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 22 journals were picked up in the media last week (23-29 September) - our highlights include:

- A study published in *BMJ Nutrition, Prevention & Health* suggesting that boosting daily nut consumption is linked to less weight gain and lower obesity risk was covered widely, including The Daily Telegraph, MailOnline and HuffPost Australia.

- Research and a linked editorial published in *The BMJ* concluding that fathering children by assisted reproduction may be linked to increased risk of prostate cancer was picked up by BBC News, BBC Radio 4 Today and inews.

- A case study published in *BMJ Case Reports* about a woman who was admitted to hospital with "broken heart syndrome" after mistaking wasabi for avocado was covered globally, including headlines in the International Business Times, IFL Science, The Independent and NBC News.

**PRESS RELEASES**

*The BMJ | BMJ Nutrition, Prevention & Health | BMJ Open | Journal of Medical Genetics*

**EXTERNAL PRESS RELEASES**

*Annals of the Rheumatic Diseases | BMJ Open | Tobacco Control*

**OTHER COVERAGE**

New Editor-in-Chief for BMJ Simulation & Technology Enhanced Learning  InPublishing 30/09/2019 (PR)

Three new doctors inherit Sydney practice but not accepting new patients  Journal Pioneer 29/09/2019
Also covered widely by regional Canadian news outlets

The BMJ

Research: Immediate impact of minimum unit pricing on alcohol purchases in Scotland: controlled interrupted time series analysis for 2015-18 + linked editorial: Minimum unit pricing for alcohol in Scotland (PR)

Minimum price 'cuts drinking by half a pint a week' BBC News 25/09/2019 + BBC Radio 4 Today (1 hr 3 mins into programme) 26/09/2019
Spending on alcohol falls since minimum pricing policy OnMedica 26/09/2019
Minimum alcohol pricing in Scotland has cut drinking by 8 per cent, says study inews 26/09/2019


Afaae (Israel), Sputnik News Russia, 1newsnow (+ tweeted by Helen Clark, former NZ Prime Minister)


Research: Risk of prostate cancer for men fathering through assisted reproduction: nationwide population based register study + linked editorial: Male infertility linked to risk of prostate cancer (PR)

Male infertility linked to prostate cancer risk BBC News 25/09/2019 + BBC Radio 4 Today (1 hr 4 mins into programme) 26/09/2019
Fathering an IVF baby is linked to double the risk of prostate cancer The Times (print + online) 26/09/2019

Further coverage for epilepsy drugs linked to increased risk of suicidal behaviour (PR)
The 'safer' painkillers experts fear are as risky as opioids: They’re the alternative drugs doctors are handing out to avoid addiction, but evidence is mounting they could be just as dangerous - and may not even work MailOnline 23/09/2019
Also in: Health Medicine Network, WhatsNew2Day, Mogaz News, MSN IE

Further coverage for flawed evidence underpinning approval of new cancer drugs (PR)
Do new cancer drugs work? Too often we don’t really know (and neither does your doctor) The Conversation + The Conversation Australia 24/09/2019
Evidence underpinning approval of new cancer drugs raises questions ScienceDaily 18/09/2019
Also in: Viportal, Yahoo India, Financial Express, F3 NWS, The New Daily, Medical Xpress

Further coverage for vegetarian diet and risk of stroke (PR)
ARE VEGETARIANS REALLY AT A HIGHER RISK OF STROKE? Mel Magazine 23/09/2019
Also in: Web Investigator KK

Further coverage for expert recommendation against surgery for the most common shoulder pain (PR)
Invasive surgery for chronic shoulder pain doesn’t work (link unavailable) The Independent 24/09/2019

Further coverage for sexual activity in Britain (PR)
Could Your Phone Be The Key To A Better Sex Life? Grazia Daily UK 24/09/2019
'I'm not racist - but now I can see I was ignorant': Gucci's Alessandro Michele on controversy, carbon footprints and sex appeal The Daily Telegraph (print + online) 25/09/2019
Could Kink-shame Be Affecting Your Relationships? Happiful Magazine 27/09/2019

Further coverage for treating gastric bacteria linked to lower risk of developing stomach cancer (PR)
Long-term data confirm benefit of H. pylori treatment in gastric cancer MD Alert 24/09/2019

Further coverage for physical activity at any intensity linked to lower risk of early death (PR)
Physical activity at any intensity linked to lower risk of early death Everyday health 25/09/2019
60 Minutes of Domestic Chores Can Reduce the Risk of Early Death Indian24 News 27/09/2019

Other coverage for The BMJ
David Knight: Prescription drugs and dementia – why we need to get to the truth of the issue The Press & Journal 23/09/2019
Calls for city to lead the way in battle against harmful gambling The Evening Times
Trying to conceive? These 9 tips can help AsiaOne 23/09/2019
In India, 47% of poorest children and 30% of richest children are not immunised Scroll.In 23/09/2019
Attempting to conceive? These 9 suggestions may help Fooshya 23/09/2019
Call for opticians to offer lifestyle prescriptions Vision UK 23/09/2019
Why wasn’t I offered the £12 test that could have saved my twin son?’ Distraught mother speaks out after her child died from a common infection MailOnline 24/09/2019
Also in: Express Digest, WhatsNew2Day, MSN UK + IE, Health Medicine Network
Sanders slams Trump for silence on Kashmir The Nation (PK) 25/09/2019
No need to take TOEFL and IELTS exam to practise medicine in U.K. Careers 360 25/09/2019
Just move it The Telegraph India 25/09/2019
Blood Test For Heart Attacks Cleared By FDA WorldHealth.Net 25/09/2019
Can Actos Cause Heart Failure? Top Class Actions 25/09/2019
Genetically Increased Serum Calcium Not Linked to Improved BMD, Reduced Fracture Risk Endocrinology Advisor 25/09/2019
Is Quinoa Really Any Healthier Than Regular Old Rice? Bicycling 25/09/2019
Cervical cancer: WHO called for elimination, not eradication BioPortfolio 26/09/2019
Big ideas and small pleasures BioPortfolio 26/09/2019
Two Types of People Who Should Never Get the Flu Shot Health Nut News 26/09/2019
UK is the home of the anti-vaxxer: BBC documentary reveals people as far afield as INDIA now use social media to read conspiracies rooted in the work of disgraced British scientists Daily Mail 26/09/2019
Also in: Express Digest, Health Medicine Network, WhatsNew2Day
2-Week Flu Shot Delay in the UK Vax Before Travel 27/09/2019
The differing effects of explosive weapons on boys and girls examined ReliefWeb 27/09/2019
Pain expert DR HELENA MIRANDA cracked her battle with arthritis, migraine and sciatica WITHOUT pills - and can show you how to Daily Mail (print + online) 28/09/2019
Also in: Mogaz News, Express Digest, WhatsNew2Day, Health Medicine Network
Kind physician and ANC member who treated Nelson Mandela (print only) The Times 28/09/2019
"Vaxxed" — How Vaccine Safety Is Undermined and Suppressed Mercola 28/09/2019
The truth about CBD: the hemp wellness market is worth £300 million — should you be buying into it? The Daily Telegraph 29/09/2019
NHS maternity unit is owed almost £1.2 million by foreign mums but has recouped just £30,000 MailOnline + Mail on Sunday 29/09/2019
The doctor who’s blind and deaf: Medical student, 25, uses a special Bluetooth stethoscope (and patients love her folding cane) MailOnline 29/09/2019
Well, here’s the problem EuroWeeklyNews 29/09/2019
Head lice can embarrassing: Get rid of them naturally The Health Site 29/09/2019
Going Into the Hospital? What You Need to Know About Blood Clots SFGate 29/09/2019
Also covered by numerous US regional news outlets
The doctor who’s blind and deaf: Medical student, 25, uses a special Bluetooth stethoscope (and patients love her folding cane) Daily Mail 29/09/2019
Lung disease from vaping may hit Britain, says expert IranDaily 29/09/2019
Also in: Times of News, Yahoo UK, News Live, Dailyheralds, Centre Daily Times, The Observer

JOURNALS
BMJ Nutrition, Prevention & Health

Research: Changes in nut consumption influence long-term weight change in US men and women (PR)

A handful of nuts a day could stave off middle aged spread The Daily Telegraph 23/09/2019
Chewing a handful of nuts each day could keep your weight down, say Harvard scientists
MailOnline 23/09/2019
Nuts Could Be The Key To Preventing Weight Gain As You Get Older HuffPost Australia 27/09/2019


International

Other

Further coverage for choline deficiency and plant-based diets (PR)
The vegan diet lacks choline which is essential for overall health Medical Market Report 26/09/19

BMJ Open

Research: What arguments and from whom are most influential in shaping public health policy: thematic content analysis of responses to a public consultation on the regulation of television food advertising to children in the UK (PR)

Doctors slam broadcasting regulator Ofcom for ‘being influenced’ by the junk food industry after it turned down a 9pm watershed for adverts in 2009 MailOnline 23/09/2019
Industry has had too much say over junk food ad rules OnMedica 23/09/2019
Doctors calls for stricter policies on unhealthy food advertisements aimed at kids News-Medical.net 25/09/19


Research: Salt content of sauces in the UK and China: cross-sectional surveys (External PR)

Some sauces ‘10 times as salty as seawater’, report warns The Scotsman 24/09/2019
Popular brands of UK sauce have excessive salt levels, finds survey The Guardian 24/09/2019
Revealed: The sauces and marinades sold in supermarkets that contain up to TEN TIMES the amount of salt as sea water MailOnline 24/09/2019
Also in: Daily Express, New Food, Mirage News, Health Medicine Network, Exec Review, Medical Xpress, Docwire, Medical Xpress,

Research: Characteristics and changes in characteristics of women and babies admitted to residential parenting services in New South Wales, Australia in the first year following birth: a population-based data linkage study 2000–2012 (External PR)

1 in 3 new mums struggle to get their baby to sleep, but some women have a tougher time The Conversation 24/04/2019
Need for residential parenting services grows with birth interventions, finds largest-ever study Mirage News 24/09/2019
Parents have lost the village it takes to raise a child and this is taking a toll on new mothers and their babies SBS Australia 26/09/2019


Government's flagship named GP scheme 'is not effective' Pulse 23/09/2019
NHS 'named GP' scheme did not boost continuity of care GP Online 24/09/2019
Also in: MyHeadlinez, News-Medical.Net, Medical Xpress. BrightSurf, Scienmag

Research: Prospective longitudinal study of tobacco company adaptation to standardised packaging in the UK: identifying circumventions and closing loopholes (External PR)

Tobacco giants still marketing cigarettes despite plain packaging legislation Medical Xpress 24/09/2019
Major tobacco companies continue to market their products despite plain packaging legislation News-Medical.Net 24/09/2019
Also in: BrightSurf, Scienmag

Research: Development and validation of multivariable clinical diagnostic models to
identify type 1 diabetes requiring rapid insulin therapy in adults aged 18–50 years
(External PR)

New calculator will help clinicians diagnose diabetes more accurately Medical Xpress 26/09/2019
New Calculator Will Help Clinicians Diagnose Diabetes More Accurately Scienmag 27/09/2019
Also in: Hospitalhealthcare.com, The Diabetes Times, Mirage News, Diabetes.co.uk

5 Food Myths Worth Busting AskMen 25/09/2019

Incidence of Hodgkin Lymphoma Up in Least Deprived Areas Doctors Lounge 25/09/2019
Also in: Drugs.com, Medical Xpress

Cannabis As A Treatment For Diabetes Candid Chronicle 26/09/2019

Use caution with cinnamon to lower blood sugar The Seattle Times 26/09/2019

Some Perioperative Interventions May Prevent Development of Chronic Pain After TKR Clinical Pain Advisor 26/09/2019

11 Health Hacks to Make Your Life Easier Power of Positivity 27/09/2019

DO MOBILE PHONES CAUSE BRAIN CANCER? Weekend Switzer 27/09/2019

Pasta could help you lose weight after all - here's how Northumberland Gazette + local UK news outlets 27/09/2019

Further coverage for menstrual symptoms and loss of productivity (PR)
Periods cause women nine days of lost productivity a year People Management 28/09/2019

Journal of Medical Genetics

Research: Presence of pathogenic copy number variants (CNVs) is correlated with socioeconomic status (PR)

Chromosomal changes implicated in disease linked to social and economic disadvantage Medical Xpress 23/09/2019

Also in: MyHeadlinez, sciencecodex, BrightSurf

Annals of the Rheumatic Diseases
Inflammatory arthritis persists post immune-checkpoint inhibitor therapy Medwire News 24/09/2019
Also in: Medicine Matters

Managing Comorbidity in RA: Multidisciplinary Care Team Model Essential Medical Bag 25/09/2019

Arthritis Attributed to Immunotherapy May Persist Even After Therapy Docwire 26/09/2019
Researchers and WHO Establish New Reference for Analyzing Characteristic SLE Antibody
Lupus News Today 27/09/2019

Research: Diagnosis of osteoporosis in statin-treated patients is dose-dependent
(Pr)
Statins Could Increase or Decrease Osteoporosis Risk Depending on the Dosage
SciTechDaily 29/09/19
Also in: Scienmag

BMJ Case Reports
'Half as many Britons' vape as smoke BBC News 24/09/2019
Also in: Health Medicine Network, Dundee Messenger

Woman Mistakes Wasabi For Avocado, Ends Up In Hospital With "Broken Heart Syndrome"
IFLScience 24/09/2019
Israeli Woman Suffers 'Broken-Heart Syndrome' After Mistaking Wasabi For Guacamole At Wedding International Business Times 25/09/2019
Woman hospitalized after mistaking wasabi for avocado NBC News 25/09/2019


Other

Boy, 14, needs a tooth removed from his SKULL after he was bitten during a football match when he collided with another player - but it took doctors 12 DAYS to spot it was there
MailOnline 23/09/2019

Nicotine vape juice may contain ingredients like formaldehyde and a chemical used in weed killer. Here’s what they can do to your body Business Insider 29/09/2019
Also in: Latest Nigerian News

Vaping ‘linked to 200 health problems’, Bdin UK including pneumonia’ (misattributed to The BMJ) The Independent 29/09/2019
Also in: The Times, Centre Daily Times, Daily Heralds

Man, 41, fractures his penis TWICE in five months as doctors warn patients with a hypermobility condition may face a greater risk of the gruesome injury MailOnline
27/09/2019

**BMJ Evidence-Based Medicine**
*AAFP Debates Care for Transgender Youth* MedPage Today 24/09/2019

**BMJ Innovations**
*4,300 quit tobacco a year after calling South India helpline* The Hindu 27/09/2019

**BMJ Paediatrics Open**
*Blood Biomarkers Detect Brain Injury Following Trauma* Clinical Advisor 23/09/2019

**BMJ Quality & Safety**
*New tool predicts risk of medication-related harm in people living at home* Home Care Insight 23/09/2019

**British Journal of Ophthalmology**
*Cannabis To Combat Vision-Related Disorders: Does It Actually Work?* CBD Testers 23/09/2019

**British Journal of Sports Medicine**
*Extra protein boosts muscle with resistance-training, but only slightly* Channel News Asia 24/09/2019

*Endurance Training May Be Wrecking Your Oral Health, Even If You Brush Twice a Day* Bicycling 23/09/2019

*The Ultimate Cross-Training Workout for Runners* Outside Magazine 23/09/2019
*Also in: The Outdoor Survivor

*27 Things You’ve Been Doing Wrong Forever and Never Realized It* MSN Lifestyle (slide 10/28) 26/09/2019
*Also in: MSN Philippines, MSN IE, MSN NZ, MSN Lifestyle Canada

*We Asked an Expert If You Have to Lose Weight Before Building Muscle — Here’s What They Said* POPSUGAR 26/09/2019
*Also in: MSN Health & Fitness

*Start Building Muscle and Get Stronger With This 4-Week Strength Training Plan* POPSUGAR 29/09/2019
*Also in: Newsdog

*How to get fit: expert tips for training like a pro* The Times 27/09/2019

*How nutrition research is helping young gymnasts and figure skaters stay healthy* Boston
Globe 27/09/2019

Train like a pro All you need to know about getting in shape (print only) The Times 28/09/2019

Emergency Medicine Journal
It really is hard to sleep in the ER Japan Today 26/09/2019

Heart
Further coverage for napping and lower risk of heart illnesses (PR)
Napping twice a week decreases risk of heart illnesses by 48 per cent New Zealand Herald 24/09/2019
Also in: Meetings & Conventions, Alton Daily News, The Philippine Reporter

Journal of Epidemiology & Community Health
White Meat Linked to Cancer for the First Time SoDelicious 28/09/2019

Canada’s Drug Crisis Has a Solution. Politicians Don’t Like It. Foreign Policy.com 29/09/19

Journal of Investigative Medicine
What Cannabis, Lyme Disease and Biological Weapons Have in Common PROHBTED 25/09/2019

Journal of Medical Ethics
How opposition to protecting abortion survivors points to growing specter of infanticide NRL News Today 25/09/2019

Study Finds Transgender Athletes Have Advantages In Women’s Sports, Even After 12 Months Of Hormone Therapy 27/09/2019

Occupational & Environmental Medicine
Head and Neck Cancer Risk Factors Identified Among 9/11 Responders Dentistry Today 24/09/2019
Also in: News Line, Newswise, HealthNewsDigest.com

Infertility and Men: Is Air Pollution Shrinking the Male Sperm? Yahoo Lifestyle 24/09/2019
Also in: The Quint

Why a Pedaling Desk Beats a Standing One Bicycling 25/09/2019
Also in: Health Breaking News

Practical Neurology
Foods that fight memory loss (7/26) MSN Lifestyle + MSN IE + MSN India 26/09/2019
Also in: The Daily Meal

Regional Anesthesia & Pain Medicine
Botulinum Toxin Injection May Alleviate Endometriosis Pain Associated With Pelvic Floor Spasms Clinical Pain Advisor 23/09/2019
Further coverage for music as alternative to preoperative drug (PR)
Music May Be Helpful In Surgical Procedures Health Journal 23/09/2019

**Tobacco Control**

Research: Tracking and tracing the tobacco industry: potential tobacco industry influence over the EU’s system for tobacco traceability and security features (External PR)

Through the haze: Smoke-free laws failing to protect bar staff, patrons Medical Xpress 23/09/2019

**Vet Record**

Further coverage for James Herriot legacy (PR)
Forget James Herriot, it's time for Jane Herriot VetSurgeon News 23/09/19

Further coverage for bacteria in raw pet food (PR)
Study debunks ‘unsafe’ raw food Pet Business World 25/09/2019

Jersey cow turns productive after complex surgery The Hindu 29/09/2019
Also in: F3 NWS