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

- A Thorax video case study indicating that home-made cloth face masks likely need a minimum of two layers to curb the spread of COVID-19 generated extensive coverage, including The Sydney Morning Herald, TIME and the Times of India.

- Research published in The BMJ finding that diets high in protein, particularly plant protein, are linked to a lower risk of death from any cause made headlines in MailOnline, The Times and the Times of India.

- A letter published in Gut suggesting that people who have gum disease may have a higher risk of developing some forms of cancer was picked up by The Daily Telegraph and The Sydney Morning Herald, among others.

**BMJ PRESS RELEASES**

The BMJ | Gut
Journal of Neurology, Neurosurgery & Psychiatry | Thorax

**EXTERNAL PRESS RELEASES**

Annals of the Rheumatic Diseases | Journal of Investigative Medicine
Journal of Neurology, Neurosurgery & Psychiatry

**OTHER COVERAGE**

The BMJ | Archives of Disease in Childhood
BMJ Case Reports | BMJ Evidence-Based Medicine
BMJ Global Health | BMJ Health & Care Informatics
BMJ Nutrition, Prevention & Health | BMJ Open
BMJ Open Diabetes Research & Care | BMJ Open Gastroenterology
BMJ Open Respiratory Research | BMJ Open Sport & Exercise Medicine
BMJ Quality & Safety | British Journal of Ophthalmology
British Journal of Sports Medicine | Emergency Medicine Journal
Heart | Journal of Epidemiology & Community Health
Journal of Medical Ethics | Journal of NeuroInterventional Surgery
Open Heart | RMD Open
Sexually Transmitted Infections | Tobacco Control

Vet Record

BMJ

David Pencheon wins BMJ Outstanding Contribution to Health Award Mirage News 23/07/2020

Exeter academic wins prestigious national BMJ award for climate change in healthcare Mirage News Australia 23/07/2020

The BMJ press release coverage


With Tighter Handgun Laws, U.S. Would See Fewer Suicides by Young People HealthDay 23/07/2020


Research: Dietary intake of total, animal, and plant proteins and risk of all cause, cardiovascular, and cancer mortality: systematic review and dose-response meta-analysis of prospective cohort studies

Diets rich in beans, lentils and nuts linked to lower risk of early death - study MailOnline 22/07/2020

Plant protein 'healthier than meat' (print) The Times 23/07/2020

Want to live longer? Follow a plant-based protein diet Times of India 23/07/2020


Research: Effects of food supplementation on cognitive function, cerebral blood flow, and nutritional status in young children at risk of undernutrition: randomized controlled trial

Supplements boost brain health in underfed kids: study Jakarta Post 23/07/2020

Also in: Deccan Herald, The Malaysian Insight, A Closer Look
Further coverage for harms of alcohol during lockdown
Health fear as we hit bottle in lockdown Daily Mail + Scottish Daily Mail (print) 20/07/2020
Workers are drinking their way to a health crisis The Times + Irish edition (print) 20/07/2020
Also in: Sound Health and Lasting Wealth, regional BBC Radio

Further coverage for dietary guidelines and environmental targets
Most Dietary Guidelines Are Not Compatible With Global Health and Environmental Targets enn.com 20/07/2020
Also in: Grist.org

Further coverage for physical distancing restrictions
You’ve Been Locked Down for Months. Is it Working? Bel Marra Health 20/07/2020
Early Social Distancing Reduced COVID-19 Cases By 13 percent on Average, Epidemiologist Explains Sputnik News 24/07/2020

Further coverage for prediabetes and risk of heart disease/early death
Association between Prediabetes, Risk of Heart Disease, and Early Death Bel Marra Health 21/07/2020
Also in: Medscape, Pharmacy Times,

Further coverage for fruit/veg and whole grains and lower risk of type 2 diabetes
Eating Even a Little More Whole Grains, Fruit, and Veggies May Cut Type 2 Diabetes Risk Everyday Health 21/07/2020
Also in: Harvard Public Health Magazine, Food Dive,

Further coverage for British people having less sex
THE SEX RECESSION As Brits are having less sex, we tell you how to give it some stimulus The Sun + Sun IE + Scottish Sun 22/07/2020

Further coverage for viral load
Coronavirus latest: Shock study reveals people more likely to catch virus at home Express 22/07/2020

Other notable coverage
‘Medical Racism’ Could Be Putting South Asian People At Greater Risk Of Coronavirus, Say Doctors Huff Post 20/07/2020
‘Pointless Vitamins’ The Times + Irish and Scottish editions (print) 20/07/2020
Also in: XFM London
Weight loss surgery drive to tackle obesity The Daily Telegraph (print) 20/07/2020
Med schools rarely teach common skin ailments in Black patients. A student fills the void. NBC News 20/07/2020
Almost a quarter of Delhi may have had coronavirus, finds study The Guardian 22/07/2020
Food: Truth or Scare BBC Two 24/07/2020 (mentions 2019 paper on association between intake of non-sugar sweeteners and health outcomes, skip to 8:10 mins)
‘COVID-19 Is Weirder, Lasts Longer Than Any Disease I Have Come Across’ India Spend 25/07/2020
Bit by bit, British scientists are building an anti-Covid arsenal The Sunday Times 26/06/2020
Here’s what we know so far about the long-term symptoms of COVID-19 The Conversation 26/07/2020
**JOURNALS**

*Gut*

**Research:** *Periodontal disease, tooth loss, and risk of oesophageal and gastric adenocarcinoma: a prospective study* (PR)

*Brush your teeth to cut cancer risk* The Daily Telegraph 21/07/2020  
*Need another reason to clean your teeth? It may help prevent cancer* Sydney Morning Herald 21/07/2020


*Single-use duodenoscopes: coming to a hospital near you* (misattributed to The BMJ) Verdict 20/07/2020

*Physical Inactivity May Lead To Digestive Issues: Here's How; Follow These Tips To Fight These* Doctor NDTV 23/07/2020

*Cirrhosis Linked to Increased COVID-19 Mortality Rate* hep 24/07/2020

*Does Coffee Make You Poop? What Happens Inside Your Body When You Have a Cup* Dr Oz show 25/07/20

*Journal of Neurology, Neurosurgery & Psychiatry*

**Research:** *Evidence-based prevention of Alzheimer's disease: systematic review and meta-analysis of 243 observational prospective studies and 153 randomised controlled trials* (PR)

*21 ways to reduce your Alzheimer's risk, backed by research* CNN 20/07/2020  
*19 science-backed ways to reduce your risk of Alzheimer's disease, from reading to playing chess* INSIDER 21/07/2020


*International + other*  
KOVR-TV + local US TV outlets, Yahoo New Zealand, U.S. News & World Report, Asian

Research: Mental health and suicide in former professional soccer players (External PR)

Former footballers are at lower risk of being hospitalised with depression, finds study investigating links with dementia The Telegraph 22/07/2020
Footballers have better mental health but higher dementia risk The Times + Scottish Times 22/07/2020

Apathy Offers an Early Warning Sign of Dementia Technology Networks 20/07/20
This Change Could Indicate the Onset of Dementia, New Research Says Woman’s World 21/07/2020

Why you need to know about EDS, HSD and hypermobility tes News 23/07/20

Thorax

Images in Thorax: Face coverings and mask to minimise droplet dispersion and aerosolisation: A video case study (PR)

Multiple layers best when making a fabric face mask The Sydney Morning Herald 24/07/2020
When it Comes to Homemade Masks, the Number of Layers Matters, Study Says TIME 24/07/2020
Homemade face masks may need at least two layers to stop Covid-19 spread: study Times of India 24/07/2020


International
Tobacco, Dust, and Asbestos Exposure at Work Raises Risk for IPF, Australian Study Finds
Pulmonary Fibrosis 24/07/2020

**Annals of the Rheumatic Diseases**
Experimental treatment protocol can reduce COVID-related hospital mortality by 65%
News-Medical.Net 21/07/2020

**Rituximab successfully re-induces remission after ANCA-associated vasculitis relapse**
Healio 21/07/2020
**Also in:** ancavasculitisnews.com

**Research:** A historically controlled comparison of glucocorticoids with or without tocilizumab vs supportive care only in patients with COVID-19 associated cytokine storm syndrome (External PR)

Could THIS stop coronavirus in its tracks? Protein drug boosts infection-fighting white blood cells by two-fold and may 'reverse' some immune problems from COVID-19, study finds
Daily Mail 22/07/20

High-dose glucocorticoids and IL-6 receptor inhibition reduce COVID-19-associated cytokine storm mortality
Medical Xpress 21/07/2020

Promising results with glucocorticoids, tocilizumab for COVID-19-associated cytokine storm syndrome
Medwire News 22/07/2020
**Also in:** Medical News Today, Rheumatology Network, Rheumatology Advisor, New Kerala, Medscape, GulfToday.ae

Sarilumab Linked to Faster Recovery in Severe COVID-19 With Hyperinflammation
Rheumatology Advisor 22/07/2020
BMJ Open Respiratory Research
**CPAP May Do Away With Need For Ventilation In COVID-19 Patients: BMJ** Medical Dialogues 20/07/2020

BMJ Open Sport & Exercise Medicine
**Diabetes in Black Americans: How to Lower Your Risk** Everyday Health 24/07/2020

BMJ Quality & Safety
**Seven Tips for Managing Healthcare Teamwork During a Pandemic** Oncology Nurse Advisor 20/07/2020

*Further coverage for cost of medical errors*
**Five million drug errors kill or seriously harm Britons every year** What Doctors Don’t Tell You 24/07/2020

British Journal of Ophthalmology
**Glaucoma progression and myopia** NZ Optics 22/07/2020

British Journal of Sports Medicine
**Disordered eating: just as serious as an eating disorder** Running Magazine 21/07/2020

150 TOP CITIES FOR FIT LIFESTYLES Barbend 21/07/2020

*How to hack your routine to get more exercise... even though life's not back to normal yet* (misattributed to The BMJ) The Telegraph 22/07/2020

17 **Weight Loss "Tricks" That Don’t Actually Work—and What to Do Instead** MSN 22/07/2020

Boost your immune system with exercise Health & Spirituality 25/07/2020

*Ambition is honourable, but the intensity of the goals we are now setting ourselves is exhausting*’ Image (Irl) 26/07/20

Emergency Medicine Journal
*Further coverage for success of CPR*
**Success of CPR Drastically Overrated by Patients** Webs Favourite 20/07/2020

Also in: Newsmax, The Star Malaysia, WebNuz, Latest Nigerian News

Heart
*Further coverage for daytime napping and lower heart attack/stroke risk*
**AHA News: Enjoy a Nap, But Know the Pros and Cons** HealthDay 22/07/2020


**Early menstruation linked to hot flushes and night sweats later at menopause** Sound Health and Lasting Wealth 24/07/2020

Journal of Epidemiology & Community Health
**Pandemic Has Reshaped North Texans' Mental Health** Dallas Observer 20/07/2020
Here's why you shouldn't panic move to the suburbs  Forbes 20/07/20

UAW president to push automakers for this in the next contract  The World News 25/07/20
Also in: Detroit Free Press

Journal of Investigative Medicine

Research: Peer mentoring for professional and personal growth in academic medicine (External PR)

Peer Mentorship Can Be More Effective, Accessible Than Traditional Mentorship In Academic Medicine  Scienmag 23/07/2020
Also in: News-Medical.Net, Medical Xpress

Journal of Medical Ethics

Evidence and Orthodontics: Does Your Child Really Need Braces?  Undark 20/07/2020
Also in: Medscape, The Atlantic

People With Disabilities Want Same Peaceful Dying Option as Anyone Else  Gilmer Mirror (US) 25/07/20

Journal of NeuroInterventional Surgery

COVID-19 causes “widespread disruption” to neuroendovascular research around the globe  NeuroNews 20/07/2020

Open Heart

Hombron Review – Does Hombron Really Work? Find Out Here!  HealthInsiders 22/07/2020

RMD Open

Limited success of first-line methotrexate in real-world psoriatic arthritis study  Medwire News 20/07/2020

Targeting IL-23 Relieves Multiple Symptoms in PsA  MedPage Today 21/07/2020

Tocilizumab Raises GI Risks in Rheumatoid Arthritis  MedPage Today 22/07/2020
Also in: Medical Dialogues,

The Earliest Warning Signs of Rheumatoid Arthritis May Be More Surprising Than You Think  CreakyJoints 22/07/2020

Sexually Transmitted Infections

Everything You Need to Know About Bacterial Vaginosis  Shape.com 21/07/2020

Tobacco Control

Is Hookah Good For You?  ShareCare 21/07/2020

Vet Record

Knowledge gaps among owners a key welfare issue for domestic animals – study  26/07/20
Horsetalk.nz