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 (25 November - 1 December) - our highlights include:

- A US study published in *The BMJ* finding that air pollution is linked to several new causes of hospital admissions was picked up by CNN, *The Sydney Morning Herald* and *The Guardian*.

- A research paper in *The BMJ* suggesting that the NHS is “lagging behind” other high income countries made headlines in *The Daily Telegraph*, *ITV News*, *BBC News* and the *Metro*.

- A study published in *BMJ Open* finding that one third of UK maternity doctors may suffer from workplace ‘burnout' made national headlines, including *The Daily Telegraph*, *The Sun*, the *Daily Mail* and *The Times*.

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**BMJ**

**PRESS RELEASES**

[The BMJ](http://thebmj.com)

**EXTERNAL PRESS RELEASES**

[BMJ Open](http://bmjopen.com) | [Tobacco Control](http://tobaccocontrol.com)

**OTHER COVERAGE**

[The BMJ](http://thebmj.com) | [Annals of the Rheumatic Diseases](http://annalsofrheumdis.com)
[Archives of Disease in Childhood](http://adc.bmj.com) | [BMJ Case Reports](http://case.bmj.com)
[BMJ Global Health](http://bmjglobalhealth.com) | [BMJ Nutrition, Prevention & Health](http://bmjnph.bmj.com)
[BMJ Open Diabetes Research & Care](http://bmjopen-diabetes.bmj.com) | [BMJ Open Sport & Exercise Medicine](http://bmjopen-sportex.bmj.com)
[BMJ Sexual & Reproductive Health](http://bmjsexuality.bmj.com) | [British Journal of Sports Medicine](http://bjsm.bmj.com)
[Gut](http://gut.bmj.com) | [Heart](http://heart.bmj.com)
[Journal of Epidemiology & Community Health](http://jepch.bmj.com) | [Journal of Investigative Medicine](http://jim.bmj.com)
[Journal of Neurology, Neurosurgery & Psychiatry](http://jjn.bmj.com) | [Lupus Science & Medicine](http://lupusc.bmj.com)
[Medical Humanities](http://medhum.bmj.com) | [Occupational & Environmental Medicine](http://occenv.bmj.com)
[RMD Open](http://rmど.bmj.com) | [Vet Record](http://vetrecord.bmj.com)

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**BMJ**
Finger Clubbing: This Simple Test Could Warn You Of Lung Cancer (BMJ Best Practice) HuffPost UK 25/11/2019
Working to prevent overdiagnosis (Fiona Godlee mentioned) News GP 27/11/2019
Medics call on Boris Johnson to take part in debate to 'prevent further harm to kids' health' Daily Mirror (print + online) 26/11/2019

The BMJ

Research: Short term exposure to fine particulate matter and hospital admission risks and costs in the Medicare population: time stratified, case crossover study
+ Linked editorial: The health effects of fine particulate air pollution (PR)

More reasons air pollution will send you to the hospital CNN 27/11/2019
Air pollution particles responsible for spike in UTIs, sepsis hospitalisations Sydney Morning Herald 28/11/2019


Research: Performance of UK National Health Service compared with other high income countries: observational study (PR)

NHS spending and staffing worse than other Western countries, warns report, with quality of care 'slipping' The Daily Telegraph (print + online) 27/11/2019
UK lags behind other high-income countries on health, report finds ITV News 27/11/2019
NHS 'relying on assistants to plug nurse staffing gap' Metro 28/11/2019
'We try our best as nurses, but it's not enough' BBC News 28/11/2019


Further coverage for sexual activity among British people (PR)
Are You Getting Any? I Don't Mind Having Less Sex Than My Friends Vice 27/11/2019
How often is 'normal' when it comes to sex? There's a reassuring answer The Daily Telegraph (print + online) 30/11/2019
Further coverage for “man flu” (Christmas 2017 PR)
'We may be wise to cut men some slack': Why the man flu isn't a myth CBC 26/11/2019

Further coverage for wrapping editorial (PR)
What's been going on... InPublishing 25/11/2019

Further coverage for inducing labour over “wait and see approach” (PR)
Inducing labor at 41 weeks safer than 'wait and see' approach Reuters 28/11/2019

Further coverage for The BMJ sustainable wrapping (PR)
Wrapping The BMJ: the next logical step is digital BioPortfolio 28/11/2019

KPI coverage for The BMJ
Exclusive: Leading brain specialist frustrated at football's failure to protect future generations against dementia The Telegraph 25/11/2019
Martin Marshall: GPs need to do less, but it’s not what patients want to hear The Guardian (print + online) 26/11/2019
It's taken years but I've finally found the cure to hangovers (print only) The Daily Telegraph 28/11/2019
Put your back into it: No evidence straight-back lifting is safer, say experts Sydney Morning Herald 30/11/2019

JOURNALS

Annals of the Rheumatic Diseases
Comparing Perceptions of Psoriatic Arthritis Disease Activity Physician’s Weekly 25/11/2019

Rates of joint surgery higher with psoriatic arthritis Medical Xpress 25/11/2019
Also in: Doctors Lounge, Drugs.com, MyHeadlinez, Physician’s Briefing

New consensus recommendations guide Sjogren's syndrome management MD Alert 25/11/2019
Also in: Medical Dialogues,

Sustained Remission in RA Fails with Programmed Infliximab Treatment Rheumatology Network 27/11/2019

ASAS Releases Quality Standards to Improve Healthcare of Patients With Axial Spondyloarthritis Rheumatology Advisor 29/11/2019

Archives of Disease in Childhood
Further coverage for homemade soups and antimalarial properties (PR)
Inherited homemade soup recipes help fight malaria The Star Malaysia 25/11/2019
Also in: Tribune Nigeria, The Sun Daily (Malaysia)
Can Weighted Blankets Really Reduce Stress and Anxiety, or Are Those Claims a Bunch of Fluff? Mental Floss 27/11/2019

**BMJ Case Reports**
A baby was born 'pregnant' with her own sibling and needed an emergency C-section to remove it  INSIDER 25/11/2019
Also in: BOL News, The Sun + Scottish Sun + Sun IE, AOL, Her.e, Herald Sun

'Hippy crack' leaves man BRAIN DAMAGED: 26-year-old suffers 'decreased consciousness and confusion' after inhaling two litres of laughing gas every WEEK for six months Daily mail 26/11/2019

Further coverage for “duvet lung” (PR)
Tanya Sweeney: 'Is your duvet killing you?' Independent.ie 26/11/2019
Also in: MSN Lifestyle, Yahoo Australia & NZ, The Independent (print), Yahoo Styloe

Why kombucha may not be as healthy as you think The Times 26/11/2019

Dog lick death: how dangerous is your canine's mouth? The Week 27/11/2019

Too much consumption of wasabi may lead to heart problem (misattributed to The BMJ) Times of India 29/11/2019

Man, 66, grows a BUBBLE under the skin on his back filled with air that escaped from his cancerous lung MailOnline 29/11/2019

WEIRD SCIENCE: A MAN ruptured his throat after trying to stifle a sneeze (print only) The Mail on Sunday 01/12/2019

**BMJ Global Health**
Lessons from market tweak on TB test The Telegraph India 01/12/2019

**BMJ Nutrition, Prevention & Health**
New Study Concludes Nuts DO Stave Off Weight Gain Youbeauty 29/11/2019

**BMJ Open**
Research: Burnout, well-being and defensive medical practice among obstetricians and gynaecologists in the UK: cross-sectional survey study (External PR)
One in three maternity doctors in the UK are 'burnt out' and at risk of making harmful mistakes, study warns Daily Mail 26/11/2019

'WORRYING' New mums and babies are put at risk of poor care by stressed out medics, study warns The Sun + Scottish Sun 26/11/2019

A third of maternity doctors 'burnt out' and at risk of losing empathy for women in their care The Daily Telegraph (print + online) 26/11/2019

Also in: The Times + Scottish edition, Daily Mirror, Sciencecodex, Health Medicine Network, Konitono News, Express Digest, local Australian news outlets, MyHeadlinez, Fooshya,

**Research:** Feeling the pressure: a cross-sectional study exploring feasibility of a healthcare Pop-Up for intraocular pressure measurements in shopping centres in England (External PR)

Most Shoppers Unaware Of Major Risk Factor For Most Common Form Of Glaucoma In UK Scienmag 27/11/2019
Also in: Bioengineer, Medical Xpress, BrightSurf, News-Medical.Net, Health Medicine Network

**Research:** Time intervals and routes to diagnosis for lung cancer in 10 jurisdictions: cross-sectional study findings from the International Cancer Benchmarking Partnership (ICBP) (External PR)
No coverage

**Best supplements for tiredness: Taking this key mineral has been proven to boost energy** (misattributed to The BMJ) 25/11/2019

**CGM may be feasible in older people with memory problems** MedWire News 25/11/2019

**Urinary Catheters Market 2019 Significant Growth Rate by Industry Size, Share, Market Dynamics, Development Status of Key Players Forecast to 2024** Sino Daily News 25/11/2019

**6 Benefits of Going Alcohol-Free for Dry January, According to Experts** Prevention 25/11/2019

**In Deprived Areas, Men Are At A Higher Risk Of Depression Than Women** Daily Health Talks 26/11/2019

**Christchurch scoops most coveted NZ exercise industry awards** (misattributed to The BMJ) Scoop 26/11/2019
Also in: voxy.nz

**The worthy Left’s strange passion for alternative facts is creating fear and false headlines** The Telegraph 26/11/2019

**Is Wearing A ‘Period Badge’ A Bloody Good, Or Bad, Idea?**(misattributed to The BMJ) HuffPost 26/11/2019
Also in: Yahoo UK

**EYE HEALTH CHECKS OFFERED AT SHOPPING CENTRES** Optometry Today 26/11/2019

**Physical Therapy Can Help To Cure Back Pain: Research** Newsgram 28/11/2019
**Nutrition science under fire: Diet trials lack of ‘rigour’ slammed by researchers** NutralIngredients 29/11/2019

**The true cost of austerity Britain** Epping Forest 30/11/2019
Could exercise beat advanced prostate cancer? (print only) The Daily Telegraph 30/11/2019

Here's Why Smoking Cigarettes Can Increase Depression Risk Newsgram 01/12/2019

19 Major Medical Breakthroughs That Happened in 2019 BestLife 01/11/2019
Also in: MSN Philippines, MSN IE,

BMJ Open Diabetes Research & Care
Study Shows Mechanism of Empagliflozin's Effects on Obesity, Insulin Resistance AJMC 28/11/2019

BMJ Open Sport & Exercise Medicine
Running isn’t so bad for your knees after all (misattributed to The BMJ) Canadian Running 26/11/2019
Also in: Ottawa Sun + regional Canadian news outlets, Q107

BMJ Sexual & Reproductive Health
Further coverage for sexual coercion (PR)
The truth about reproductive coercion Cosmopolitan 28/11/2019
Also in: Yahoo! News Philippines, Yahoo! India Style, Yahoo! UK Style

Is the pill past its sell-by date? The once-a-day pill may become obsolete after almost 60 years Wellston Journal 28/11/2019

British Journal of Sports Medicine
BGSU athletics highlight the significance of mental health for student-athletes BGSU Falcon Media 25/11/2019

The 'wealth-being' secrets of the world's top entrepreneurs The Daily Telegraph (print + online) 26/11/2019
Health tips from high flyers – less 'hustle harder', more 'wealthbeing' The Sydney Morning Herald 01/12/2019
Also in: WAToday, Brisbane Times

No evidence stretching prevents running injuries CNA 29/11/2019
Stretching will NOT prevent running injuries - but a warm-up walk or jog may cut risks for shin splints and tendonitis, scientists say Daily Mail 29/11/2019

Study reveals most common injury in marathon runners (misattributed to The BMJ) Runner's World 29/11/2019

'Brainstorm': Western University video series sheds light on concussions The London Press 29/11/2019

Human breasts: 6 strange facts about them The Health Site 29/11/2019
**Fitness Trackers: How to Best Utilise Them for Optimal Health** The Independent (Singapore) 01/12/2019

**Heart**
Yes, Practicing Gratitude Comes With Legit Health Benefits Runner's World 28/11/2019

**Gut**
Updated guideline for management of people at increased pancreatic cancer risk Medical Dialogues 27/11/2019

**Journal of Epidemiology & Community Health**
Further coverage for middle aged muscle mass and heart health (PR)
Why maintaining muscle in middle age might help men's hearts later Health24 26/11/2019

**How Consumption of Fruits and Vegetables Prevents Cancer, Others** Pharma News 26/11/2019

**Suicide rates fall after gay marriage legalized in Sweden and Denmark** Taipei Times 26/11/2019

**Reality Check: Does Weed Affect Fertility?** Benziga 30/11/2019

**Journal of Investigative Medicine**
Treating the common cold with an elderberry rob — a vegetable juice thickened by heat The Seattle Times 27/11/2019

**Journal of Neurology, Neurosurgery & Psychiatry**
Can Paracetamol Safely Curb Major Depressive Symptoms? Indian24 25/11/2019

**Lupus Science & Medicine**
Cenerimod Shows Promising Safety and Efficacy in People With SLE, Phase 2 Trial Finds Lupus News Today 25/11/2019

**Medical Humanities**
Orthorexia is ‘digitally transmitted’ and vying to be recognised as a mental health disorder Denton Daily 27/11/2019

**Occupational & Environmental Medicine**
If you're pregnant, don’t work the night shift: Research says it increases risk of miscarriage Natural News 28/11/2019

**RMD Open**
Nordic Study Shows Similar Retention Rates for Biosimilar and Reference Etanercept, Infliximab Center for Biosimilars 25/11/2019

**Tobacco Control**
Research: Carbon monoxide concentration in mainstream E-cigarette emissions measured with diode laser spectroscopy (External PR)
E-cigs can produce dangerous carbon monoxide concentration, central Pa. researchers find
Vet Record
Further coverage for cat and dog blood donation (PR)
Dogs and Cats Can Donate Blood (But Most People Don't Know) Psychology Today 27/11/2019

BVA launches resource to clarify and aid reporting of suspected illegal pet imports in England Politics Home 29/11/2019