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 (6-12 July) - our highlights include:

- Two studies published in *The BMJ* finding that higher fruit, vegetable and whole grain intake is linked to lower risk of type 2 diabetes made headlines in CNN, *The Daily Telegraph* and *The Independent*.

- A review published in *BMJ Nutrition, Prevention & Health* suggesting that probiotics alone or combined with prebiotics may help ease depression was covered globally, including iNews, CNN and Newsweek.

- Research in the *Journal of Medical Genetics* revealing that a common inherited genetic variant is a frequent cause of deafness in adults was picked up by *The Telegraph* and the *Times of India*.

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**PRESS RELEASES**

- *The BMJ* | *BMJ Nutrition, Prevention & Health*  
- *Journal of Medical Genetics*

**EXTERNAL PRESS RELEASES**

- *BMJ Open Sport & Exercise Medicine*

**OTHER COVERAGE**

- *The BMJ* | *Annals of the Rheumatic Diseases*  
- *Archives of Disease in Childhood* | *BMJ Case Reports*  
- *BMJ Global Health* | *BMJ Evidence-Based Medicine*  
- *BMJ Open* | *BMJ Open Diabetes Research & Care*  
- *BMJ Open Ophthalmology* | *BMJ Quality & Safety*  
- *BMJ Supportive & Palliative Care* | *British Journal of Ophthalmology*  
- *British Journal of Sports Medicine* | *Gut*  
- *Heart* | *Injury Prevention*  
- *Journal of Epidemiology & Community Health* | *Journal of Investigative Medicine*  
- *Journal of Medical Ethics* | *Journal of Neurology, Neurosurgery & Psychiatry*  
- *Postgraduate Medical Journal* | *RMD Open*
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The Pandemic Is Pushing Scientists To Rethink How They Read Research Papers (Theo Bloom interviewed) NPR 07/07/2020
Also in: WJCT-TV + numerous US broadcast outlets, headtopics, opb.org

Government felt that virus control was 'futile' - Hunt (iSage event chaired by The BMJ) The Daily Telegraph 08/07/2020

How to Read Covid-19 Research (and Actually Understand It) (MedRxiv) Wired 08/07/2020

The BMJ press release coverage

Research: Association of plasma biomarkers of fruit and vegetable intake with incident type 2 diabetes: EPIC-InterAct case-cohort study in eight European countries

Research: Intake of whole grain foods and risk of type 2 diabetes: results from three prospective cohort studies

Add fruit, veggies and grains to diet to reduce type 2 diabetes risk by 25%, studies say CNN 08/07/2020
This simple diet fix could help halve the risk of developing type-2 diabetes, study finds The Daily Telegraph 09/07/2020


International

Other

Further coverage for health leaders warn of second wave
BBC Radio Devon (skip to 2:50:20) 06/07/2020

Further coverage for benefits of fermented soy
Why the Japanese diet is one of the healthiest Your Life Choices 07/06/2020

Further coverage for weaknesses in evidence base for antibody testing
Evidence poor for COVID-19 serological test accuracy Retail Brief Africa 06/07/2020
Also in: The Hindu, Explica, Daily Mail, New Scientist, Medscape,
Further coverage for alcohol harms during lockdown

'It's been a time of healing for me, now that I'm sober' (print) The Independent 06/07/2020

Further coverage for meeting physical activity guidelines and lower risk of early death

Meeting U.S. physical activity guidelines linked to lower risk of early death MinnPost 07/07/2020

Also in: Medpage Today,

Further coverage for face masks

Does Wearing A Face Mask Protect Against Coronavirus? Bustle 07/07/2020

Further coverage for call for statutory levy on gambling firms to reduce harm

GambleAware defends role as key RG funding body iGamingBusiness 08/07/2020

Also in: Gambling News,

Further coverage for skipping/eating breakfast

New research reveals if skipping breakfast actually helps you lose weight Ladders 08/07/2020

Further coverage for obesity and covid-19

Coronavirus: Government to launch weight-loss drive in anticipation of second wave The Independent 10/07/2020

Further coverage for sexual activity among people in Britain

Are You Having Enough Sex? Vogue 12/07/2020

Other notable coverage

On biscuits, unicorns and the real truth about working from home The Sydney Morning Herald 06/07/2020

Wine o’clock? Why some alcohol could be good for your brain The Times 07/07/2020


Author Prof Sonia Saxena interviewed on Woman’s Hour BBC Radio 4 07/07/2020 (skip to 17:13)

Reference to Prof Paul Garner article (skip to 2:10:45) BBC Radio Berkshire 07/07/2020

Trump administration plans to extend emergency declaration Politico 08/07/2020

The pelvic mesh scandal makes it clear: doctors must declare any funding The Guardian 09/07/2020

Black medic only taught how to diagnose white patients creates handbook to show how conditions look on darker skin Metro 09/07/2020

Fear, exhaustion and unimaginable stress: the terrifying reality of the Battle of Britain The Daily Telegraph 10/07/2020

Our test and trace system is a failure, warn experts (print) Mirror 10/07/2020

Dread, drugs and their horrifying toll on the Few (print) The Daily Telegraph 10/07/2020

Long tail of coronavirus can prolong suffering for months Breitbart 10/07/2020

Other live: Maureen Dunbar (print) The Guardian 11/07/2020

JOURNALS

BMJ Nutrition, Prevention & Health
**Systematic review:** Food & Mood: a review of supplementary prebiotic and probiotic interventions in the treatment of anxiety and depression in adults (PR)

Probiotics could help treat people with depression, review finds iNews 06/07/2020  
Can probiotics help with depression? New research suggests a link CNN 06/07/2020  
Probiotics May Ease Depression Symptoms According to Study Newsweek 07/07/2020

Also in: The Irish Times, The Daily Telegraph, Yahoo News UK, The Saxon, BBC Science Focus Magazine

**International**

**Other**

**Journal of Medical Genetics**

**Research:** An RIPOR2 in-frame deletion is a frequent and highly penetrant cause of adult-onset hearing loss (PR)

Study suggests common inherited genetic variant is frequent cause of deafness in adults Times of India 06/07/2020 + Times of India video  
New gene has been identified which increases the risk of going deaf, scientists reveal The Telegraph 06/07/2020


Comprehensive New Urine Test May Help Doctors Monitor Fabry Disease Progression  
Fabry Disease News 07/07/2020
Annals of the Rheumatic Diseases
Global Rheumatology Alliance registry delivers ‘reassuring’ data, dispels COVID-19 myths
Healio 06/07/2020

New Systemic Inflammatory Syndrome May Be Associated With SARS-CoV-2 in Children
Rheumatology Advisor 06/07/2020

COVID-19: SLE patients, physicians report problems with hydroxychloroquine access
Medwire News 07/07/2020
Also in: AJMC Markets Network

Tapering Order of csDMARDs and TNF Inhibitors Does Not Affect Flare Rates in RA
rheumatologyadvisor.com 07/07/2020

Rural patients with axSpA report greater disease impact on work productivity Healio
09/07/2020

Archives of Disease in Childhood
Further coverage for surge in domestic child abuse (PR)
Child abuse may be surging during pandemic, doctors warn Reuters 06/07/2020
Also in: Daily Magazine, 94.1 Duke FM, GMA News, Netscape, MailOnline + This is Money, Drugs.com, Devdiscourse, Business Insider, Haaretz, Deccan Herald, Q106.1 FM + widely covered by US radio, Pharmaceutical Care Management Association, Nursery World, The Independent, Medscape, One News Page, Express Tribune, Midwest Communication, The Independent

Pioneering brain haemorrhage treatment reduces long-term disability in premature babies
ScienceDaily 06/07/2020

Further coverage for cyberbullying and PTSD symptoms
Silent signs your child is being bullied Reader’s Digest 08/07/2020
Also in: Clinical Endocrinology News

Further coverage for delayed presentations during the pandemic
Delayed diagnoses seen in children during COVID-19 The Hospitalist 09/07/2020
Also in: Medscape

Seismic societal engagement activity recognised in 2020 President’s Awards Mirage News 09/07/2020

BMJ Case Reports
CT Scans Show Huge Cavities in Lungs of COVID-19 Patient Newsweek 07/07/2020

Man’s penis successfully reattached after being cut off for nearly a day Health24 07/07/20

Study Confirms: Any Asbestos Exposure Amount Can Cause Mesothelioma Longevity Live 08/07/20

Cases of ‘broken heart syndrome’ are FOUR TIMES higher during the coronavirus pandemic Express Digest 09/07/2020
Man confesses secrets to wife in coronavirus-triggered manic episode New York Post 09/07/2020

Case study highlights need to test flu patients for COVID-19: doctors CTV News 09/07/2020

A woman who overdoses on enough caffeine powder to make 56 cups of coffee was hospitalized for a week, and doctors say her birth control didn’t help INSIDER 11/07/2020

BMJ Evidence-Based Medicine
What decades-old dietary recommendations for high cholesterol get wrong Cardiovascular Business 06/07/2020
People with high cholesterol should eliminate carbs, not saturated fat, study suggests ScienceDaily 06/07/2020
High Cholesterol Solution: Reduce Carbs Instead Of Saturated Fats, Study Shows International Business Times 07/07/2020

BMJ Global Health
Further coverage for wearing face masks at home The elusive Covid-19 The Chronicle (Zimbabwe) 11/07/2020

The next plague? The Telegraph India 12/07/2020

BMJ Open
Three-quarters of Patients with Type 2 Diabetes Have Other Comorbidities Medscape 06/07/2020

Government Should Not Force People To Wear Masks. We Should Do It Voluntarily The Federalist 07/07/2020

Type 2 Diabetes Linked to Increased Risk of CVD, Schizophrenia, Other Conditions endocrinologynetwork.com 07/07/2020

Research: Injection Molded Autoclavable, Scalable, Conformable (iMASC) system for aerosol-based protection: a prospective single-arm feasibility study (External PR)

 Brigham Investigators Develop Sterilizable, Alternative N95 Mask Scienmag 08/07/2020
New silicone rubber face mask can be easily sterilized and worn many times News-Medical.Net 09/07/2020

New silicone rubber face mask can be easily sterilized and worn many times
60 really fun things you can do at home if you're not quite ready to venture out yet Glamour Magazine 07/07/2020 (misattributed to The BMJ)

This Is What Rubber Bullets And Less-Lethal Rounds Can Do To You (misattributed to The BMJ) Forbes 10/07/2020

BMJ Open Diabetes Research & Care
Low Carb High-Fat Diet May Reduce Blood Sugar Significantly In Diabetes Medical Dialogues 09/07/2020

BMJ Open Ophthalmology
6 Healthy Habits That Will Help Reduce the Strain On Your Eyes News18 09/07/2020
Also in: Newzz, Indian 24 News, Yahoo! India Style,

BMJ Open Sport & Exercise Medicine

Research: Prevalence and correlates of physical activity in a sample of UK adults observing social distancing during the COVID-19 pandemic (External PR)
Lockdown activity increase should be ‘sustained’ The National Scot 07/07/2020
Also in: Asian Image, Evening Express + local UK news outlets, Scienmag, Daily Mail +
This is Money, The Times (+ Scottish and Irish edition), Mirage News Australia,
WebIndia123, Daijworld, Medical Xpress, Austin Indian, Prokerala, MENA FN, ScienceDaily,

Addressing the 800-pound gorillas in scholastic esports eSchool News 09/07/2020

BMJ Quality & Safety
User-testing and refining guidelines for nurse ‘improves injection safety’ Nursing Times 06/07/2020

Fact check: Ex-Sheriff David Clarke relies on flawed article for medical-error deaths claim USA Today 07/07/20

BMJ Supportive & Palliative Care
Anticipatory prescribing practices rapidly changing under COVID-19 The Pharmaceutical Journal 09/07/2020

British Journal of Ophthalmology
Artificial intelligence could help diabetes-related prevent eye damage The Diabetes Times 06/07/2020

British Journal of Sports Medicine
New masks made to battle 'sweat factor' (print) Chicago Tribune 07/07/2020
Should you wear a mask when exercising outdoors? Here's what experts have to say news.abs-cbn.com 06/07/2020
Fitness and face coverings (print) Chicago Tribune 08/07/2020
Further coverage for yoga and symptoms of depression (PR)
Lockdown got you feeling low? Yoga may help Health24 06/07/2020

10 Must-Know Tips in Your Quest to Get Abs LiveStrong 08/07/2020

Benefits of Running Include Lower Rates of Cancer and Early Mortality Runner’s World 09/07/2020

5 best ways to stay energized without coffee College Candy 09/07/2020

'I'm not embarrassed or ashamed': Talking about mental health in the world of sports is a winning strategy Capital Current 10/07/2020

Gut
WHY DO I FART AS SOON AS I WAKE UP? Mel Magazine 08/07/2020

50 Worst Summer Foods For Your Belly MSN 09/07/2020

Heart
Happy World Chocolate Day 2020 Travel Span 07/07/2020

Also in: Clinical Connection, Medical Xpress, covered widely by US local news outlets, Medically Prime,

Injury Prevention
Toronto photo radar units start issuing speeding tickets today. Here’s what’s happening across the GTA CBC News 06/07/2020
Also in: Yahoo Canada, CanIndia News,

Journal of Epidemiology & Community Health
Millions of British families ‘can't afford to eat healthily' as report warns a lack of action on food poverty will condemn many children to a ‘life of ill health' Daily Mail 06/07/2020

Further coverage for calorie labelling of foods
BBC dismisses more than 1,200 complaints over controversial show The Restaurant That Burns Calories Metro 10/07/2020

Journal of Investigative Medicine
Is Vitamin D Your Key To Unlocking A Healthy Immune System? ProHealth 07/07/2020

Journal of Medical Ethics
Guinea Pigging: Healthy Volunteers in Phase I Trials Psychology Today 10/07/2020

While their ads are prevalent, drug companies and medical journals will remain uneasy bedfellows Michael West Media 13/07/2020

Journal of Neurology, Neurosurgery & Psychiatry
The damage Covid-19, to the brain. More and more studies that talk about the ability of the virus to pose a threat to the central nervous system

Postgraduate Medical Journal
20 Ways You Didn't Realize You're Ruining Your Heart

RMD Open
For TNF Response in RA, Weight Matters

Pneumonia Mortality Risk Increases with High RA Disease Activity

Warning Signals Add Up in Rheumatoid Arthritis