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 25 journals were picked up in the media last week (13-19 July) - our highlights include:

- A study in *The BMJ* finding that implementing lockdown restrictions earlier was associated with a greater reduction in new covid-19 cases made headlines in CNN, MailOnline and Aljazeera.

- Research in the *Archives of Disease in Childhood* suggesting that the range of commercial infant foods has grown rapidly in recent years but their sugar levels are still too high made headlines in The Times, The Daily Telegraph and iNews.

- A review in *The BMJ* finding that prediabetes is linked to an increased risk of heart disease and death was picked up by Nursing Times and International Business Times.

**BMJ**

**PRESS RELEASES**

*The BMJ | Archives of Disease in Childhood*  
*BMJ Global Health | Emergency Medicine Journal*  
*Heart*

**EXTERNAL PRESS RELEASES**

*Journal of Neurology Neurosurgery & Psychiatry | Tobacco Control*

**OTHER COVERAGE**

*The BMJ | Annals of the Rheumatic Diseases*  
*BMJ Case Reports | BMJ Evidence-Based Medicine*  
*BMJ Nutrition, Prevention & Health | BMJ Open*  
*BMJ Open Diabetes Research & Care | BMJ Open Gastroenterology*  
*BMJ Open Science | BMJ Quality & Safety*  
*British Journal of Ophthalmology | British Journal of Sports Medicine*  
*Gut | Journal of Epidemiology & Community Health*  
*Journal of Medical Genetics | Occupational & Environmental Medicine*  
*Postgraduate Medical Journal | RMD Open*  
*Vet Record*
Acute appendicitis: Will a novel endoscopic “organ-sparing” approach change the treatment paradigm? (BMJ Best Practice) Physician's Weekly 15/07/2020

The BMJ press release coverage

Research: Physical distancing interventions and incidence of coronavirus disease 2019: natural experiment in 149 countries
Editorial: Lockdown-type measures look effective against covid-19

Earlier lockdowns DO shrink Covid-19 outbreaks quicker, study shows (and Britain was one of the slowest to introduce the rules) MailOnline 15/07/2020
Physical distancing measures could reduce new Covid-19 cases by 13% CNN 16/07/2020
Social distancing, lockdowns linked to reduction in COVID-19 cases: Study Aljazeera Live updates 17/07/2020


Research: The healthiness and sustainability of national and global food based dietary guidelines: modelling study
Editorial: The healthiness and sustainability of food based dietary guidelines

Governments’ dietary guidelines are harming the planet, study finds The Guardian 15/07/2020
Cut down on red meat and dairy for a greener, healthier diet, scientists say iNews 15/07/2020

Also in: MSN UK + IE, EuroNews, MSN NZ, Foreign Affairs, MSN South Africa, TreeHugger, Doctors Lounge, Physician's Briefing, Drugs.com, News-Medical.net, Newswise, Phys.org, Yahoo News, sciencenewsnet.in, COSMOS, Mirage News Australia, ScienceDaily, New Zealand Herald,

Research: Association between prediabetes and risk of all cause mortality and cardiovascular disease: updated meta-analysis

Prediabetes Increases Heart Disease and Death Risk: Study International Business Times 17/07/2020
‘Prediabetes’ link to increased risk of heart disease prompts call for screening Nursing Times 17/07/2020

Further coverage for fruit/veg and wholegrain linked to lower risk of type 2 diabetes

Increased Intake Of Fruits, Veggies, Whole Grains May Help Prevent Diabetes - Experts Reveal | NDTV Food 13/07/2020

Eating more fruit, vegetables linked to lower risk of type 2 diabetes | Xinhua 13/07/2020


Further coverage for face masks
Masks 'better than strict lockdown' (link unavailable) | The Northern Rivers Echo 14/07/2020

Also covered widely by local Australian news outlets

Further coverage for accuracy of serological tests
Coronavirus: Study reveals disturbing number of ‘false negatives’ | News.com.au 15/07/2020

Further coverage for pregnant women with covid-19
We're still not sure how COVID-19 impacts pregnant people | Popular Science 14/07/2020

Further coverage for harms of alcohol during lockdown
Health fears as lockdown leads to unprecedented surge in alcohol problems... with four in ten households drinking more than before | Daily Mail 19/07/2020

Also in: Angle News

Further coverage for meeting recommended weekly physical activity levels linked to lower risk of death
Want to Live Longer? Prioritize Both Aerobic and Strength-Training Activities | Runner’s World 17/07/2020

Other notable coverage
Covid-19 and ethnicity in medicine: medical devices safety review (Navjoyt Ladher interviewed, skip to 1:07) | BBC Radio 4 Inside Health 14/07/2020


Coronavirus survival: why doctors are turning patients onto their stomachs | Financial Times 16/07/2020

A tougher look at drinking | International News York Times 17/07/2020

Coronavirus: Hong Kong start-up joins government’s mass community testing efforts to contain third wave | South China Morning Post 19/07/2020

Millions should be taking 'sunshine nutrient' vitamin D | The Sunday Times + ST Northern Ireland (print) 19/07/2020

JOURNALS

Archives of Disease in Childhood

Research: Changes in the UK baby food market surveyed in 2013 and 2019: the rise of baby snacks and sweet/savoury foods (PR)

Savoury baby foods are increasingly sugary as number of 'snacks' for infants grows | The
Daily Telegraph 16/07/2020
Baby food meant to be savoury is quickly getting sweeter The Times (+ Irish edition)
17/07/2020
Savoury baby snacks 'packed full of sugar' iNews 17/07/2020

Also in: Metro, The National Scot, extensive coverage by UK local news outlets, Daily Mail - This is Money, Daily Express, STV, Wales Online, Sciencecodex, Infosurhoy, Medical Xpress, Dentistry.co.uk, Dental-nursing, Webs Favourites, MSN South Africa, Asian Image, Gibraltar Chronicle, Kfm Radio

Further coverage for surge in domestic child abuse during pandemic
Incidence of Abusive Head Trauma in Infants May Be Up During Lockdown Neurology Advisor 16/07/2020
Also in: Daily Sabah

BMJ Global Health

Research: Herpes simplex virus type 1 in Europe: systematic review, meta-analyses and meta-regressions (PR)

Oral Herpes Rates are Declining in Kids MedIndia 17/07/2020
Oral herpes rates are falling in children, statistics reveal Dentistry Online 17/07/2020

Also in: Medical Xpress, Infosurhoy, N-TV

Planning for the next pandemic: facts and figures SciDev 30/07/2020

Coronavirus, antibodies like a boomerang. "Those who re-become infected have the severe form of disease" Republica (Italy) 13/07/2020
Coronavirus, the Italian study: "those who re-get in danger of developing the severe form" intallaght.ie 16/07/2020

Coronavirus antibody may be unnecessary and the cause of the disease, the more severe oicanadian 14/07/2020

CDC says public is not defenseless against spread of COVID-19 MSN News 15/07/2020

Further coverage for wearing face masks at home
Local physician says science supports mask use (link unavailable) Blue Mountain Eagle 14/07/2020
The growing scientific evidence for masks to fight Covid-19, explained Vox 15/07/2020
Also in: Newsbreak, The London Economic, Columbia Daily Herald,

Global research community asks for the right research in the right places for COVID-19 Medical Xpress 16/07/2020
Greater global cooperation needed to tackle vaccine-preventable diseases in a world with COVID-19 Express Pharma 16/07/2020
Also in: Relief Web,

Emergency Medicine Journal
Research: Perspectives of emergency department attendees on outcomes of resuscitation efforts: origins and impact on cardiopulmonary resuscitation preference

People overestimate success of CPR Medical Xpress 14/07/2020
A&E patients often overestimate CPR success, warn researchers Nursing Times 17/07/2020

Also in: Drugs.com, Physician's Briefing, Mirage News Australia, HealthDay, Nursing Notes, MedPage Today, WLTZ 38 NBC, UPI, Hola Doctor, Newsmax, WebMD

Heart

Research: Sex differences in the association between childhood maltreatment and cardiovascular disease in the UK Biobank

Editorial: Does the association of child maltreatment with adult cardiovascular disease differ by gender? (PR)

Heart attack warning: Experiencing this in your childhood could increase your risk by 50% Express 17/07/2020

Also in: Meaww, AJMC, Drugs.com, Medical Xpress, MedPage Today, Infosurhoy, Physician’s Briefing, HT Syndication, INDIA New England, KentuckyIndian, NewKerala, AustinIndian, WebIndia123, Prokerala, Andhravilas, News24online, Orissa TV, MENA FN, Daijiworld, Social News XYZ, NewsGram, MSN India, 5 Dariya News, The News Amed, Healio, Express and Star, India Times Post,


COVID-19 May Have Long Term Effects On The Heart Buzzfeedzz 15/07/2020

Why stay in touch while keeping distant? It's only human Health24 16/07/2020

Further coverage for daytime napping and lower heart disease/stroke risk (PR)
How to live longer: Could a daily nap boost your life expectancy? What science has to say Express 17/07/2020

Annals of the Rheumatic Diseases
IL-6 inhibitors show potential for COVID-19 Medwire News 14/07/2020

BMJ Case Reports
Here are all the best spots to go wild swimming in and around London right now (misattributed to The BMJ) Glamour 13/07/2020

Ciprofloxacin Ear Drops Caused Precipitate In Ear Canal In Otitis Externa Patient: Case Report Medical Dialogues 13/07/2020

Doctors remove live worm from woman's tonsil CNN 14/07/2020
Guillain Barre Syndrome: Coronavirus Also Causing Paralysis With Death – Corona Causing Paralysis, Know What is Gullan Barre Syndrome Our Bitcoin News 15/07/2020

A woman successfully used the keto diet and intermittent fasting to control her diabetes without medication INSIDER 16/07/2020

Coronavirus-infected man, 57, is left paralysed after the disease triggers a rare condition that causes the immune system to attack the nerves Daily Mail 17/07/2020

BMJ Evidence-Based Medicine
Could low-carb diets help prevent coronavirus complications? The Health Site 14/07/2020
Also in: INSIDER, Business Insider, The Herald, The Week, Easy Health Options

Australian of the Year takes on Big Food, says our diet is ‘killing us’ Michael West Media 17/07/2020

BMJ Nutrition, Prevention & Health
Further coverage for probiotics may help ease depression (PR) Leslie Beck 13/07/2020
Also in: Healio, Technology Times, The Irish Times, Expressindia.com, Genetic Literacy Project, The Star Malaysia, The Indian Express, Beiruting.com, Lifestyle Asia India, Food NDTV, Sputnik, The Edge Singapore, WebIndia23, AustinIndian, Devdiscourse

BMJ Open
Focus Groups Reveal Primary Care Physicians’ Attitudes Toward Antibiotic Resistance and Stewardship PEW 15/07/2020

Silicon rubber mask created with injection molding just as effective as N95 masks Engineering 360 13/07/2020

Nonvascular comorbidities highlighted in type 2 diabetes Medwire News 17/07/2020

Cloth masks may put people at risk Camden New Journal 16/07/2020
Wearing a face-mask can have long term damaging effects Bangkok Jack 17/07/2020

Larry C. Johnson: Mad Mask Hysteria and Other Pandemic Hyper-Hypocrisy The Gateway Pundit 17/07/2020

BMJ Open Diabetes Research & Care
Further coverage for a dairy-rich diet and risk of diabetes Dairy-rich diet linked to lower risks of diabetes and high blood pressure Food Executive 13/07/2020

BMJ Open Gastroenterology
Research shows estimated 180 deaths per year in UK because of foodborne illness Before It’s News 15/07/2020
Also in: Food Safety News

BMJ Open Science
Improving animal research: New ARRIVE 2.0 guidelines released Laboratory News
**BMJ Quality & Safety**

*Seven Tips for Managing Health Care Teamwork During a Pandemic* Cancer Therapy Advisor 17/07/2020  
**Also in:** Monthly Prescribing Reference

**British Journal of Ophthalmology**

*Outdoor activity may lower myopia rate in East Asian children* Healio 13/07/2020  
*Eye shingles cases are on the rise* Considerable 15/07/2020  
*AI could help to reduce diabetic screening backlog in wake of COVID-19* Optometry Today 17/07/2020

**British Journal of Sports Medicine**

*Have your healthiest summer ever* (print) Daily Express 14/07/2020  
*Keeping cool with Megmeister UltraFris Pro cooling range* Endurance Business 14/07/2020  
*Acted on tip-off: NADA DG Navin Agarwal on CWG medallist Pardeep's dope fail* Times of India 15/07/2020  
**Also in:** dailyexcelsior.com, Outlook India, LatestLY,

*Learn How to Lift Weights (and Build Muscle) With This 4-Week Beginner Workout Plan* TV Guide 15/07/2020

**PHYSICAL THERAPY EFFECTIVE FOR HIP PAIN, BUT MORE RESEARCH NEEDED**  
ryortho.com 15/07/2020

**The Case for Smarter Coronavirus Testing** Pop Times UK 15/07/2020  
*Further coverage for mental health benefits of yoga (PR)*  
*Yoga Effective for Depressive Symptoms Across Diagnoses* Mad in America 17/07/20  
*Why you should walk more* Jamaica Observer 19/07/2020

**Gut**

*Further coverage for IBD linked to doubling in dementia risk (PR)*  
*Bowel disease linked to huge increase in risk of Alzheimer’s, dementia* The New Daily  
(misattributed to The BMJ) 17/07/2020


**Journal of Epidemiology & Community Health**

*Bright Beach Lights Pose Hazard for Sea Turtle Hatchlings* The St Thomas Source 13/07/20

*Haims: Oral care and general health* VailDaily 13/07/2020  
*Judson Haims: Diabetes and cardiovascular health are tied to oral care* The Aspen Times 14/07/2020
Because of Race, Black Americans Might as Well Live in Another Country Colorlines 15/07/2020

Journal of Medical Genetics
The power of genomic cancer data Cancer Research UK 15/07/2020

Further coverage for inherited genetic variant as frequent cause of deafness in adults (PR) Advance Made in Treatment for Deafness Newsmax 17/07/2020
More Clues to the Genes Behind Hearing Loss US News & World Report 16/07/2020
Also in: The Star Malaysia, Drugs.com, BrightSurf, HealthDay

Journal of Neurology, Neurosurgery & Psychiatry
Research: Apathy, but not depression, predicts all-cause dementia in cerebral small vessel disease (External PR)
Apathy could be an early warning sign of dementia The Daily Telegraph (print + online) 13/07/2020
Also in: The Times, Yahoo UK, widely covered by UK local news outlets, Daily Mail, AOL, BreakingNews.ie, Irish Examiner, MSN UK, Belfast Telegraph, Evening Express, Daily Express, My Science, The Independent, Mind Body Green, ScienceDaily, Cambridge Network, Farm Week, McKnight’s Long Term Care News

What dozens of Covid-19 patient autopsies have revealed about the disease Advisory Board 14/07/2020

Further coverage for yoga may ease depressive symptoms Yoga Effective for Depressive Symptoms Across Diagnoses Mad in America 17/07/2020

Occupational & Environmental Medicine
Occupational Asthma Triggers and the Risk for New, Exacerbated Asthma pulmonologyadvisor.com 15/07/2020

Postgraduate Medical Journal
Can a diet of fish protect the brain from air pollution? Times of News India 17/07/2020
Also in: Express India

RMD Open
Rheumatology News Roundup rheumatologynetwork.com 13/07/2020

Tobacco Control
Research: Longitudinal evaluation of the impact of standardised packaging and minimum excise tax on tobacco sales and industry revenue in the UK (External PR)
UK tobacco sales fell faster after plain packaging rules came into force The Guardian 13/07/2020
BBC World Service Radio (skip to 11:49 mins) 13/07/2020
Plain cigarette packaging cut sales by 8m a month The Times 30/07/2020
Also in: Yahoo UK, Health Medici Net, Scienmag, Eurasia Review, iNews, Daily Mail +
Further coverage for halal meat-eaters might be persuaded to switch to ‘stunned’ meat (PR)

Does stunning an animal before cutting its neck affect its halal status? Malaysia Star
04/07/2020

Also in: Halal Focus

Further coverage for raw food diets (PR)
Few dogs and cats live solely on regular pet food: Study Toronto Sun 19/07/2020

Also covered widely by Canadian local news outlets