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 **24 journals** were picked up in the media last week (6-12 Jan) - our highlights include:

- A study published in *The BMJ* suggesting that sticking to a healthy lifestyle in middle age is linked to a longer life free from disease made headlines in *TIME, BBC News* and *The Guardian*.

- Research published in the *Journal of Epidemiology & Community Health* revealing that a US$1 increase in minimum wage is linked to a 3.5-6% fall in suicide rate was picked up by the *Times of India, The Washington Post* and the *Los Angeles Times*.

**PRESS RELEASES**

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

**EXTERNAL PRESS RELEASES**

*BMJ Quality & Safety* | Injury Prevention

**OTHER COVERAGE**

*The BMJ* | Annals of the Rheumatic Diseases  
*BMJ Case Reports* | BMJ Global Health  
*BMJ Neurology Open* | BMJ Open  
*BMJ Open Diabetes Research & Care* | BMJ Open Ophthalmology  
*BMJ Supportive & Palliative Care* | British Journal of Ophthalmology  
*Heart* | Journal of Neurology, Neurosurgery & Psychiatry  
*Occupational & Environmental Medicine* | Postgraduate Medical Journal  
*Tobacco Control* | Trauma Surgery & Acute Care Open  
*Vet Record* | Vet Record Open

**The BMJ press release coverage**

Research: Healthy lifestyle and life expectancy free of cancer, cardiovascular disease, and type 2 diabetes: prospective cohort study

*Scientists Calculated How Much Longer You Can Live With a Healthy Lifestyle* *TIME*
Healthy habits 'deliver extra disease-free decade' BBC News 09/01/2020
Healthy habits extend disease-free life 'by up to a decade' The Guardian 08/01/2020


International and other

Further coverage for The BMJ Christmas Issue (PR)
Art, theatre and clowns: creative cures for dementia The National (AE) 07/01/2020
Visiting theatre, museum cuts risk of premature death by 30% The Guardian Nigeria 08/01/2020
Papers with male authors are more self-promoting The Economist 09/01/2020
Male Scientists Are Full Of Sh**t Medium 09/01/2020

Further coverage for fried foods and risk of early desk (PR)
Eating Fried Chicken Everyday Could Lead to Early Death, Study Says The Science Times 08/01/2020

Further coverage for good heart health at 50 and lower dementia risk (PR)
Good Heart Health at Age 50 Linked to Lower Dementia Risk Later in Life Nutrition Industry Executive 10/01/2020

Further coverage for diabetes before or during pregnancy linked to early heart disease in children (PR)
Children of diabetic mothers have increased heart disease risk The Star Online 12/01/2020

Other notable coverage
British Billionaire John Caudwell On How Justin Bieber Can Manage Lyme Disease Diagnosis Forbes 09/01/2020

JOURNALS

Injury Prevention
Research: Association of designated open water swim area regulations and open water drowning rates (PR)

Open Water Regulations Linked to Lower Drowning Death Rates Drugs.com 07/01/2020

Also in: MedIndia, Medicine Net, Physician’s Briefing, Doctors Lounge, U.S News & World Report, Medical Xpress

Research: Morbidity and mortality from road injuries: results from the Global Burden of Disease Study 2017 (External PR)

Probability of dying from road injury has dropped worldwide in all but 5 nations Medical Xpress 09/01/2020
Global road accidents up, deaths down: data France24 09/01/2020
Also in: Yahoo Singapore News

Journal of Epidemiology & Community Health

Research: Effects of increased minimum wages by unemployment rate on suicide in the USA (PR)

Want to help Red America? Increase the minimum wage The Washington Post 09/01/2020
Can a higher minimum wage save lives by reducing suicides? Los Angeles Times 10/01/2020
Just $1 more per person can cut suicides by 6%; American study Times of India 11/01/2020


Further coverage for food labelling (PR)
Labels on food packaging advise on how much you need to exercise to burn off the calories consumed Diabetes Research & Wellness Foundation 09/01/2020

Working Weekends and Long Hours Could Increase Risk of Depression, Says Study Esquire 11/01/2020

Further coverage for spending too much time sitting down (PR)
Dr Miriam Stoppard: Time to stop excuse that we’ve no time to exercise Daily Mirror + Irish Mirror 12/01/2020
Also in: European News

**Annals of the Rheumatic Diseases**
TLR4 ‘not a relevant target’ for RA Medwire News 06/01/2020

**EULAR/ACR Criteria Identify SLE in Hospitalized Pericarditis Patients** The Rheumatologist 06/01/2020

**Metagenomic Sequencing Reconfirms Key Role of Gut Microbiome in AS Pathogenesis** Rheumatology Advisor 07/01/2020

Also in: Infectious Disease Advisor

**Malignancy Risk Varies with Treatment in Systemic Necrotizing Vasculitis** The Rheumatologist 07/01/2020

Also in: MedWire News

**The Anti-Inflammatory Naproxen Beats Colchicine for Gout Flares** Creaky Joints 09/01/2020

**Maintaining prednisone beyond remission could help prevent relapse in SLE** MedWire News 09/01/2020

**Low dose prednisone prevents flares in SLE patients: BMJ** Medical Dialogues 10/01/2020

**BMJ Case Reports**
This man had a cancerous 'dragon horn' on his back CTV News 06/01/2020

5-Inch-Long 'Dragon's Horn' Grows from Man's Back LiveScience 08/01/2020

Also in: The Loop, WhatsNews2Day

Man with diabetes loses weight, cuts insulin needs after adopting plant-based diet (misattributed to The BMJ) CTV News 07/01/2020

Woman, 37, was left feeling like she was 'on a carnival ride' after loud gunfire from a cannon at a Civil War re-enactment triggered sudden VERTIGO MailOnline 08/01/2020

Indian man develops an 'EGGSHELL' of calcium around his swollen testicle because of an infection triggered by a parasitic worm MailOnline 10/01/2020

Public Health England's claim that vaping is 95% safer than smoking cigarettes is WRONG and outdated, researchers claim MailOnline 10/01/2020

**BMJ Global Health**
Puerto Ricans should never forget how Trump treated them The Washington Post 12/01/2020

**BMJ Neurology Open**
DMT Use Linked to Fewer Hospitalizations among Adults with MS Medgazette 24 08/01/2020

**BMJ Open**
The Mental Health Issues You’re Most Likely to Get in Every Decade TheHealth.com 06/01/2020
Therapy at home helping people with dementia  Mirage News 06/01/2020

Also in: Medical Xpress

Should you try Dry January 2020? Why a break from alcohol benefits women's health  Today 07/01/2020

OCCUPATIONAL THERAPY IMPROVES LIFE FOR PEOPLE WITH DEMENTIA  Futurity 06/01/2020

10 unusual ways air pollution harms your health  mnn 06/01/2020

10 Things That Happen To Your Body When You Stop Eating Sugar  The Healthy 06/01/2020

Also in: MSN Health CA

Saved from choking to death ...by my daughters (print only) Irish Daily Mail 07/01/2020

Insulin pumps may help stabilize glucose levels over the long term  Medwire News 07/01/2020

Further coverage for UK lyme disease cases (PR)

Here's How To Prevent Tick-Borne Lyme Disease  HuffPostUK 09/01/2020

Justin Bieber reveals he has Lyme disease after drug rumours  The Times 09/01/2020

Also in: The Daily Telegraph, Yahoo News UK, Express,

10 Things That Happen To Your Body When You Stop Eating Sugar  Best Health Magazine

Gender fix locks sexual identity, say senior psychiatrists  The Weekend Australian 09/01/2020

The 50 Best Weight Loss Tips for 2020  Best Life 10/01/2020

Social Media Use May Mess With Teens’ Sleep  Thrive Global 12/01/2020

BMJ Open Diabetes Research & Care

Induced labor tied to neonatal complications among women with diabetes before pregnancy  Healio 08/01/2020

Low HDL ‘stable marker’ of high triglycerides, diabetes doubles heart failure risk — top stories in endocrinology  Healio 09/01/2020

BMJ Open Ophthalmology

UK: AMD awareness low  NZ Optics 08/01/2020

BMJ Quality & Safety

Research: Patient and caregiver priorities in the transition from hospital to home: results from province-wide group concept mapping (External PR)

Insufficient Home Care The Biggest Challenge To Overcome After Release From Hospital  Scienmag 06/01/2020
Not enough home care top concern for Ontario patients, study finds CBC News 07/01/2020


BMJ Supportive & Palliative Care
Auricular acupressure may reduce fatigue during lung-cancer chemo MD Alert 07/01/2020

British Journal of Ophthalmology
18-year study links 'Western' diet to vision loss Nutra-Ingredients 06/01/2020
How a poor diet can increase risk of vision loss in later life News.am 06/01/2020
Also in: The Irish Catholic

Better functional outcomes with infantile primary congenital glaucoma MD Alert 07/01/2020

CNV (Choroidal NeoVascularization) Market By Size study, by Type, by Application and Regional Forecasts to 2023 Expert Recorder 09/01/2020

Do You Really Want to “See” Health Benefits? Here Is the Plate You Should Be Looking At Bel Marra Health 12/01/2020

British Journal of Sports Medicine
Can doing the housework burn more calories than a gym session? News Amed 06/01/2020

Step Up Your Health by Walking Chicago Health 06/01/2020

Running after 40? No, it won’t wreck your knees (print + online) The Times 07/01/2020

Cardiorespiratory Exercise Increases Gray Matter Volume And Slows Down Cognitive Decline, Says New Research Dailyhealthtalks 07/01/2020

The activities that prolong your life (print only) The Times 07/01/2020

Does music make exercise more effective? BBC News 08/01/2020
Also in: Dundee Message, Health Medicine Network, Newsgroove, MidChronicle, Medical Health News, Your Wellness, Bangladesh Daily Observer

9 Exercise Myths That Have Been Debunked by Science Interesting Engineering 08/01/2020

Uplifting new design encourages athletes to naturally ‘beet’ their personal best Fab News 08/01/2020

Brain And Exercise: 9 Ways In Which Exercise Benefits Our Brain Health Breaking News 10/01/2020
Also in: Yahoo! India Style

How to Get a Great Workout with Brisk Walking Thrive Global 10/01/2020

Emergency Medicine Journal
NHS 'on life support' as figures show A&E waiting times at worst level ever Mirror 09/01/2020
Heart
THE RESTORATIVE PAUSE OF SILENT RECORD WEEK The New Yorker 09/01/2020

Journal of Neurology, Neurosurgery & Psychiatry
'This will most likely kill him': Boy, 8, diagnosed with rare disease after losing eyesight Yahoo News 11/01/2020

Stroke symptoms everyone needs to know MSN Lifestyle 12/01/2020

Occupational & Environmental Medicine
Why long commute to work is bad for people Times of India (print + online) 06/01/2020
Those long commutes to work may mean less sleep and exercise, study says Daily Sabah 06/01/2020
Commuters may get less sleep and exercise: study Japan Today 11/01/2020
Also in: OnNews Media

Scientists Claim That People Working Away From Home May Get Less Rest and Exercise Mid Chronicle 06/01/2020

What Is Heat Exhaustion? LiveScience 10/01/2020
Also in: Elexonic

Postgraduate Medical Journal
40 Things That Hurt Your Heart After 40 MSN Lifestyle 08/01/2020

Tobacco Control
Researchers identify vaping-related companies that promoted academic scholarships News-Medical.net 09/01/2020

Trauma Surgery & Acute Care Open
Eggheads have crunched the numbers and the results are in: It's not just your dignity you lose with e-scooters, life and limb are in peril, too The Register 08/01/2020

Some Kids' Injuries Get Too Much Care, Study Finds Medscape 08/01/2020

Vet Record
Further coverage for pet owners' awareness of pet blood donation (PR)
Most Pet owners are unaware their furry friends can save other pets' lives Jewel 92 07/01/2020

Vet Record Open
Could probiotics benefit cats? Medical News Today 12/01/2020