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 16 journals were picked up in the media last week (30 December - 5 January) - our highlights include:

- A case study in BMJ Case Reports about a man that had a five-inch cancer 'horn' removed from his back made headlines in BBC News, Newsweek and MailOnline.

- The BMJ Christmas Issue continued to generate coverage, including engaging with the arts is linked to a longer life (New York Times, Financial Times) and a popular nursery rhyme can help teach children hand hygiene (Reuters, Times of India).

- A study published in Occupational & Environmental Medicine suggesting that commuters may get less sleep and exercise was picked up by Reuters, MailOnline and Iran Daily.

OTHER COVERAGE

The BMJ | Annals of the Rheumatic Diseases
Archives of Disease in Childhood | BMJ Case Reports
BMJ Neurology Open | BMJ Open
BMJ Open Diabetes Research & Care | BMJ Open Respiratory Research
BMJ Quality & Safety | British Journal of Ophthalmology
British Journal of Sports Medicine | Heart
Injury Prevention | Journal of Epidemiology & Community Health
Occupational & Environmental Medicine | Vet Record

The BMJ
Further coverage for The BMJ Christmas Issue
Winter baby? Summer baby? How could birth season affect heart health? Health24 South Africa 31/12/2019
People born in April 'more likely to die from heart disease', scientists warn Standard Media (Kenya) 30/12/2019
Also in: Today’s Geriatric Medicine

Brother John rhyme helps teach children hand hygiene Reuters 01/01/2020
How 'Brother John' rhyme is making hand hygiene fun for kids The Times of India 04/01/2020
Scientists once asked couples to have sex inside MRI machines for this bizarre reason
Orissa Post TV 05/01/2020

Women Scientists 12 Times Less Likely to Describe Their Findings as Unique or Excellent
The Swaddle 03/01/2020

Going to Museums May Be Good for Your Health
The New York Times 01/02/2020

Study claims engaging with the arts lowers mortality
wdtv.com 03/02/2020

Also in: Financial Times, The Morning Call, Orlando Sentinel, South Florida Sun Sentinel
Online + numerous US local outlets, Today's Geriatric Medicine, Daily Press, CTNOW, Travel+Leisure, Lonely Planet, The Straits Times, Times of News, USA Today, MSN Travel
Canada, MSN NZ, MSN UK + IE, MSN Arabia

Further coverage for vegetarian diet and risk of stroke (PR)
How to live longer: The best diet to increase life expectancy according to new study
Express.co.uk 30/12/2019

Also in: simplenews.co, The Amed Post

Celebrity doctor pay exposes China's healthcare gap
Financial Times + FT Asia 31/12/2019

New Year irresolutions: seven things that people give up – and why they might actually be good for you
The Telegraph 31/12/2019

Further coverage for ultra-processed food (PR)
New decade, new you: 20 tips to stay healthy in the 2020s
Sky News 01/01/2020

10 healthy nutrition hacks that will improve what – and how – you eat
The Telegraph 01/01/2020

Also in: Yahoo UK, Kingdom FM + local UK radio

How To Increase Life Expectancy: A Diet That Could Help You Live Longer
International Business Times 02/01/2020

Further coverage for japanese diet (2016 PR)
How To Increase Life Expectancy: A Diet That Could Help You Live Longer
International Business Times 02/01/2020

Further coverage for air pollution linked to several new causes of hospital admissions (PR)
Long-term exposure to PM2.5 increases risk of stroke: Chinese study
Xinhua 03/01/2020

Long-term exposure to tiny air pollutants can increase risk of stroke
The Economic Times 04/01/2020

Also in: Shine.cn, Medical News Bulletin, TIMES NOW, News Dog, Financial Express, Business Standard, Outlook India, Dailyheralds

JOURNALS

Annals of the Rheumatic Diseases
Malignancy risk varies with treatment in systemic necrotizing vasculitis
MD Alert 03/01/2020

Archives of Disease in Childhood
Rotavirus may be overdiagnosed due to vaccine virus shedding
MD Alert 31/12/2019
Is too much screen time linked with diabetes in kids mrDR.com.au 02/01/2020

Are the UK’s rules on e-cigarettes too lax? Financial Times 03/01/2020

The UK must introduce folic acid fortification in foods, say scientists Medical Xpress 03/01/2020

Ministers have ‘moral duty’ to act in folic acid fortification, say experts Nutraingredients 03/01/2020

BMJ Case Reports
Man diagnosed with rare case of syphilis in both eyes Queerty 30/12/2019

Man has a five-inch ‘dragon’ HORN removed from his back after it turned out to be skin cancer that he ignored for three years MailOnline 30/12/2019
SKIN CANCER CAUSED ENORMOUS ‘DRAGON HORN’ TO FORM ON MAN’S BACK Newsweek 30/12/2019
Man has five-inch cancer 'horn' removed from back BBC News 31/12/2019


How turmeric could offer hope in the fight against CANCER: Scientists say compound curcumin found in the popular spice has tumour-killing potential MailOnline 02/01/2020

Also in: WhatsNew2Day, expresssdigest, Herald Publicist,

Why wild swimming is one of the best things for your mental health (misattributed to The BMJ) Vogue Australia 02/01/2020

Woman Who Thought She Had Crohn’s Disease Had Heinz Packets In Her Intestine (misattributed to The BMJ) Men’s Health 05/01/2020

BMJ Neurology Open
DMT Use Linked to Fewer Hospitalizations Among Adults with MS in Canadian Province MultipleSclerosis News Today 03/12/2019

BMJ Open
Working on Weekends and Holidays “Typical” for Academics, Study Finds USSA News 30/12/2019
9-to-5 work model not suited for academic work, says study India Today 02/01/2020

Wide variation in GPs' approach to emotional distress and depression, finds study Pulse 02/02/2020
Wide variety in approach GPs towards emotional distress and depression, study found | News Article ArchyW 03/01/2020
Blood Biomarkers Do Not Hasten Diagnosis of Transient Ischemic Attacks Clinical Advisor 02/01/2020

The least educated are the most deprived and get hospitalised most, Cambridge study shows Cambridge Independent 02/01/2020

FDA’s ban on some flavored e-cigarettes draws skepticism from both sides Kima TV 02/01/2020
Also in: KMTR-TV Online + local US TV outlets

It’s Dry January, and Why Are We Doing This Again? Medium 02/01/2020
HAVE YOU GOT THE BOTTLE TO GO DRY? (print + online, misattributed to The BMJ) The Sun 05/01/2020
Also in: Line Today, Calgary Herald + covered widely by Canadian local news outlets

How social media is affecting your mental health Wales Online 05/01/2020
How social media is affecting your mental health MSN Health & Fitness + MSN UK 05/01/2020

BMJ Open Diabetes Research & Care
Trajectory of secondhand smoke exposure influences type 2 diabetes risk Healio EndocrineToday 31/12/2019

FreeStyle Libre: ‘Convenient, Valuable Addition’ to Glucose Monitoring Medscape 02/01/2020

What We’re Reading: Increases in Drug Prices; Hospital Mergers Impede Patient Satisfaction; Secondhand Smoke Exposure Linked to T2D AJMC 03/01/2020

BMJ Open Respiratory Research
Saved from choking to death … by my daughters: Would you know what to do? Daily Mail + Mail Online This is Money + Scottish Daily Mail 31/12/2019
Also in: News Amed, Express Digest, Celbest News, WhatsNew2Day, Health Medicine Network

BMJ Quality & Safety
Children likely to die if operated on over the weekend Standard Media (Kenya) 30/12/2019

British Journal of Ophthalmology
10 Best Foods to Protect Your Eyesight Newsmax 30/12/2019
Unhealthful diet linked with vision loss later in life Medical News Today 30/12/2019
Also in: The Indian Express, Daily Health Talks, News Dog, Pioneernews, Express India

British Journal of Sports Medicine
The Mathematic Equation to Find Your Training ‘Sweet Spot’ STACK 30/12/2019

Further coverage for running and lower risk of death (PR)
Running Lowers Risk Of Death By 27% Health Living Magazine 31/12/2019
The wellness industry is selling you the myth that a healthy life is expensive The Guardian (print + online) 02/01/2020
How to Start Running, Made Simple Women’s Health 03/01/2020
Also in: Yahoo News UK, MSN UK + IE, Democratic Underground, Newsgroove, Daily Mail + The Mail on Sunday, AJC, WFTV-TV Online + numerous US local TV outlets

Further coverage for the benefit of HIIT (PR)
10 exercise tips that will make fitness a little bit easier this year The Telegraph 02/01/2020

The Ultimate Guide to Finding the Best Cardio Workout for You LiveStrong 03/01/2020

It’s a surprising new fitness trend. So... Can doing the housework burn more calories than a gym session? MailOnline + This is Money + Scottish Daily Mail 05/01/2020
9 back-to-work January moodboosters The Telegraph 05/02/2020
The best January mood boosters (print only) The Sunday Telegraph 05/01/2020
Also in: BBC Cornwall, Express Digest, MSN Philippines, MSN South Africa

6 PTs on the Most Effective 10-Minute Workouts Women’s Health 04/01/2020
PTs on the one workout you should do if you only have 10 minutes Harper’s Bazaar 05/01/2020
Also in: Yahoo UK News, Yahoo! Lifestyle Singapore

Heart
The Great Revascularization Strategy Debate: Coronary Artery Bypass Graft or Percutaneous Coronary Intervention? AJMC 30/12/2019

Further coverage for daytime napping (PR)
Why you won’t lose if you snooze Stuff NZ 31/12/2019

Robert Russell: Wine’s health benefits Shreveport Times 01/01/2020

Injury Prevention
Gun homicides of teens rise after 'Stand Your Ground' self-defense law Reuters 02/01/2020

Journal of Epidemiology & Community Health
“Exercise Based” Meals Labels Assist Hold Energy in Check Fooshy 02/01/2020
“Exercise Based” Food Labels Help Keep Calories in Check Bicycling 02/01/2020

Occupational & Environmental Medicine
Commuters may get less sleep and exercise Reuters UK + India 03/01/2020
People who work closer to home have this health benefit! ARY News 04/01/2020
Also in: Yahoo News, Daily Mail + This is Money, Iran Daily, Channel News Asia, Newsgroove, TheDrive.com, WBFM-FM Online + local US radio, Netscape, Herald Planet, Business Insider, Mogaz News, National Post, MD Alert, AAJ News, Iran-Daily, Daily Magazine

Vet Record
‘Rice breast’ prevalent in wildfowl, new research shows Wildlife News 01/01/2020