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 26 journals were picked up in the media last week (24-30 August) - our highlights include:

- A **BMJ Evidence-Based Medicine** analysis suggesting that there is no safe level of caffeine consumption for pregnant women and would-be mothers made global headlines, including *The New York Times*, *International Business Times*, *Times of India* and the front page of *The Times*.


- A new study in *The BMJ* confirming that children and young people have less severe covid-19 than adults and death is exceptionally rare was picked up globally, including *BBC News*, *BBC Radio 4 Today* and *The New York Times*.

**PRESS RELEASES**

*The BMJ | BMJ Evidence-Based Medicine*  
*Open Heart | Stroke and Vascular Neurology*  
*Trauma Surgery & Acute Care Open*

**EXTERNAL PRESS RELEASES**

*BMJ Open | Tobacco Control*

**OTHER COVERAGE**

*The BMJ | Annals of the Rheumatic Diseases*  
*Archives of Disease in Childhood | ADC: Education & Practice*  
*BMJ Case Reports | BMJ Global Health*  
*BMJ Military Health | BMJ Open Diabetes Research & Care*  
*BMJ Open Gastroenterology | BMJ Quality & Safety*  
*British Journal of Sports Medicine | ESMO Open*  
*Gut | Heart*  
*Injury Prevention | Journal of Epidemiology & Community Health*  
*Journal of Medical Ethics | Journal of NeuroInterventional Surgery*  
*Journal of Neurology, Neurosurgery & Psychiatry | Vet Record*
The BMJ press release coverage

Analysis: Two metres or one: what is the evidence for physical distancing in covid-19?

Coronavirus: Two-metre rule is based on 'outdated' science as sneeze droplets can travel eight metres, study claims Sky News 26/08/2020
The 6-foot social-distancing rule is based on nearly 80-year-old science. Scientists at MIT and Oxford have created a traffic-light system to use instead, Business Insider 26/06/2020
Six feet may not be enough to protect against coronavirus, experts warn The Washington Post 27/08/2020


International + other

Research: Clinical characteristics of children and young people admitted to hospital with covid-19 in United Kingdom: prospective multicentre observational cohort study (PR)

Coronavirus: 'Reassuring' study of children's 'tiny' risk BBC News 27/08/2020
Pallab Ghosh interview with author Prof Calum Semple (1 hour 3 mins and 1 hour 35 mins in) BBC Radio 4 Today 28/08/2020
Severe or Fatal COVID-19 Very Rare in Children, Study Finds New York Times 27/08/2020


International
Exposure to air pollution not only increases risk of asthma attacks but also of disease onset in children

Also in: AboutLawsuits, Pulmonology Advisor, Nursing Times, DoveMed,

Eat this Type of Protein to Live Longer

Further coverage for single dose radiotherapy for early breast cancer

One-Off Blast of RT, Rather Than Weeks, for Early Breast Cancer

Goan-origin doctor lead author in pioneering breast cancer therapy

Also in: AuntMinnie, Pharmacy Times, Manchester Times, jotup, The Intelligencer, Grey Bruce This Week, BioSpace, numerous Canadian local news outlets, Yahoo Finance, Digital Journal, Financial Post Magazine, MedGadget

Preterm Delivery Ups Risk for Premature Mortality in Mothers

Also in: Physician’s Briefing

This is the secret to keeping weight off

Other notable coverage

‘Find out what your energy limits are - and then do less’ (Paul Garner opinion) i newspaper

Consumption of Caffeine Unsafe for Pregnant Women: Study

International Business Times

25/08/2020

There is no safe level of caffeine intake for pregnant women: Study  Times of India 27/08/2020


International

Medical + health

Other

Further coverage for effectiveness of honey for coughs and colds
Honey more effective than some drugs for cough  The Star Malaysia 25/08/2020
Honey May Ease Coughs and Other Respiratory Symptoms  The New York Times 24/08/2020

Further coverage for antibiotics and effectiveness of the Pill
GPs should advise caution to women on contraception when prescribing antibiotics  Pulse 24/08/2020
Also in: Endocrinology Advisor, Medical Brief South Africa, Poptimes UK, Infectious Disease Advisor, Health24 South Africa

Further coverage for wisdom of targeting LDL cholesterol
Cholesterol and Saturated Fat have been the Villains of Heart Disease for 40 Yrs, Despite the Many Studies Showing Neither has an Adverse Effect on Heart Health  Live Trading News 26/08/20

Open Heart
Research: The impact of the COVID-19 pandemic on cardiology services (PR)
Heart attacks detected and treated fell by 40 per cent during Covid pandemic  The Daily Telegraph 27/08/2020
Dumfries study shows heart patient numbers more than halved under lockdown  BBC News 27/08/2020


30 foods you should try to avoid and why  MSN Malaysia  28/08/20

Stroke and Vascular Neurology
Research: Decline in stroke alerts and hospitalisations during the COVID-19 pandemic (PR)
Hospital admissions for strokes fell by ONE-THIRD during coronavirus lockdowns, study finds  Daily Mail 26/08/2020
Stroke admissions fell by a third during COVID-19 lockdown, new study finds  The Philadelphia Inquirer 27/08/20


Trauma Surgery & Acute Care Open
Research: Impact of deprivation and comorbidity on outcomes in emergency general surgery: an epidemiological study (PR)

Comorbidities and deprivation linked to worse outcomes after emergency general surgery
Medical Xpress 24/08/2020

Also in: InfoSurhoy,

Annals of the Rheumatic Diseases
Treat-to-target approach significantly reduces urate deposits in gout Healiow 24/08/2020

Connective tissue disease may be risk factor for severe COVID-19 MedWire News
24/08/2020

TNF Inhibitors Significantly Slow Bone Damage in AS, Long-term Study Finds Annals
24/08/2020

Risk for COVID-19 varies by rheumatic disease, age, prior therapy use Healiow 25/08/2020

Disease Activity Tool, Carotid Plaque Predicts Cardiovascular Events in Patients with Psoriatic Arthritis Rheumatology Advisor 25/08/2020

Certain RA Medications May Prevent and Treat COVID-19 Verywell Health 26/08/20

Systemic Autoimmune Conditions Increase Hospitalization Risk in COVID-19 Rheumatology Advisor 27/08/2020

Ultrasound Detects Significantly Low Crystal Deposition In Gout By ULT: Study Medical
Dialogues 30/08/2020

Archives of Disease in Childhood
MIL-OSI United Kingdom: expert reaction to a preprint from PHE looking at SARS-CoV-2 infection and transmission in educational settings Foregin Affairs 24/08/2020

The tricky task of sending a message without causing panic (misattributed to The BMJ) The Sun Daily 24/08/2020

The magic virus hypothesis CNN 26/08/2020 (misattributed to The BMJ)

Top ranking portable noise machines to calm your baby on the go Kidspot 27/08/2020

Teen hospitalised by vaping now has lungs of 80-year-old smoker Cambridgeshire Live
28/08/2020

Also in: Cornwall Today, Belfast Live + widely covered by regional UK news outlets

ADC: Education & Practice
Prescribing ward round with pharmacist involvement cuts errors on paediatric ICU Pharmaceutical Journal 26/08/2020

BMJ Case Reports
3D Digital Models Aid COVID-19 Diagnosis HIT Infrastructure 25/08/2020

Also in: Photonics, Optics.org
A Man Lost His Hearing And Suffered Inflamed Eyes After Getting a Standard Back Tattoo
ScienceAlert 26/08/20

**BMJ Global Health**
Women develop a more robust T-cell immune response against the coronavirus than men do - new study Business Insider South Africa (misattributed to The BMJ) 28/08/2020

*Further coverage for wearing a mask at home (PR)*
The One Situation You're Not Wearing Your Mask, But You Should Be Best Life 26/08/2020

The WHO was built to guard global health. It was too weak for coronavirus. Toronto Star 28/08/2020

**BMJ Military Health**
Further coverage for illicit drug use and blindness (PR) Illicit Drug Use Tied to Vision Loss Medscape 26/08/2020

**BMJ Open**

Research: [State-level variation in opioid prescribing after knee arthroscopy among the opioid-naïve in the USA: 2015–2019](https://doi.org/10.1136/bmjopen-2020-039056) (External PR)

Opioid Prescription Rates For Knee Surgery Vary, But Higher Strength Dosage Common Scienmag 25/08/2020


Research: [Health impacts and environmental footprints of diets that meet the Eatwell Guide recommendations: analyses of multiple UK studies](https://doi.org/10.1136/bmjopen-2020-039556) (External PR)

Following healthy eating guidelines cuts risk of early death and helps the planet, study finds The Daily Telegraph 26/08/2020

Sticking to official diet advice cuts risk of death by 10% and is greener The Times 27/08/2020


For birth control fixes, chemist is best friend The Standard (Kenya) 24/08/2020

Government urged to think beyond pandemic in successor to Public Health England Mirage News 25/08/2020

Coronavirus antibodies tests ’put public at risk’ Business Telegraph 20/08/2020

Proposed California bill AB 66 would regulate 'less lethal' weapon use at protests 10news.com 25/08/2020
What are the benefits of cycling? From fitness to commuting, these are the best bits about owning a bike Stylist 27/08/2020

THAWING FROZEN SHOULDER WITH BEE VENOM Physical Therapy Products 27/08/2020

BMJ Open Diabetes Research & Care
Prevalence of novel subsets of type-2 diabetes found in the Asian Indian population Times of News India 24/08/2020
Also in: The Statesman.com, MSN UK, Gloucestershire Gazette + UK local news, Asian Image, TalkTalk, Daily Mail, Yahoo UK, The New Indian Express, The Health Site,

BMJ Open Gastroenterology
Impact of Low-Dose Aspirin on Lower Gastrointestinal Bleeding and Colorectal Neoplasms Medical Bag 27/08/2020

BMJ Quality & Safety
Nurse Understaffing Common in Hospitals Prior to COVID-19 Drugs.com 25/08/2020
Also in: Physician’s Briefing

British Journal of Sports Medicine
Intra-Articular Saline As Good As Other Injectable Options In Hip Osteoarthritis: Study Medical Dialogues 25/08/2020

Yami Gautam is giving us all major fitness goals through yoga – fitness News Chant 27/08/2020
Also in: The Hindustan Times

9 tips to run properly, and why your running form matters Insider + Business Insider Australia + India 28/08/2020

New tool could help limit COVID-19 spread during sporting events MD Alert 28/08/20

Looking For Some Running Benefits? Study Shows That Doing It Often Can Lead To A Longer Life BroBible 28/08/2020

How Bad Is It Really to Skip a Warm-Up? LiveStrong 28/08/2020

Fitness: Treat your sports injuries with PEACE and LOVE Edmonton Examiner 30/08/2020
Also covered widely by Canadian local news outlets

ESMO Open
Increased Risk of Mycobacterial Infection With Immune Checkpoint Inhibitors Oncology Nurse Advisor 28/08/2020
Also in: Cancer Therapy Advisor

Gut
Further coverage for gum disease and cancer risk (PR)
Gum disease could be a cancer risk factor Malaysia Star 29/08/2020

Single blood test can diagnose gluten illness Daily Mail 30/08/2020
Further coverage for benefits of napping (PR)

Long-term effects of napping on cardiovascular health
American Nurse 25/08/2020

Long Naps May Be Bad For Your Health
Forbes 26/08/2020

Also in: Daily Mail, Sound Health and Lasting Wealth, uspress.from

Injury Prevention

Electric bikes are all the rage. But are they good exercise and are they safe? The Street
Journal 24/08/20


Councilwoman Ryan Proposes Gun Buyback Program — Strategy Experts Say is Ineffective
GoLocalProv News 27/08/20

Journal of Epidemiology & Community Health

Further coverage for house move during early pregnancy and premature birth risk
Moving House While Pregnant? Here’s What You Need To Know The Asian Parent
Singapore 26/08/2020

Also in: Asiaone

Cardio isn't enough. For a healthy heart, add resistance training. Washington Post
01/09/2020

Journal of Medical Ethics

94% of Belgian doctors surveyed support ‘after-birth abortion’ for babies with disabilities
National Right to Life News 28/08/20 (misattrib The BMJ)

Journal of NeuroInterventional Surgery

Cleveland Doctor Urges Media To Slow Down Reporting New COVID-19 Treatments
Ideastream 26/08/20

Clot permeability linked to first-attempt success of aspiration thrombectomy NeuroNews
27/08/2020

Journal of Neurology, Neurosurgery & Psychiatry

New Alzheimer's Trial; Racism in Stroke; Copycat Drug to Launch MedPage Today
25/08/20

First Proposed Evidence-Based Guideline for Alzheimer’s Prevention Medscape 27/08/2020

Further coverage for smoking and aneurysm risk
Smoking tied to increased aneurysm risk in middle aged women MD Alert 29/08/20

Phase 3 data on VIMPAT® (lacosamide) CV in primary generalized tonic-clonic seizures

Tobacco Control
Industry Watch: Cigarette-like cigarillo introduced to bypass taxation, standardised packaging, minimum pack sizes, and menthol ban in the UK (External PR)

Cigarette-like 'cigarillos' flout efforts to curb smoking Sciencecodex 27/08/2020
Also in: Medical Xpress, Scienmag, Science Newsnet

PICTURED: How vaping companies took advantage of the pandemic with ads offering a free roll of toilet paper or hand sanitizer with the purchase of e-cigarettes Daily Mail 29/08/2020

Vet Record
Three "red flags" in the most serious cases of colic stand out in study HorseTalk 25/08/2020