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

- **The BMJ Christmas issue** continues to make headlines, including health benefits of engaging with the arts (*The News York Times, Sydney Morning Herald* and the *Jakarta Post*) and healthcare careers not as “honourable” as sports, arts or media (*Reuters, Daily Mail, and Business Insider*)

- Further coverage for the **JECH** study on labelling food with physical activity levels, including *The National Post, the Daily Mail and The Star Malaysia*.

- A **BMJ Case Report** about a man who was diagnosed with syphilis in his eyes was picked up by *Newsweek* and the *Daily Mail*.

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**The BMJ Christmas Issue** | **The BMJ**

**Annals of the Rheumatic Diseases** | **Archives of Disease in Childhood**

**BMJ Case Reports** | **BMJ Global Health**

**BMJ Nutrition, Prevention & Health** | **BMJ Open**

**BMJ Open Diabetes Research & Care** | **BMJ Open Gastroenterology**

**BMJ Open Sport & Exercise Medicine** | **BMJ Quality & Safety**

**BMJ Sexual & Reproductive Health** | **BMJ Supportive & Palliative Care**

**British Journal of Ophthalmology** | **British Journal of Sports Medicine**

**Emergency Medicine Journal** | **ESMO Open**

**Gut** | **Heart**

**Injury Prevention** | **Journal of Epidemiology & Community Health**

**Journal of Medical Ethics** | **Journal of Neurology, Neurosurgery & Psychiatry**

**Occupational & Environmental Medicine** | **Regional Anaesthesia & Pain Medicine**

**Tobacco Control**

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**The BMJ Christmas Issue**

Further coverage for feature: **Wash your hands, Brother John!** (PR)

*Singing the way to clean hands Teaching the steps of proper handwashing through a modified* The Star Malaysia 23/12/2019

**Also in:** Study Finds
Further coverage for research: **The art of life and death** (PR)


Further coverage for research: **Birth month, birth season, and overall and cardiovascular disease mortality in US women** (PR)

**People born in spring and summer have a greater risk of dying from heart disease, claims study** [Meaww](https://meaww.com/2019/12/people-born-spring-summer-greater-risk-dying-from-heart-disease-claims-study.html) 24/12/2019

**Also in:** Frontier Post

Further coverage for research: **Bend it like Beckham or fix them like Florence - proportional representation of healthcare in New Year honours** (PR)

**Doctors and nurses in the UK not honored as often as other professions** [Reuters](https://www.reuters.com/article/us-healthcare-nhs-uk/non-doctors-nurses-not-often-honoured-as-other-professions-idUSKCN1XS14I) 23/12/2019


Further coverage for research: **The need for speed** (PR)

**Speeding Cardiologists in Florida Most Likely to Drive ‘Luxury’ Cars** [tctmd.com](https://tctmd.com/speeding-cardiologists-in-florida-most-likely-to-drive-luxury-cars/) 25/12/2019

**Also in:** European Hospital

Further coverage for feature: **Round the bend** (PR)

**Why sex in MRI machine experiment was conducted 20 years ago?** [Outlook India](https://www.outlookindia.com/india-news/story/why-sex-in-mri-machine-experiment-was-conducted-20-years-ago-246552) 23/12/2019

**Also in:** IndiaPost.com, Ars Technica, Newkerala, Orissa Post, India Tribune, YesPunjab, Austin Indian, Daijiworld, Daily World (IN), The South Asian Times, Can-India News, Kentucky Indian, India4u, Prokerala

Further coverage for Christmas Issue 2018

**Heart attack symptoms to look out for around the holidays** [CBS This Morning](https://www.cbsnews.com/news/heart-attack-symptoms-to-look-out-for-around-the-holidays/) 24/12/2019

**Also in:** MSN Health + Fitness, covered widely by local US TV outlets

**Other notable coverage for The BMJ**

**The 7 questions you should never be afraid to ask your doctor** [South China Morning Post](https://www.scmp.com/health/article/2625215/7-questions-you-should-never-be-afraid-ask-your-doctor) 26/12/2019
Drive to add 'stop smoking' to new year's resolutions scrapped by Public Health England  The Telegraph 26/12/2019

Further coverage for sexual activity among British people (PR)
21 Things Scientists Discovered About Sex In 2019  MindBodyGreen 29/12/2019
Christmas Eve is the most popular time for festive sex  Yahoo Style + Yahoo Singapore, 24/12/2019
Also in: Glamour UK

Further coverage for “over the counter” genetic testing (PR)
DNA Tests Make a Fun Gift But Here’s What You Need to Know Before You Unwrap  ScienceAlert 23/12/2019
Also in: Inverse, CollingwoodToday.ca + local Canadian print media

Further coverage for vegetarian diet and risk of stroke (PR)
Vegetarians are Highly Prone to Stoke Conditions than Meat-Eaters  The Silicon Review 26/12/2019
The best diet to increase life expectancy according to new study  Iran-Daily 29/12/2019

JOURNALS
Annals of the Rheumatic Diseases
JIA and the Lung: Unraveling the Clues  MedPage Today 24/12/19

Understanding the Progression of Non-Radiographic Axial Spondyloarthritis  Creaky Joints 27/12/2019

Archives of Disease in Childhood
Further coverage for medical devices that look like medicines (PR)
Study: Not All EU Medical Devices Are as Safe and Effective as They Claim to Be  XTalks 24/12/19
Also in: Blogarama

Putting folic acid in flour in Britain will save 400 babies each year, scientists say after move was introduced in 80 other countries  Mail Online + Mail on Sunday, Mail on Sunday Scotland 29/12/19
Also in: What’sNew2Day, Celbest News, expressdigest

Further coverage for ant-malarial properties of soup (PR)
Minestrone soup could help fight against malaria, study says  KUTV 28/12/19

BMJ Case Reports
Man, 39, is diagnosed with syphilis in his EYES after the STI spread to his head and gave him headaches and pain when he looked around  Mail Online 23/12/19
MAN’S HEADACHES AND EYE PAIN TURNS OUT TO BE SYPHILIS THAT HAD SPREAD TO HIS HEAD  Newsweek 24/12/2019
Also in: Daily Mirror (misattrib to The BMJ), Spark Health MD, Health News Today

An ultramarathon runner puked so hard he tore open his esophagus  Gizmodo US 23/12/19
Also in: IFL Science
Wasabi overload: 10 strangest medical cases of 2019  Live Science 24/12/19

The tip of a man’s penis turned black after his partner bit it, causing a quarter-sized piece of tissue to die  Business Insider 27/12/19
Also in: Daily Star

E-cigarettes could make nicotine addiction WORSE and ‘vapers should get the same quitting help as smokers’  MailOnline 24/12/2019
Also in: What’sNew2Day

**BMJ Global Health**

A covey of vultures  High Plains Review 23/12/19

**BMJ Nutrition, Prevention & Health**

Further coverage on benefits of eating nuts (PR)  
Eating Nuts May Help Keep Weight Gain in Check  Diabetes Forecast 24/12/19
Also in: Mirage News

**BMJ Open**

Study reveals which countries’ researchers work through their holidays  Chemistry World 23/12/19

Hold up! Science says pasta could actually help you lose weight  MummyPages 23/12/19

**Disease modifying therapies for Multiple Sclerosis**  Medical News Bulletin 23/12/19

Further coverage on the benefits of grandparenting (PR)  
Grandparents who care for grandchildren less likely to feel isolated, lonely  Healió Psychiatry 27/12/19
Also in: Daily Mirror + Irish Daily Mirror, The Star Malaysia, AsiaOne,

Further coverage of rise in anorexia nervosa cases (PR)  
Child cases of anorexia nervosa have doubled  Irish Examiner 27/12/19 (misattrib to The BMJ)
Also in: MSN IE, European News,

Same-day hospital release after hip op ‘dangerous’  What Doctors Don’t Tell You 27/12/19
Medical News Today: Do antidepressants work better than placebo?  Denton Daily 29/12/19

**BMJ Open Diabetes Research & Care**

Men With T2D, Osteoarthritis Experience More Severe Joint Pain With Insulin Use  Medical Bag 23/12/19

**BMJ Open Gastroenterology**

Mysterious intoxication: strangest medical cases of 2019  Live Science 24/12/19

**BMJ Open Sport & Exercise Medicine**

7 Things We Learned About Fitness in 2019  ACE Insights 23/12/19
Also in: Fitness Health Yoga
BMJ Quality & Safety
Scots ‘too scared’ to undergo bowel cancer screening Scottish Daily Mail 28/12/19 (print only)
Treatment fears deterring some from bowel cancer screening, study suggests Herald Scotland 28/12/2019

BMJ Sexual & Reproductive Health
The Year's Best Advice for Having 'Big Talks' with Kids LifeHacker Australia 26/12/19

BMJ Supportive & Palliative Care
Sustained-release morphine safe in chronic breathlessness MD Alert 25/12/19

British Journal of Ophthalmology
Fatty diets linked to vision loss in seniors WebMD 26/12/19

How to open champagne like a pro The Spruce 27/12/19

British Journal of Sports Medicine
Why you should try rock climbing this summer Safica24 23/12/19
Also in: IOL

Knee Injury in Youth Increases Osteoarthritis Risk Medscape 24/12/19
Also in: Japan Today

Mothers get moving Gulf News 24/12/19
Also in: Emirates24 News, ViPortal, NewsDog, Medical Health News

Only 30 per cent of UAE stroke patients reach hospital in time, say experts Gulf News 24/12/19

11 Legit Health Benefits of Cycling Bicycling 25/12/19

Hectic Christmas football schedule does not increase number of goals Racing Post 28/12/19

Why the Premier League’s Christmas fixture list is dangerous as fatigue mounts Daily Telegraph 28/12/19

Emergency Medicine Journal
‘Portable A&E’ that can treat patients on the road ‘save hospital £500,000 a year’ Angle News 26/12/19

ESMO Open
Oral Therapies for Hormone Receptor – Positive Breast Cancers Pharmacy Times Online 23/12/19

Gut
Satiety Signaling from Intestine: Fresh Findings  MedIndia 28/12/19

Colon cancer cases rising among young men: Study  (misattrib to The BMJ)  Times of India 29/12/2019

Heart
Further coverage for daytime napping and lower risk of heart attack/stroke (PR)
Einstein and Churchill both took daily naps - why it's time to follow their lead  The Telegraph 23/12/2019

Life after a heart attack  The Hindu 25/12/2019

Injury Prevention
How To Store That Nightstand Firearm Safely  Connecticut Public Radio 24/12/19

Woman spent 7 years trying to lighten her skin, got mercury poisoning instead  BGR 26/12/19
Also in: World News, USA Breaking News Online, The Daily Wire, Conservative Angle

E-bike injuries found to result in more internal injuries than for scooters or regular bikes  Medical Xpress 27/12/19
Also in: Sky Statement, BGR, KFGO News

Journal of Epidemiology & Community Health
Further coverage for PACE labelling (PR)
How long will it take to burn off these calories?: The controversial next step in nutrition labeling  The National Post 23/12/19 (last year’s BMJ study mentioned)

Further coverage for mid-life muscle mass and heart disease risk (PR)
Dr Zorba Paster: Getting ready for those new year resolutions  Madison.com 27/12/19 (Link unavailable)
Also in: La Crosse Tribune, WiscNews

Journal of Medical Ethics
The Nine Most Absurdly PC Moments of 2019  The National Review 23/12/19

Marginalizing Nature  New English Review 29/12/19

Journal of Neurology, Neurosurgery & Psychiatry
Further coverage for anti-inflammatories and depression (PR)
Can Lowering Inflammation Help Major Depression?  Mercola.com 26/12/19
Also in: Before It’s News, Sign of the Times, Radio Health Journal

Occupational & Environmental Medicine
Cumulative occupational exposure to low-dose radiation tied to higher cataract risk  Specialty Medical Dialogues 27/12/19
Also in: MD Alert
**Regional Anesthesia & Pain Medicine**
*Early Regional Anesthesia Effective for Extremity Injury Pain* Clinical Pain Advisor 26/12/19

**Tobacco Control**
*Raising the legal tobacco age from 18 to 21 could save 50,000 lives* MarketWatch 24/12/19
*Congress is raising the smoking age to 21. Will it slash LGBTQ smoking rates?* LGBQT Nation 26/12/2019