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 (23-29 November) - our highlights include:

- New WHO global guidelines on physical activity and sedentary behaviour published in a special dedicated issue of the *British Journal of Sports Medicine* were covered widely, including *CBC News*, *BBC Science Focus*, and *The Times*.

- Research published in *Heart* suggesting that the ‘green Med’ diet may be even better for health than the traditional version made global headlines, including the *Daily Mail*, the *International Business Times*, and the *Hindustan Times*.

- A *Thorax* study finding that taking the Pill may cut the risk of severe asthma bouts in women of reproductive age was picked up by *MENA FN*, *UPI*, and *India TV News*.

**BMJ**

**PRESS RELEASES**

*The BMJ | BMJ Open*  
*British Journal of Sports Medicine | Heart*  
*Thorax*

**EXTERNAL PRESS RELEASES**

*BMJ Open Respiratory Research | Gut*  
*Injury Prevention | Journal of Neurology, Neurosurgery & Psychiatry*

**OTHER COVERAGE**

*The BMJ | Annals of the Rheumatic Diseases*  
*Archives of Disease in Childhood | BMJ Evidence-Based Medicine*  
*BMJ Global Health | BMJ Nutrition, Prevention & Health*  
*BMJ Open Diabetes Research & Care | BMJ Open Sport & Exercise Medicine*  
*British Journal of Ophthalmology | Journal of Epidemiology & Community Health*  
*Journal of Investigative Medicine | Journal of Medical Ethics*  
*Medical Humanities | Occupational & Environmental Medicine*  
*Open Heart | Stroke & Vascular Neurology*

**The BMJ press release coverage**
Research: **Gestational age and hospital admissions during childhood: population based, record linkage study in England (TIGAR study)** (PR)

Early babies at higher risk of hospital stays inews 26/11/2020
Premature babies three times more likely to be hospitalised with infections in childhood, Oxford study finds. The Daily Telegraph 26/11/2020


Other notable coverage
Five million people are unaware of their high blood pressure. Are you one of them? The Times 24/11/2020
China Focus: Chinese youth splash out on health products Xinhua 26/11/2020
Christmas Covid testing for UK students a ‘recipe for chaos’, says union The Guardian 28/11/2020
On the hunt with Yorkshire’s virus-detectives The Economist 26/11/2020

**JOURNALS**

**BMJ Open**

Research: **Postnatal checks and primary care consultations in the year following childbirth: an observational cohort study of 309573 women in the UK, 2006–2016** (PR)

350,000 mums miss postnatal checks: Health fears for women who don't attend vital appointments after giving birth Daily Mail 24/11/20


The (good) lockdown drinking guide (print) The Times 24/11/2020
Your poison: what that drink is doing to you Pick (print) The Times 24/11/2020
Also in: The Australian

Research: **Protocol for a prospective, longitudinal cohort of people with COVID-19 and their household members to study factors associated with disease severity: the Predi-COVID study** (External PR)

Predi-COVID: Clinical, epidemiological and socio-demographic study yields preliminary results Medical Xpress 25/11/2020

Also in: Scienmag, Bioengineer
This controversial face mask just got a major win from this study  Ladders 23/11/2020

Pairing up health of mum and baby makes sense to me: Dr Miriam Stoppard  Daily Mirror + irish Mirror 24/11/20

Also in: The Haitian-Caribbean News Network

Frizzy hair: this miraculous natural ingredient to save your lengths  Press From 23/11/2020


Transcranial Magnetic Stimulation Feasible for Functional Limb Weakness  Neurology Advisor 24/11/2020

Coronavirus cases are skyrocketing. Here’s what it will take to gain control.  Orlando Weekly 25/11/2020

Alkaline diet helps maintain good pH balance in body, likely to prevent disease  First Post 26/11/2020

British Journal of Sports Medicine

Special issue: World Health Organization Guidelines Issue (PR)

Even moderate exercise can offset the harm of sitting too much  The Times 26/11/2020
30 minutes of exercise a day could counter risks of prolonged sitting  BBC Science Focus 26/11/20
Move more to stay fit in pandemic era, WHO advises  CBC Canada 25/11/2020

Also in: The Irish Times, Irish News, Irish Examiner, Irish Independent, Daily Telegraph, Daily Mail, Evening Express, Irish Examiner, UK local news outlets, MSN UK, Yahoo News UK, Metro, Sunday World

International


Other

Beneficial Effects of Running That Not Everyone Knows MENA FN 23/11/2020

7 Fun Activities Every Entrepreneur can Do to Relieve Stress Before It’s News 23/11/2020

7 Things You Must Do to Be Productive When Working From Home Spark People 23/11/2020

Gardening as therapy The Blend.ie 23/11/20
DIY AND GARDENING AT HOME REDUCES STRESS Thrive Global 23/11/2020

TEENAGE SOCCER PLAYERS AFFECTED THE MOST BY INJURIES Orthopedics This Week 27/11/2020

Working up a sweat: scientists claim 30-40 minutes of exercise may offset 10 hours of rest Newsday 28/11/2020

Further coverage for yoga to ease depression (PR)
Yoga by the Numbers: The Stats on Yoga and Mental Health Fitness Health Yoga 27/11/2020

Ear Symptoms of Dehydration During Ironman LiveStrong 29/11/2020

Joël Bouzou: WOA Olympians Health Study a start but more must be done to protect athletes' long-term health Inside the Games (UK) 29/11/2020

Heart

Research: The effect of green Mediterranean diet on cardiometabolic risk; a randomised controlled trial (PR)

Overindulged in lockdown? Give the 'green' Mediterranean diet a go! Swapping meat for more vegetables can make the traditional meals even more healthy, researchers say Daily Mail + Scottish Edition 23/11/2020

Study suggests the Green Mediterranean diet may be better for health Hindustan Times 24/11/20


International
Treadmills Vs. Chemical Stress Tests
LiveStrong 29/11/2020

Thorax

Research: Hormonal contraception and the risk of severe asthma exacerbation: 17-year population-based cohort study (PR)

Birth control pills may reduce severe asthma risk: Study MENA FN 24/11/2020
Birth control pills may reduce severe asthma risk: Study India TV News 25/11/20
Birth control pill may reduce asthma attacks UPI 24/11/20

Also in: Global News India, Disney News India, Daijiworld, Newskarnataka, India New England, Prokeral, Kentucky Indian, Andhravilas, U.S. News & World Report, webindia123.com, AustinIndian, The Siasat Daily, UPI Asia.com, New Zealand Online News, Medicircle (IN), Eminetra (NZ), NewKerala, WAAV-AM + widely covered by US broadcast outlets, Newsd.in, Vishva Times

Other

Night Shift Workers More Likely To Have Moderate to Severe Asthma, Study MyHealthyClick 23/11/2020

Gluten Allergy & Cough LiveStrong 28/11/20

Further coverage for loneliness and hospital admission risk (PR)
Socially-isolated older adults at higher risk of being hospitalized for respiratory disease Study Finds 28/11/20

Annals of the Rheumatic Diseases
Brodalumab linked to rapid, significant improvement in PsA Healio 23/11/2020
Also in: Mashupmd

Archives of Disease in Childhood
Plummeting A&E Attendances Show Children 'Made Invisible' by COVID Measures Medscape 27/11/20

BMJ Evidence-Based Medicine
Further coverage for caffeine consumption during pregnancy (PR) Pregnant Ashley Tisdale sips coffee, sparks debate Yahoo Sports 26/11/2020

BMJ Global Health
Further coverage for vaccination misinformation on social media (PR) Biggest threat to COVID-19 vaccination could be fake news and misinformation The Economic Times 26/11/2020 'Infodemic' risks jeopardising virus vaccines Times of India 26/11/2020 'Infodemic' Risks Jeopardising Virus Vaccines International Business Times 28/11/2020

BMJ Nutrition, Prevention & Health
Three vitamins linked to respiratory health: survey Aus Doc 23/11/2020
Are Cashews Good for You? Here are the Nutrition Facts About Cashews MSN 24/11/2020
Immunonutrition may improve COVID-19 patients' recovery News-Medical.net 26/11/2020
Also in: Hindu BusinessLine


Healthy diet plays vital role in warding off COVID-19 News-Medical.Net 29/11/2020

BMJ Open Diabetes Research & Care
'It is a worry': The truth about veganism and bone health The Telegraph 24/11/2020

BMJ Open Respiratory Research
Research: CPAP management of COVID-19 respiratory failure: a first quantitative analysis from an inpatient service evaluation (External PR)
Doctors use existing treatment earlier to save the lives of COVID-19 patients Medical Xpress 25/11/2020
Also in: Health Medicine Network, Medscape, Sleep Review Online, Science Blog

**BMJ Open Sport & Exercise Medicine**

*Study: Even Minimal Exercise Boosts Overall Health* Day Spa 19/11/2020

**British Journal of Ophthalmology**

*Study Links Prediabetes To Macular Thinning* Medical Dialogues 24/11/2020

Ocular side effects possible with checkpoint inhibitors MD Alert 26/11/20

**Gut**

Research: *Association between Brachyspira and irritable bowel syndrome with diarrhea* (External PR)

Specific Bacterium In The Gut Linked To Irritable Bowel Syndrome (IBS) Scienmag 25/11/2020


Research: *Endoscopic Placement of Covered versus Uncovered Self-Expandable Metal Stents for Palliation of Malignant Gastric Outlet Obstruction* (External PR)

No coverage

Further coverage for PPIs and diabetes risk (PR)

“ACID REFLUX DRUGS CAUSED MY TYPE 2 DIABETES” Lawyers & Settlements.com 28/11/20

Study reveals Green Mediterranean diet is good for heart health: Know the other health benefits of it India TV 29/11/2020

**Injury Prevention**

Research: *Risky business: a 15-year analysis of fatal coastal drowning of young male adults in Australia* (External PR)

No coverage

**Journal of Epidemiology & Community Health**

Further coverage for violence against women in India (PR)

ORANGE THE WORLD: PALM STAMP TO SUPPORT VIOLENCE AGAINST WOMEN Odisha Ray 27/11/20

Also in: Daily Pioneer

**Journal of Investigative Medicine**

Air pollution exposure may increase the risk of oral cavities and mouth cancer The Health
Site 25/11/2020
Also in: Sound Health and Lasting Wealth

Colorado researchers are gathering data on coronavirus survivors. Here’s what they’ve found. Colorado Sun 24/11/2020

Journal of Medical Ethics
Further coverage for paying people to get COVID-19 jab (PR)
Also in: Miami Herald, Sacramento Bee + extensive local print coverage

Further coverage for sexbots for older people (PR)
Also in: Haaretz (Israel), The World News

End-of-life care option is humane The Sun (US) 27/11/20

Journal of Neurology, Neurosurgery & Psychiatry
Your Brain on Cocoa; MS-Gut Link; Autism and Newborn Hearing MedPage Today 24/11/2020

Blood Biomarker Predicts Guillain-Barré Prognosis LabMedica 25/11/2020

Research: Plasma microRNA signature in presymptomatic and symptomatic subjects with C9orf72-associated frontotemporal dementia and amyotrophic lateral sclerosis (External PR)
Neuroinflammation common in familial frontotemporal dementia MD Alert 26/11/20

Medical Humanities
Sing to Heal: Using the Voice to Uplift Mind and Body Natural Awakenings 27/11/20

Occupational & Environmental Medicine
5 Moves for a Stronger Butt That You Can Do Right Now MSN Lifestyle 23/11/2020
Also in: Eat This! Not That!, The Nation (Sri Lanka)

Further coverage for high rates of COVID-19 in grocery store workers (PR)
Retail workers may face a higher risk than shoppers of catching COVID-19 on Black Friday, even as stores like Walmart, Target, and Best Buy increase safety measures Business Insider + BI India + BI Australia 25/11/20
Also in: BestLife, MSN AU, Santa Fe New Mexican

PM2.5 increases premature birth risk: doctor Taipei Times 28/11/20

Open Heart
Which Country Has Flattened the Curve for the Coronavirus? El Sol de la Florida 24/11/2020

Stroke & Vascular Neurology
Providers try to address mounting delays in care as pandemic stretches on Modern Healthcare 27/11/20