexate Is Inadequate to Patient Response Rheumatology Advisor 25/10/2019

Tobacco Control
Pa. college chemistry students find carbon monoxide in common vaping devices witf 21/10/2019 21/10/2019

Trauma Surgery & Acute Care Open
Further coverage for e-scooter injuries (PR)
E-Scooter Injuries Rise The Doctor Will See You Now 24/10/2019

Vet Record
Vets' inferiority complex is fuelling the mental health crisis Vetsurgeon.org 21/10/2010

Why do dogs develop infections after surgery? Medical News Today 23/10/2019