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 20 journals were picked up in the media last week (9-15 December) - our highlights include:

- Research published in the *Journal of Epidemiology & Community Health* suggesting that labelling foods with the amount of physical activity needed to burn off the calories is linked to healthier dietary choices made global headlines, including *Forbes, BBC News* and the *Times of India*.

- A *BMJ Supportive & Palliative Care* study finding that planning for future care may be linked to a longer survival in terminally ill patients was picked up by *The Daily Telegraph, OnMedica* and *The Nursing Times*.

- A study in *The BMJ* warning that up to two fifths of antibiotic prescriptions in the US could be inappropriate was covered by *Newsweek, TIME* and the *New York Post*.

**PRESS RELEASES**

The BMJ | The BMJ Christmas Issue
BMJ Supportive & Palliative Care | Journal of Epidemiology & Community Health

**EXTERNAL PRESS RELEASES**

The BMJ | BMJ Global Health
Tobacco Control

**OTHER COVERAGE**

The BMJ | Annals of the Rheumatic Diseases
Archives of Disease in Childhood | BMJ Case Reports
BMJ Nutrition, Prevention & Health | BMJ Open
BMJ Open Diabetes Research & Care | BMJ Open Sport & Exercise Medicine
BMJ Sexual & Reproductive Health | British Journal of Ophthalmology
British Journal of Sports Medicine | Emergency Medicine Journal
Gut | Journal of Medical Ethics
Journal of Neurology, Neurosurgery & Psychiatry | Postgraduate Medical Journal
Vet Record

BMJ
BMJ taking part in a summit on 'Religion and Medical Ethics' co-hosted by the Pontifical Academy for Life and the Qatar Foundation at The Vatican, Rome

Rome conference focuses on holistic approach to caring for elderly The Dialog 11/12/2019
Also in: CatholicPhilly.com, The Pilot, CatholicCulture.org, The Record (US), Catholic Miscellany, Catholic News Agency, National Catholic Register Online

The BMJ press release coverage

Research: Antibiotic prescribing without documented indication in ambulatory care clinics: national cross sectional study
+ Linked Editorial: Coding infections in primary care (PR)

ANTIBIOTICS COULD BE WRONGLY PRESCRIBED IN TENS OF MILLIONS OF U.S. CASES, SCIENTISTS WARN Newsweek 12/12/2019
Up to 43% of Antibiotic Prescriptions in the U.S. Are Unnecessary or Improperly Written, Analysis Finds TIME 11/12/2019


Research: Impact of Feed the Future initiative on nutrition in children aged less than 5 years in sub-Saharan Africa: difference-in-differences analysis (External PR)

US Feed The Future Program Reduces Stunting Of Children In Africa, Stanford Study Finds Scienmag 12/12/2019
Also in: Parallel State, News-Medical.Net

Further coverage for air pollution and new hospital admissions
Air pollution tied to hospitalizations for wide range of illnesses Reuters 09/12/2019
Also in: ABS-CBN Broadcasting Corporation, ARY Digital Network, Vancouver Daily News, MD Alert

Further coverage of drug company distortion of medical evidence
Doctors, researchers taking money or favours from drug sponsors called out as 'unacceptable' New Zealand TV interview with Fiona Godlee 11/12/2019
Campaign to clamp down on drug company influence Radio New Zealand interview with Fiona Godlee 11/12/2019

Further coverage for gestational diabetes and risk of early heart disease in children
Study: gestational diabetes linked to heart disease in offspring Xinhua 10/12/2019
Also in: Endocrinology Advisor, Chongqing News Net, China Economic Net, P&T Community, China.org.cn, Lady Click, Renal & Urology News, MSN Health & Fitness, Intnet, Netscape, Physician’s Weekly, Reuters, National Post, Business Insider, CNA, Clinical Advisor, Daily Times, MD Alert,

Further coverage for “over the counter” genetic testing
DNA tests make fun holiday gifts, but beware of the hype The Conversation + Conversation
Further coverage for inducing labour at 41 weeks
Inducing labor at 41 weeks safer than ‘wait and see’ approach Japan Today 12/12/2019

The BMJ Christmas Issue

Research: Political events and mood among young physicians: a prospective cohort study + Feature: “Calling Dr Trump” (PR)

Major political events depress young doctors' moods Reuters 11/12/2019
Our angry politics needs a health warning (print + online) The Times (+ Scottish and Irish editions) 12/12/2019


Other notable coverage
Office workers, it is time to take a stand against sciatica (print only) The Daily Telegraph 09/12/2019
How to avoid midlife back pain by ‘rewilding’ your body The Daily Telegraph 09/12/2019
Is Friday the 13th bad for your health? The psychology of luck explained The Daily Telegraph 13/12/2019
This holiday season, we can all learn a lesson from Beethoven The Washington Post 13/12/2019

JOURNALS

BMJ Supportive & Palliative Care

Letter: Advance care planning and longer survival in the terminally ill: a randomised controlled trial unexpected finding (PR)

Patients who plan their death end up living longer, study finds (print + online) The Daily Telegraph 10/12/2019
Advance care planning may be linked to longer survival OnMedica 11/12/2019
Link found between advance care planning and prolonging survival Nursing Times 11/12/2019

15% Of Trusts Spend Less Than 14p A Day On Specialist Care Spring Hill Insider 13/12/2019

Journal of Epidemiology & Community Health

Research: Effects of physical activity calorie equivalent food labelling to reduce food selection and consumption: systematic review and meta-analysis of randomised controlled studies (PR)

'Four hours to walk off pizza calories' warning works, experts say BBC News 11/12/2019
Exercise Equivalents on Food Labels Could Cause More Harm Than Good Forbes 12/12/2019
Exercise advice on food labels can help fight obesity crisis Times of India 14/12/2019


International

Medical

Other
Taking Retail, Packaging Strategies, New Food, Food Navigator, Headlinez Pro, Namex, Cooking with Kathy Man

**Poor Sleep Worsens Recovery From Chronic Low Back Pain** Medscape 09/12/2019

*Also in:* RxList

**Further coverage for skeletal muscle mass and heart disease risk (PR)**
**Skeletal Muscle Mass May Be Predictive of Long-Term CVD Risk** The Cardiology Adviser 13/12/19

**Study: Parenthood can boost your longevity** Stock Daily Dish 14/12/19

**GIFFORD-JONES: Why I'm still working at age 95** The Post 14/12/2019

*Also* covered widely by local Canadian news outlets

**Annals of the Rheumatic Diseases**
**IL-12/23 inhibitors linked to lower infection risk than TNF, IL-17 inhibitors in PsA, psoriasis** Healiio Rheumatology 09/12/2019

**Synovial Tissue Signatures Enhance RA Classification and Treatment Approach** Rheumatology Advisor 09/12/19

**Ixekizumab Provides Sustained and Clinically Meaningful Improvement in Active Radiographic Axial Spondyloarthritis** Rheumatology Advisor 09/12/2019

**Rates of Joint Surgery Higher With Psoriatic Arthritis** Dermatology Advisor 09/12/2019

**TB screening important for biologic therapy users** Medwire News 10/12/2019

**Innovative clinical trial designs, therapies for refractory disease top unmet needs in rheumatology** Healiio Rheumatology 10/12/2019

**Naproxen better first-line gout option than colchicine in primary care** Healiio Rheumatology 11/12/2019

**ADA2 is a potent new biomarker for macrophage activation syndrome** MD Edge 11/12/2019

**No Significant Effect of Belimumab on Levels of Certain Anticardiolipin Antibodies** Rheumatology Advisor 13/12/2019

**Examining the Level of Shared Decision-Making in RA Clinical Care** Rheumatology Advisor 13/12/2019

**Medical News Today: Arthritis mutilans: Symptoms, causes, and treatment** Stock Daily Dish 15/12/2019

**Archives of Disease in Childhood**
**Further coverage for antimalarial properties of homemade soup (PR)**
**Nonna's minestrone recipe could help fight malaria, study suggests** CTV News 09/12/2019

*Also in:* TheLoop.ca, EIN News, NPR Illinois, Times of News, Ahram Online, Forbes, FlyerTalk, VOA Learning English
BMJ should retract flawed research paper on chronic fatigue syndrome  STAT 13/12/19

BMJ Case Reports

Man with 'penile gangrene' has part of genitals removed  Fox News 11/12/2019
Also in: Health24 South Africa, Sky Statements

Charlotte Wood: 'I know the sea has changed me'  (misattributed to The BMJ) The Sydney Morning Herald 13/12/2019
Also in: WAtoday.com.au, The Age Australia, Brisbane Times

Spontaneous renoalimentary fistula as a complication of upper tract urothelial carcinoma: an unknown complication of a rare disease  Uro Today 15/12/19

BMJ Global Health

Editorial: Time to clarify State obligations and accountability on NCDs with human rights instruments  (External PR)

Child malnutrition monitoring in Mauritius transformed with mobile technology  Medical Xpress 09/12/2019

BMJ Nutrition, Prevention & Health

Further coverage for boosting nut consumption (PR)
These 5 Protein-Rich Foods Help With Weight Loss  Cooking Light 09/12/2019
Study: Eating nuts reduces weight gain  news4jax.com 13/12/2019
Also covered by local US broadcast

BMJ Open

Could exercise beat advanced prostate cancer?  (print only) The Guardian 09/12/2019

Survey reveals 'critical deficiencies' in NHS record-keeping  PharmaTimes 09/12/2019
Patients at risk because NHS hospitals using different record-keeping systems  Medical Laboratory Observer
The complex problem of storing health data – the solution is in patients' hands  News-Medical.Net 11/12/2019
Also in: Nursing Times, Parallel State

Key suppliers of electronic medical records 'need to be more interoperable'  Digital Health 10/12/2019

Further coverage for Lyme disease (PR)
New test for Lyme disease could spot it in 15 minutes  (print only) Irish Daily Mail 10/12/2019
Also in: The Irish News

Alcohol during periods: Is it good or bad?  Times of India 10/12/2019

Further coverage for surge in children's vitamin D supplement prescriptions (PR)
Kids' Vitamin D Prescriptions Soar in UK  Medscape 10/12/2019
Also in: Nursing in Practice, Training Matters
Why Doctors Make The Best Spouses  Physician Sense 10/12/2019

Both hospital- and home-based care acceptable for children with newly diagnosed type 1 diabetes  Medwire News 11/12/2019

51 Reasons Not to Vote Tory  Vice 11/12/2019

Launceston's Dr George Razay's dementia study published in British Medical Journal Open Town & Country 11/12/2019
Also covered widely by Australian local news outlets

Why millennials are surprisingly unhealthy  Medical Economics 10/12/2019

Hair dye can give you breast cancer but so can late nights and contraceptive pills  The Health Site 12/10/2019

New Model May Help Predict Endometriosis Risk in Individuals, Study Reports  Endometriosis News 12/12/2019

Are wireless earbuds a risk-free Christmas present? (misattributed to The BMJ) Sydney Morning Herald 12/11/2019
Also in: The Age Australia, Brisbane Times, WAToday,

Is achieving cardiovascular health more important for men or women in preventing cardiovascular disease?  Medical News Bulletin 13/12/2019

Why the Ultimate Nutrition 'Hack' Is Just Eating Slower  STACK 13/12/2019

**BMJ Open Diabetes Research & Care**

Research: Improved well-being and decreased disease burden after 1-year use of flash glucose monitoring (FLARE-NL4) (External PR)

Men With T2D, OA Experience More Severe Joint Pain With Insulin Use  Clinical Pain Advisor 10/12/2019

Medical News Today: Periodontitis May Be An Early Sign Of Type 2 Diabetes  SpringHill Insider 11/12/19

**BMJ Open Sport & Exercise Medicine**

Marathon Running May Be Good for Your Knees  The New York Times 11/12/2019

Weekend reads: Could running a marathon actually help your knees?  Advisory Board 13/12/2019
Also in: The Daily Briefing, CNA

Fitness: How much does exercise inspire other healthy habits?  Montreal Gazette 15/12/19
Also covered widely by local Canadian news outlets

**BMJ Sexual & Reproductive Health**

Further coverage on climate change and contraception (PR)

BITS 'N PIECES FROM EAST, WEST AND BEYOND  The Western News (local US)
Research: Diet patterns and the incidence of age-related macular degeneration in the Atherosclerosis Risk in Communities (ARIC) study (External PR)

Poor diet linked to age-related macular degeneration ScienceDaily 11/12/2019
Study Finds Association Between Poor Diet, Age-Related Macular Degeneration Scienmag 11/12/2019

Can You Save Your Sight With AREDS Vitamins? The People’s Pharmacy 09/12/2019

Drops derived from donor blood ease symptoms in severe dry eye MD Alert 12/12/2019

Horizon Therapeutics plc Trading_Halted Today; FDA Dermatologic and Ophthalmic Drugs Advisory Committee (DODAC) Meeting to Discuss Teprotumumab for Thyroid Eye Disease Yahoo! Finance 13/12/19

British Journal of Ophthalmology

Sport, Drugs and Cheating The Washington Post 09/12/2019

The old-fashioned approach to reducing your risk of cancer and heart disease is still one of the best, according to new research MarketWatch 09/12/2019

Sports Organisations addressing 'Mental Health' issues is a welcoming development New Delhi Times 09/10/2019

Three ways to prevent ankle injuries (print + online) The Times 10/12/2019

Further coverage for running and lower risk of early death (PR)
How to live longer: This activity has been proven to boost life expectancy Daily Express 09/12/2019
Also in: News Amed, simplenews.co, Daily Mail + Scottish Daily Mail, EconoTimes, WhatsNews2Day, Study Finds, Endocrinology Advisor

The old-fashioned approach to reducing your risk of cancer and heart disease is still one of the best, according to new research FNTalk 09/12/2019

How do smelling salts work? BBC Science Focus 10/12/2019
SIR MUIR GRAY: The best thing to do if you've had a heart attack? Exercise! Denton Daily 09/12/2019

New Year’s Resolution - Make 2020 Your Year to Get Fit! Golf Online 11/12/2019

Kids and Concussions: Data Show Growing Threat WebMD 11/12/2019

5 Things You Should Do Instead of Dieting in 2020 LiveStrong 12/12/2019

California BASE Jumpers Risk it All in One of the World’s Deadliest Extreme Sports The Epoch Times 13/12/2019

Exercise is important for hypertension patients: Know how to do it right The Health Site 13/12/2019

Step up your walking pace to get the full health benefit The Australian 13/12/19 (link unavailable)

Emergency Medicine Journal
NHS data 'delayed until after election' show worst A&E waiting times for a decade Liverpool Echo 13/12/2019
Disturbing figures show NHS A&E waiting times at worst ever level Kent Live 14/12/2019
Also in: MSN UK, The Herald Plymouth, This is North Devon

Gut

Research: Suppression of enteroendocrine cell glucagon-like peptide (GLP)-1 release by fat-induced small intestinal ketogenesis: a mechanism targeted by Roux-en-Y gastric bypass surgery but not by preoperative very-low-calorie diet (External PR)

New findings on satiety signaling from intestine ScienceDaily 10/12/2019
Also in: Health Medicine Network, NewsCaf, Bioengineer, BrightSurf, Scienmag, IDW Aktuell, Arzt Aspekte, Mirage News Australia

Bar Ilan U Study: Pregnancy Safe for Women with Inflammatory Bowel Disease Jewish Press 11/12/2019

Medical News Today: High BMI linked to severe liver disease in later life Stock Daily Dish 14/12/19

Journal of Medical Ethics
‘Palliative care is a human right’ - symposium at the Vatican challenges 'culture of euthanasia' Christian Today 12/12/2019

Further coverage for doctors who prescribe for themselves (PR)
Many doctors found to self-prescribe Irish Medical Times 13/12/2019

Doing away with parents altogether: Artificial births are the future, say experts Le Canadian 15/12/2019
Journal of Neurology, Neurosurgery & Psychiatry
Further coverage for anti-inflammatory drugs and depressive symptoms (PR)
Anti-inflammatory drugs found to exert antidepressant effect The Pharmaceutical Journal
12/12/2019
Also in: BioPortfolio

Postgraduate Medical Journal
Yep, Guys Can (and Should) Do Pilates Too! LiveStrong 09/12/2019

Tobacco Control
Research: The long-term supply of tobacco and nicotine: some goals, principles and policy implications (External PR)
No coverage

Vet Record
Women Killed by Her Pet Snake Proves Snakes are Not Meant to be Domesticated! One Green Planet 09/12/2019