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 23 journals were picked up in the media last week (20-26 Jan) - our highlights include:

- Research published in BMJ Supportive & Palliative Care suggesting that medicinal cannabis may not ease sleep problems in the long run was covered widely, including The Times, CNN and ET Healthworld.

- A JECH study suggesting that the health of poor Brits is worse than that of those born a century ago made headlines in the Daily Mail, The Times and The Guardian.

- An analysis published in the Journal of Medical Ethics arguing that sperm donation to strangers after death should be allowed in the UK was picked up by BBC News, the Times of India and CNN.

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PRESS RELEASES

The BMJ | BMJ Supportive & Palliative Care
Journal of Epidemiology & Community Health | Journal of Medical Ethics

EXTERNAL PRESS RELEASES

Archives of Disease in Childhood | BMJ Global Health
Occupational & Environmental Medicine

OTHER COVERAGE

The BMJ | Annals of the Rheumatic Diseases
BMJ Case Reports | BMJ Open
BMJ Open Diabetes Research & Care | BMJ Open Quality
BMJ Open Respiratory Research | BMJ Quality & Safety
British Journal of Ophthalmology | British Journal of Sports Medicine
Drug and Therapeutics Bulletin | Emergency Medicine Journal
Gut | Journal of Neurology, Neurosurgery & Psychiatry
Lupus Science & Medicine | RMD Open
Vet Record

BMJ
The BMJ press release coverage

Research: Risk of herpes zoster after exposure to a varicella case: self-controlled case series study using UK electronic healthcare data exploring the exogenous boosting hypothesis (PR)

Adults re-exposed to chickenpox are less likely to get shingles Business Standard 23/01/2020
Exposure to chickenpox as adult does not fully protect against shingles OnMedica 23/01/2020

Also in: The Times, Newkerala, MedIndia, Ani News, WILX-TV, Latestly, webindia123, The Amed Post, webindia123.com, OnMedica, The Health Site, Medical Xpress, Business Standard, McKnight's Long-Term Care News, MyHeadlinez, Newshub NZ, WebsFavourite, Big News Network

Research: Industry funding of patient and health consumer organisations: systematic review with meta-analysis

Linked editorial: Corporate sponsorship of patient groups (PR)

Greater transparency in reporting of industry funding of patient groups OnMedica 23/01/2020

Also in: Medical Xpress, MyHeadlinez, Yahoo Singapore, The Fiscal Times

Further coverage for BMJ Christmas Issue
Engaging With the Arts May Help You Live Longer The Epoch Times 20/01/2020
Love museums, galleries, theatre? How the arts might extend your life Health24 South Africa 21/01/2020

Further coverage for healthy habits and longer disease-free life
Healthy Lifestyle Increases Life Expectancy MedIndia 22/01/2020

Further coverage for falling heart disease rates in childhood cancer survivors
Heart disease rates falling in childhood cancer survivors MD Alert 22/01/2020

Further coverage for red meat consumption
Nutrition: Should I be eating less red meat or not? The Orange County Register 24/01/2020

Also in: Techno EA + widely covered by US local news outlets

Other notable coverage
Life under lockdown in China: hospital queues and empty streets The Guardian 24/01/2020
Why running a marathon is good for midlifers The Daily Telegraph 26/01/2020

JOURNALS

BMJ Supportive & Palliative Care
Research: Medicinal cannabis and insomnia in older adults with chronic pain: a cross-sectional study
+ Research: Cannabinoids for adult cancer-related pain: systematic review and meta-analysis (PR)

Weed may not ease sleep problems, especially for regular users, studies say CNN 20/01/2020
Study suggests medicinal cannabis may not treat sleep problems in long run ET Healthworld 21/01/2020
Billy Caldwell’s mother calls for Dutch-style medicinal cannabis The Times 21/01/2020


Electroacupuncture effective for stress UI regardless of age MD Alert 21/01/2020

Journal of Epidemiology & Community Health

Research: Are self reported health inequalities widening by income? An analysis of British pseudo birth cohorts born, 1920-1970 (PR)

Health of poor British adults is now WORSE than it was for those who grew up in the Great Depression and WWII, finds study of 263,000 people Daily Mail 20/01/2020
Health divide between rich and poor has widened since 1950s The Times 21/01/2020
Poorest adults in worse health now than older generation – study The Guardian 21/01/2020


Is 'Blue Monday' real? ITV News 20/01/2020

Boys and young men more likely to die than girls and young women, study finds CBC News 20/01/2020

Also in: NewsCaf, KitchenerToday, CITY-TV, The Star Phoenix, Canada.com, National Post + widely covered by Canadian news outlets, Arab News Canada

Top health hazards of early menopause and ways to delay its onset The Health Site 21/01/2020

Further coverage for rise in minimum wage linked to fall in suicide rate (PR)
Higher minimum wages are linked to lower suicide rates The Economist 20/01/2020

Top health hazards of early menopause and ways to delay its onset The Health Site 21/01/2020

Further coverage for PACE labelling (PR)
Why labeling food items with the exercise needed to burn off their calories is a bad idea The Washington Post 22/01/2020
Also in: WhatsNew2Day, Jewish World Review

Worried about funding your retirement? Your options are endless (no link available) The Telegraph 24/01/2020

Journal of Medical Ethics

Research: The ethical case for non-directed postmortem sperm donation (PR)

Sperm donations from dead men should be allowed, study says BBC News 21/01/2020
Allow sperm donation after death: UK experts The Times of India 22/01/2020
Men should be allowed to donate sperm after death, study says CNN 22/01/2020


‘Reconsidering Fetal Pain’ National Review 20/01/2020
Study Finds Unborn Babies May Feel Pain as Early as 12 Weeks Breitbart 21/01/2020

Public Support of Data Sharing Limited by Privacy, Confidentiality Concerns Dermatology Advisor 22/01/2020

DR MAX THE MIND DOCTOR: It's controversial, yes, but I believe we should ban IVF babies Daily Mail 25/01/2020
Annals of the Rheumatic Diseases
Ultrasound could help reduce the use of drugs for patients with rheumatoid arthritis
News-Medical.Net 20/01/2020

Neuropsychiatric Events Most Frequently Occur at SLE Diagnosis
Rheumatology 22/01/2020

Updated EULAR recommendations on gout
The Medical Independent 22/01/2020

Archives of Disease in Childhood
Perfect attendance for children with chronic conditions ‘unfair’
Health Business 20/01/2020

Research: Special educational needs, social care and health
Four out of five children in care have special educational needs
The Guardian 23/01/2020

Also in: Yahoo News UK

BMJ Case Reports
Man Develops an 'Eggshell' in His Testicle Due to Parasitic Worms
The Science Times 20/01/2020

Nine ways to boost your mood
Financial Review 21/01/2020

People With Type 2 Diabetes Should Get Calcium Levels Tested for Hypoparathyroidism, Case Report Suggests
Hypoparathyroidism News 22/01/2020

SCOTTISH TB PATIENT SUFFERS VISION LOSS
OT 24/01/2020

Intermittent fasting — why not eating (for a bit) could work for weight loss and health
CBC 24/01/2020

BMJ Global Health

Research: Virginity testing: recommendations for primary care physicians in Europe and North America
(External PR)

Engagement and education key to changing attitudes towards virginity testing
Medical Xpress 21/01/2020
Also in: The Medical News, MedIndia

BMJ Open

Blue Monday and the nine drug-free ways to boost your frame of mind
The Daily Telegraph 20/01/2020

Study: More LDL is better following heart attacks
Duluth News Tribune 20/01/2020
Also in: bemidjipioneer.com

Identifying pain in people who have complex communication needs
Nursing Times
BP incidence high in Telangana across ages  Business Line 21/01/2020

Nine ways to boost your mood  Australian Financial Review 21/01/2020

Therapy at home helping people with dementia  The Senior 21/01/2020

Long work hours linked to doubled risk of mental illness, suicide in junior doctors  Sydney Morning Herald 22/01/2020

Also in: WAToday.com.au, Brisbane Times, The Age Australia,

How to Lose Weight on a Budget  EatingWell 22/01/2020

What Your Body Fat Percentage Tells You About Your Health  Eating Well 22/01/2020

BBC2 Politics Live reference to corporal punishment research in discussion about Scotland’s smacking ban (misattrib to The BMJ, skip to 27:25) 22/01/2020

Long hours putting pressure on mental health of doctors in training  Mirage News 23/01/2020

Also in: Medical Xpress

6 Unexpected Benefits Of Not Drinking Alcohol  Bustle 23/01/2020

How Artificial Intelligence is progressing in mental healthcare  livemint 24/01/2020

Further coverage for loss of productivity due to menstrual symptoms (PR) Period pain causes 9 days of productivity loss in a year (misattrib to The BMJ) Times of India 24/01/2010

Study reveals Ireland’s below-average number of consultant psychiatrists has left 75% of them burnt out  Irish Examiner 25/01/2020

The new study found that 92 percent of people with a high cholesterol level lived longer  GetHealthy 25/01/2020

BMJ Open Diabetes Research & Care Cause finger and different unexpected indicators of kind 2 diabetes you may well be ignoring to this point  Health Writeups 23/01/2020

Trigger finger and other surprising signs of type 2 diabetes you might be ignoring so far  The Health Site 24/01/2020


Medical emergency observation unit reduces length of stay and raises patient satisfaction  Medical Xpress 24/01/2020

BMJ Open Respiratory Research People With Asthma and HIV Require More Noninvasive Positive Pressure Ventilation
**BMJ Quality & Safety**
_A Way to Reduce Hospital Infections Dramatically_ Scientific American 23/01/2020

_How tracking employees in real time can reduce hospital infections_ Becker's Hospital Review 23/01/2020

_Don't be a jerk when you see your doctor — it can affect your care_ niagarafallsreview.ca 23/01/2020

_Also_ covered widely by Canadian local news outlets

**British Journal of Ophthalmology**
_Unhealthy dietary habits might raise AMD risk: study_ Taipei Times 21/01/2020

_Also in:_ Easy Branches International

**Could Junk Food Lead to Poor Eye Health as You Age?** Bicycling 22/01/2020

**British Journal of Sports Medicine**
_Low Back Pain Myths Can Lead to More Pain and Ineffective Care_ Bel Marra Health 21/01/2020

_How Intense Workouts Can Affect Your Sex Life_ Shape 21/01/2020

**5 Weightlifting Myths Debunked** Medical Daily 22/01/2020

_Lee Westwood's secret sauce in his 40s? A smart fitness routine anyone can follow_ Golf 22/01/2020

**This One Workout May Help Whittle Your Waist** The Healthy 23/01/2020

**Athletic Authorities Must Reckon With Racing Tech Again** Wired 24/01/2020

_Athletics body to tighten rules after Nike’s Vaporfly helps records tumble: sources_ (misattrib to The BMJ) Reuters UK + Reuters South Africa + India + Canada 24/01/2020


_How to Get Major Benefits From THE LAST 30 SECONDS OF YOUR SHOWER_ Poosh 25/01/2020

_Barker on fitness: Is ‘load management’ really a thing in sport?_ Montreal Gazette 26/01/2020

_Also in:_ The Post + numerous local Canadian news outlets

**Drug and Therapeutics Bulletin**
_Further coverage for melatonin should not be prescribed for jet lag (PR)_ GPs should not prescribe melatonin on NHS for jet lag, independent review recommends Pulse 20/01/2020

_Also in:_ The Pharmacist
Why we need to talk about deprescribing Irish Times 21/01/2020

Emergency Medicine Journal
GP clinical judgement leads to 20% fewer referrals than NEWS score, finds study Pulse 22/01/2020

Gut
Use These 8 Natural Remedies To Beat Bloating In 2020 Longevity 25/01/2020

Journal of Neurology, Neurosurgery & Psychiatry
Being a night owl may be eating at your brain City Press 25/01/2020

Lupus Science & Medicine
Two New Tools Can Reliably Measure Changes in Disease Activity in SLE, Study Finds Lupus News Today 20/01/2020

Occupational & Environmental Medicine
Research: Psychosocial work stressors and risk of mortality in Australia: analysis of data from the Household, Income and Labour Dynamics in Australia survey (External PR)
No coverage

How to Choose the Right Major The Signal 24/01/2020

RMD Open
New Use for Methotrexate in Spondyloarthritis? MedPage Today 21/01/2020

Vet Record
RCVS commits to consult with the profession over proposed changes to standard of proof in disciplinaries VetSurgeon.org 21/01/2020