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 (04-10 Nov) - our highlights include:

- Research published in the *British Journal of Sports Medicine* finding that any amount of running is linked to a significantly lower risk of death generated mass global coverage, including headlines in *ABC News*, *Sydney Morning Herald*, *TIME* and the *Times of India*.

- A study published in *Heart* suggesting that lonely cardiac patients are at an increased risk of death within a year of hospital discharge made headlines in *The Independent*, *The Economic Times Healthworld* and the *International Business Times*.

- An editorial published in *The BMJ* announcing that the journal has switched to using more environmentally friendly wrapping was picked up by *InPublishing*, *Mirage News* and *BioPortfolio*, with lots of positive response across social media.

**BMJ**

**PRESS RELEASES**

*British Journal of Sports Medicine* | *Heart*

**EXTERNAL PRESS RELEASES**

*The BMJ* | *Annals of the Rheumatic Diseases*  
*BMJ Open* | *Emergency Medicine Journal*  

**OTHER COVERAGE**

*The BMJ* | *ADC: Fetal & Neonatal*  
*BMJ Case Reports* | *BMJ Global Health*  
*BMJ Open Diabetes Research & Care* | *BMJ Open Ophthalmology*  
*BMJ Open Sport & Exercise Medicine* | *BMJ Quality & Safety*  
*BMJ Supportive & Palliative Care* | *British Journal of Ophthalmology*  
*General Psychiatry* | *Gut*  
*Injury Prevention* | *Journal of Epidemiology & Community Health*  
*Journal of Medical Ethics* | *Journal of Neurology, Neurosurgery & Psychiatry*  
*Medical Humanities* | *RMD Open*  
*Vet Record* | *Vet Record Open*
BMJ switches to more environmentally friendly wrapping

Also in: BioPortfolio

Research: Effect of revealing authors' conflicts of interests in peer review: randomized controlled trial (External PR)

Further coverage for vegetarian diet and lower risk of heart disease (PR)

Further coverage for benefits of statins “may be marginal at best” for most health people (PR)

Further coverage for calorie labelling in restaurants (PR)

Further coverage for assisted reproduction and infertility risk (PR)

Further coverage for filtered cigarettes and plastic waste (PR)

Other coverage for The BMJ

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04/11/2019
Adam Kay On 'This Is Going To Hurt', Sacha Baron Cohen And Saving The NHS Esquire 04/11/2019
Also in: Yahoo Lifestyle
Preventing Ear Infections With Proper Nutrition The Epoch Times 04/11/2019
Experts warn Instagram fuelling rise in yoga-related injuries Newshub 05/11/2019
Also in: MSN South Africa, NewsCaf, stuff.co.nz, MSN IE, inews, The Daily Dot, The New Zealand Herald
The 34 seconds everyone needs to see before even THINKING about voting Tory The Canary 05/11/2019
Sask. to ban vaping near schools and restrict advertising, but allow flavours CBC 05/11/2019
Also in: Canadian Cancer Society
KNOWLES: You Can't Be 'Self-Partnered,' Only Self-Deluded The Daily Wire 05/11/2019
How Do DIY Smear Tests Work – And Are They Available On The NHS? HuffPost UK 05/11/2019
American College of Physicians Issues New Guidelines on Colorectal Cancer Screening Medical Health News 05/11/2019
17 Things your parents told you that were actually valuable life lessons Best Life 05/11/2019
Also in: MSN Lifestyle, MSN IE, MSN IN
Online Intervention Could Help Those with Chronic Vestibular Syndrome BioPortfolio 05/11/2019
Six ways your height affects your health FirstPost 05/11/2019
Sex is best had at 7.30am! Weekend Post 05/11/2019
Exams belong in the past The McGill Tribune 05/11/2019
Focus on female power puts Cuba on top for kids' health (print only) Morning Star x205/11/2019
Women's right to be women – a dispatch from the battlefront The Conservative Woman 06/11/2019
What's in a Name? Ghostly Spirits Stalk the Medical Literature Fair Warning 06/11/2019
Also in: Salon
Why Steroids Are Best Avoided Healthglu 06/11/2019
Also in: Mercola
Fortifying breast milk with probiotics could prevent severe gut infections in premature babies, study says Nutrition Insight 06/11/2019
21 Things You Should Never Do in Winter Eat This, Not that! 06/11/2019
Also in: MSN IE, MSN IN
Smoking Increases Risk for Depression and Schizophrenia, Study Suggests Everyday Health 06/11/2019
Trans Fat : A silent killer Dhaka Tribune 07/11/2019
Are legal concerns stifling scientific debate? (Fiona Godlee mentioned) THE 07/11/2019
Why soft drinks companies must have nutrition & hydration as their watchwords - Sustainability Spotlight just-drinks 07/11/2019
Successful project to help dizziness sufferers expands to Europe Medical Xpress 07/11/2019
Also in: Mirage News Australia
Divergence of Lay and Professional Conceptions of Psychiatric Disease Psychiatry Advisor 07/11/2019
A Generation Asleep? Narcolepsy in Teens and Young Adults by the Children's Health Defense Team Health Nut News 07/11/2019
This High Cholesterol Diet Plan Will Lower Your Cholesterol Numbers Eat this, Not that! 07/11/2019
Also in: MSN South Africa

Also in: NewsDog

Sleeping Disorders Surge Among Teens USSA News 07/11/2019

Study: Conflict of interest disclosures don't alter the recommendations of peer reviewers Phys.org 08/11/2019

First Aid...For Burns Daily Mirror 08/11/2019

It May Actually Be Good That E-Cigs Are More Addictive Than Tobacco—But Juul Ruined It New York Observer 08/11/2019

This $12 million 'mansion yacht' is made entirely of stainless steel — and it's a first for the industry. Take a peek inside. FromPress 08/11/2019

'The Welsh NHS needs to brace itself for the worst winter it's ever seen' Wales Online 08/11/2019

An NBA Superfan found James Harden performs worse in cities with great strip clubs Miami Herald 08/10/2019

Why Drug Legalization And Hugs For Terrorists Won't Solve The Border Crisis The Federalist 08/11/2019

52 ideas that changed the world - 22. Ready meals The Week 08/11/2019

Taking on Eysenck: one man's mission to challenge a giant of psychology – Science Weekly podcast The Guardian Podcast 09/11/2019

Shirley Ballas health: Strictly judge recently underwent surgery - here’s why Express.co.uk 09/11/2019

Also in: Infosurhoy, WSTale

Drinking red wine, standing on one leg and other tips to help your aching joints MSN Lifestyle 10/11/2019

JOURNALS

British Journal of Sports Medicine

Research: Is running associated with a lower risk of all-cause cardiovascular and cancer mortality, and is the more the better? A systematic review and meta-analysis (PR)

Outrunning death: research finds any running at all better than none The Sydney Morning Herald x2 05/11/2019

'Relatively small doses' of running can lower risk of death: Study ABC News x2 05/11/2019

Regular running may boost your lifespan: Study Times of India 06/11/2019


International

Kids today are not as fit as their parents were Considerable 04/11/2019

Protect Yourself From Osteoporosis Newsmax Health 05/11/2019

Going for the Gold with a Baby Bump Psychology Today 05/11/2019

Winning the cold war (print only) The Times of India 04/11/2019

Sluggish Feeling During Exercise May Not Be The End Longevity 06/11/2019

The reasons why Kenyans always win marathons lie in one region CNN Philippines 06/11/2019
The 10 Biggest Wellness Myths of the Past Decade, From Carb Fears to Juice Cleanses
POPSUGAR 07/11/2019

Also in: MSN Health & Fitness

Can Your Abs Separate During Pregnancy? It's Not As Bad As It Sounds
Romper 07/11/2019

The bad seeds: Urgent need for Westerners’ sperm to get a wriggle on
The New Daily (Aus) 08/11/19

An A+ for movement
The Philippine Reporter 08/11/2019

The five: exercises to help avoid an early death
The Observer 10/11/19

Heart

Research: Significantly increased risk of all-cause mortality among cardiac patients feeling lonely (PR)

Lonely heart patients at ‘increased risk of dying’ after leaving hospital, study finds
The Independent 05/11/2019
Lonely cardiac patients are at higher risk of death: Study
ET Healthworld 05/11/2019

Lonely Cardiac Patients At Higher Risk Of Mortality Within A Year Of Hospital Discharge: Study
International Business Times 08/11/2019


International + other

Call for heart failure care overhaul as admissions reach record high
Nursing Times 05/11/19

Annals of the Rheumatic Diseases

Research: Metagenome-wide association study of gut microbiome revealed novel aetiology of rheumatoid arthritis in the Japanese population (External PR)
No coverage

Research: Adenosine deaminase 2 as a biomarker of macrophage activation syndrome in systemic juvenile idiopathic arthritis (External PR)
No coverage
TNF-guided infliximab dose escalation does not improve RA remission rates Medwire News 04/11/2019

EULAR releases recommendations for managing Sjögren’s syndrome MedWire News 05/11/2019

Use NSAID naproxen over low-dose colchicine for gout flares treatment, suggests BMJ study Specialty Medical Dialogues 05/11/1

New psoriatic patients may have lower serious infection risk with IL-12/23 inhibition MD Edge 06/11/2019

Researchers Call for High-Quality Antinuclear Antibody Testing to Improve Lupus Classification and Treatment Lupus Foundation of America 07/11/2019

Cardiac Outcomes Vary After Neonatal Lupus MedPage Today 07/11/2019

ADC: Fetal & Neonatal

Research: Incidence of necrotising enterocolitis before and after introducing routine prophylactic Lactobacillus and Bifidobacterium probiotics (External PR)

Giving billions of live bacteria to boost the gut health of premature babies Medical Xpress 06/11/2019
Also in: ScienceDaily, LongRoom, Scienmag, NutraIngredients, Health Medicine Network, NewsCaf

BMJ Case Reports
Sinus problems turn out to be marijuana man shoved up his nose 18 years prior ABC 04/11/2019

Vaping – Safe Until Proven Otherwise? (misattributed to The BMJ) The Bubble 05/11/2019

LOVE HURTS Woman suffers deadly anaphylactic shock after having sex with her husband (misattributed to The BMJ) The Sun + Sun IE + Scottish Sun 08/11/2019

BMJ Global Health
New report identifies key actions to reduce burden of global disease Mirage News 07/11/2019


BMJ Open

Research: Diagnosed prevalence of Ehlers-Danlos syndrome and hypermobility spectrum disorder in Wales, UK: a national electronic cohort study and case–control

7
**We live in constant fear**: the reality of life with Ehlers-Danlos syndromes  The Guardian 05/11/2019

**Research: Studying expressions of loneliness in individuals using twitter: an observational study**  (External PR)

*What your tweets could reveal about your feelings and personality*  The Daily Telegraph 04/11/2019

*A perfect tweetstorm: Scientists claim the language people use in their Twitter posts can reveal the state of their mental health and be used to predict loneliness*  MailOnline 04/11/2019

**Tweets may help predict loneliness: Study**  Deccan Herald 06/11/2019

**Flavoring in e-cigarettes leads more teens to try vaping, UNC study finds**  wraltechwire.com 03/11/2019

**Setting health goals with your GPs could be beneficial**  klfm967.co.uk 04/11/2019

**High-intensity weight training extending life of man, 70, battling prostate cancer**  Mirror 04/11/2019

*Can pumping iron beat prostate cancer?*  (print only) Daily Mirror 05/11/2019

*Prostate cancer could be prevented with three hours of exercise a week, experts say*  Daily Express 05/11/2019

**How Asthma Inhalers Are Choking the Planet**  TIME 05/11/2019

**1 in 4 High School Students Are Using E-Cigs**  Healthline 05/11/2019

**Lack of awareness and treatment delays put people with wet macular degeneration at risk of avoidable sight loss**  Medical Xpress 05/11/2019

**Flavors attract youth to use e-cigarettes: Study**  India Post 05/11/2019
Reanalyzing Drug Trials in Depression and Chronic Pain with the Aim to Unearth New Data

TrialSite News 05/11/2019

Hundreds of Emiratis dying because of poor diabetes control, research finds

The National (UAE) 06/11/2019

Pioneering brain chip to fight opioid addiction: first US clinical test

News-Medical.Net 06/11/2019

Intravenous Ketamine Offers Postoperative Pain Relief After Total Knee, Hip Arthroplasty

Rheumatology Network 06/11/2019

Mount Sinai Researchers Develop Novel Method To Identify Patterns Among Patients With Multiple Chronic Conditions

Scienmag 06/11/2019

Novel method to identify patterns among patients with multiple chronic conditions

ScienceDaily 06/11/2019

Also in: Medical Xpress, MyHeadlinez, Health Medicine Network

Faking your own death at these ‘living funerals’ is life-changing

New York Post 06/11/2019

Opioid Addiction Can be Controlled Using an In-Brain Chip Technology: First U.S. Clinical Trial

Lab Roots 06/11/2019

Treatable conditions, family tensions can see advance care directives overruled

News GP (Australia) 07/11/2019

12 Things Men Don’t Realize About Domestic Violence

Best Health 07/11/2019

Deep conflict for doctors when following patient directives

medianet 07/11/2019

KILLER CUTS Social care cuts ‘have led to the deaths of an extra 120,000 Brits since 2010’

The Scottish Sun 07/11/19

Mount Sinai Researchers Develop Novel Method to Identify Patterns Among Patients With Multiple Chronic Conditions

Health News Digest 07/11/2019

What would it take for this GP to attend a homebirth?

Australian Doctor 08/11/2019

Urinary Catheters Market Size 2019 Growing Demand Status of Top Manufacturers with Industry Share, Size, Projection, Consumption Forecast to 2024

Absolute News Journal 09/11/2019

Low-level laser therapy effective option for knee osteoarthritis: BMJ study

Specialty Medical Dialogues 10/11/2019

BMJ Open Diabetes Research & Care

17 Habits Proven to Prevent Prevent Diabetes

Best Life 08/11/2019

Also in: MSN IE, MSN Philippines

BMJ Open Ophthalmology

Lack of awareness and treatment delays put people with wet macular degeneration at risk of
avoidable sight loss  Medical Xpress 05/11/2019

BMJ Open Sport & Exercise Medicine
Announcing Xenith LOOP, the First Ever Purpose-Built Headgear for Non-Tackle Football
Markets Insider 06/11/2019
Also in: TickerTech, Finanzen.ch, Morningstar StockInvestor, Post & Mail + widely covered by US business outlets
6 “Healthy” Habits That Mess With Your Gut  Bustle 10/11/2019

BMJ Quality & Safety
Oral health strategy – the case for rapid research  Ireland’s Dental 05/11/2019

BMJ Supportive & Palliative Care
Major gaps persist in knowledge of the practice of assisted suicide and euthanasia  BioEdge 10/11/19

British Journal of Ophthalmology
SLT no more effective than medication in improving QoL  Healio 04/11/2019

Emergency Medicine Journal
Research: Is seniority of emergency physician associated with the weekend mortality effect? An exploratory analysis of electronic health records in the UK (External PR)

Admitting practices of junior doctors may be behind ‘weekend effect’  Mirage News 06/11/2019

General Psychiatry
Making dietary changes can increase “good” gut bacteria and reduce anxiety symptoms, researchers find  Nutrient.News 06/11/2019
Also in: BruDirect

Gut
Further coverage for antibiotics and cancer risk
Effect of antibiotics on colorectal cancer risk varies along the gut  The Pharmaceutical Journal 06/11/19

Injury Prevention
Wound Care Biologics Market Evolving Technology, Trends and Industry Analysis 2018 to 2026  TechnoBleak.com 05/11/19

Journal of Epidemiology & Community Health
NHS treating 5,000 diabetics a day as one in 10 patients now suffer with illness, figures reveal  The Daily Telegraph 04/11/2019
Also in: Yahoo News
Hospital under pressure as cases of heart failure rise by a third (print only) The Daily Telegraph 04/11/2019
Air pollution does deeper damage than just lungs and heart Maravi Express 04/11/2019

Workers in These Careers Retire the Earliest, Study Says The Motley Fool 06/11/2019
Why annuities could be an especially good deal for women Financial Planning 07/11/2019
Also in: The News BIB, Bank Investment Consultant, Santa Maria Times + numerous US regional news outlets

Journal of Medical Ethics
Sports contests test new models to give fair play to LGBT+ competitors MailOnline 04/11/2019
Also in: Haaretz, Reuters, MDAalert, Malay Mail, Devdiscourse

45 Population Control Quotes That Show The Elite Are Quite Eager To Reduce The Number Of People On The Planet USA News 06/11/2019

Donald Trump Jr.’s new book warns about transgender athletes The BL 07/11/2019

Ambroxol Plus ERT Is Safe, Could Halt Neurological Progression in Gaucher, Small Study Suggests Gaucher Disease News 07/11/2019

Testing Manufactured Organs on the Recently Deceased Raises Ethical Concerns Medical Bag 08/11/19

The Wonderful Victories of Trans Athletes Are Shaking Up Sports activities UpNewsIndustry 10/11/19

Doing away with parents altogether: Artificial births are the future, say experts Natural News 10/11/2019

Journal of Neurology, Neurosurgery & Psychiatry
Food Allergies & Disease Activity in Multiple Sclerosis Physician’s Weekly 05/11/2019

Further coverage for anti-inflammatory agents curbing major depressive symptoms (PR) Anti-inflammatories effective and safe with major depression MedicalBrief South Africa 07/11/2019
Also in: MDLinx, MD Alert, India Post

Medical Humanities
The link between chronic illness and shame mnn 09/11/2019

RMD Open
Uncontrolled High Uric Acid Levels Can Be Life-Threatening for Gout Patients, A New Study Shows Creaky Joints 09/11/2019

Vet Record
New Caninsulinket diabetes website Vet Surgeon News 06/11/19
Also in: Vet Times

Vet Record Open
Canine surgical site infections higher than thought – study Vet Times 07/11/19