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 (26 October - 1 November) - our highlights include:

- A study published in *Occupational & Environmental Medicine* finding that grocery store employees are likely to be at a heightened risk of COVID-19 infection made global headlines, including *New York Post*, CNN and *Times of India*.

- Research in *BMJ Nutrition, Prevention & Health* suggesting that high vitamin A, E, and D intake is linked to fewer respiratory complaints in adults was picked up by The Times, The Daily Telegraph, Sky News and the Metro.

- *A Journal of Epidemiology & Community Health* paper finding that the rate of fatal police shootings of unarmed Black people in the US is more than 3 times as high as it is among White people made headlines in the *International Business Times, Japan Today* and *SBS Australia*.

- Research in *The BMJ* suggesting that health workers and their families account for 1 in 6 hospital covid-19 cases was picked up by *The Times, The Telegraph* and *iNews*.

**BMJ**

**PRESS RELEASES**

*The BMJ* | *BMJ Nutrition, Prevention & Health*

*Journal of Epidemiology & Community Health* | *Occupational & Environmental Medicine*

**EXTERNAL PRESS RELEASES**

*British Journal of Sports Medicine* | *BMJ Global Health*

*BMJ Open* | *Heart*

*Journal of NeuroInterventional Surgery*

**OTHER COVERAGE**

*The BMJ* | *Annals of the Rheumatic Diseases*

*Archives of Disease in Childhood* | *BMJ Case Reports*

*BMJ Evidence-Based Medicine* | *BMJ Open Diabetes Research & Care*

*BMJ Open Sport & Exercise Medicine* | *BMJ Sexual & Reproductive Health*

*British Journal of Ophthalmology* | *Gut*
BMJ

BMJ Best Practice approved by Federation of Royal Colleges of Physicians Mirage News 26/10/2020
BMJ Best Practice approved by Royal Colleges InPublishing 27/10/2020

The BMJ press release coverage

Research: Risk of hospital admission with coronavirus disease 2019 in healthcare workers and their households: nationwide linkage cohort study
Editorial: Covid-19: risks to healthcare workers and their families

Coronavirus latest: NHS staff and their families more at risk of hospital admission, study finds iNews 28/10/2020


Research: Use of hormone replacement therapy and risk of breast cancer: nested case-control studies using the QResearch and CPRD databases

Risk of breast cancer linked to receiving HRT during menopause is a lower risk than previously feared, study shows Daily Mail + Scottish and Irish and Daily Mail 28/10/2020
HRT linked to a higher risk of breast cancer (print) iNews 30/10/2020


Further coverage for blood plasma treatment for covid-19
Covid-19 death rate could be lowered among sickest patients using blood plasma treatment, says Hong Kong university expert South China Morning Post 27/10/2020
Covid-19 plasma therapy trial results 'disappointing' BBC World Service 29/10/2020
Also on: BBC Radio 4

Other notable coverage
Don't panic, it's not all over for immunity The Daily Telegraph 27/10/2020
Coronavirus: The possible long-term mental health impacts BBC News 29/10/2020
Five ways to boost your immunity against Covid-19 (print) The Daily Telegraph 28/10/2020
It's time to talk about periods The Sunday Times 01/11/2020
The one-hour tests that offer a ray of hope in the fight against Covid: Boris Johnson promises 'massive' expansion of rapid turnaround tests Daily Mail 31/10/2020

JOURNALS
**BMJ Nutrition, Prevention & Health**

**Brief report:** Association between vitamin intake and respiratory complaints in adults from the UK National Diet and Nutrition Survey years 1–8 (PR)

People hit hardest by Covid-19 more likely to lack vitamin D The Times + Scottish + Irish editions 28/10/2020


**International**


**Other**


Trying to Lose Weight? Here Are 5 Snacks to Enjoy and 3 to Avoid Livestrong.com 26/10/20

Facts about vitamin D supplements The Washington Post 27/10/20

**Journal of Epidemiology & Community Health**

**Short report:** Racial inequity in fatal US police shootings, 2015–2020 (PR)

Rate Of Fatal US Police Shootings Of Unarmed Black People ‘3 Times Higher Than For Whites’ International Business Times 27/10/2020

Rate of fatal U.S. police shootings of unarmed Black people ‘3 times higher than for whites’ Japan Today 28/10/2020

Anti-polio drive: UAE campaign reaches over 16m children in three months  The International News 26/10/2020

Mould and damp health costs are about 3 times those of sugary drinks. We need a healthy housing agenda  The Fifth Estate 27/10/2020

Also in: Medical Xpress, MENA FN, Accom News,

How the interval between dinner time and bed time affects your health  East Africa Standard 26/10/2020

Occupational & Environmental Medicine

Research: Association between SARS-CoV-2 infection, exposure risk and mental health among a cohort of essential retail workers in the USA (PR)

High rate of symptomless Covid-19 infection among grocery store workers, finds study  Times of India 30/10/2020

About 20% of grocery store workers had Covid-19, and most didn't have symptoms, study found  CNN 29/10/2020

Study finds 20 percent of grocery workers had COVID-19, most without symptoms  New York Post 30/10/2020

Also in: The Irish Times (misattributed to The BMJ), iNews, Daily Mirror, Daily Express, MSN News, The Independent, The Irish Times, Yahoo News, Click Lancashire

International


Other


Annals of the Rheumatic Diseases

Study helps predict which COVID-19 patients develop dangerous 'cytokine storm'  ArcaMax 26/10/2020

New Criteria Helps Predict Which COVID-19 Patients Experience Cytokine Storm  Very Well Health 26/10/2020
Also in: Healio

Here's What Is (and Isn't) OK to Eat on the Whole30 Diet Press From 29/10/2020
Also in: MSN Health & Fitness, The Healthy,

EULAR recommends first core data set for pregnancy registries in rheumatology Healio 29/10/2020

No improvement in hand osteoarthritis with tocilizumab MedWire News 30/10/20

Archives of Disease in Childhood
Recognizing miscarriage as an occasion for grief The New York Times 30/10/2020

BMJ Case Reports
Three permanent side-effects of COVID-19 that are pretty creepy Yahoo Finance UK 29/10/20

‘Covid toes’ add to woe of pandemic patients iNews 30/10/2020

How taking a freezing plunge can make midlife happier and healthier Daily Mail 30/10/2020

BMJ Evidence-Based Medicine
Researchers: It’s Time to Stop Recommending Antidepressants for Depression Mad in America 26/10/2020

How GPs can use epidemiology to help diagnose coronavirus NewsGP 28/10/2020

Further coverage for honey for respiratory infections (PR)
Honey, the Best Cure for Upper Respiratory Tract Infections So Delicious 28/10/2020

App could one day detect asymptomatic coronavirus by listening to forced coughs pressfromUK 30/10/20

BMJ Global Health
Further coverage for politicians unlikely to be blamed for pandemic (PR)
Politicians poll fate not tied to handling of coronavirus pandemic, shows survey The Economic Times 29/10/2020

Also in: The Star Malaysia

Research: The burden of personal injury from water fetching in 21 low-income and middle-income countries (External PR)

Anthropologists examine prevalence of injuries caused by water fetching Mirage News Australia 29/10/2020

Further coverage for social media disinformation and vaccine hesitancy (PR)
Social media disinformation campaigns tied to vaccine hesitancy The Star Malaysia 30/10/2020

Further coverage for oral herpes rates in children (PR)
Study: Oral Herpes Rates Declining Among Children Pharmacy Times 29/10/20

Further coverage for wearing face masks at home (PR)
Household transmission of COVID-19 faster and wider than previously estimated: New study TheHealthSite 01/11/20

BMJ Open
AHA News: Study Highlights Heart-Health Issues for Adults Who Were Preemies Clinical Connection 26/10/2020
Study highlights heart-health issues for adults who were preemies Medical Xpress 26/10/2020
Also in: Business Fast, TheHour.com, Times of News India

Oxford team warns of industry influence on AI regulation AuntMinnie.com Europe 27/10/20
How could ‘intolerable suffering’ be quantified to justify ending a life? MercatorNet 27/10/20

Research: Ability of fabric face mask materials to filter ultrafine particles at coughing velocity (External PR)
Study Measures Effectiveness Of Different Face Mask Materials When Coughing Scienmag 29/10/20
How masks made of T-shirts, jeans and other fabrics block particles at coughing speed The Indian Express 30/10/2020
Revealed: The best material for a home-made coronavirus face mask – and it's a household object The Telegraph 30/10/2020


Research: Gendered lived experiences of marriage and family following exposure to chemical warfare agents: content analysis of qualitative interviews with survivors in Halabja, Kurdistan-Iraq (External PR)
People exposed to chemical warfare agents feel uncertain about family building News-Medical.net 30/10/20
Also in: Sound Health and Lasting Wealth, Bioengineer, Scienmag, Health Medici.net, Brightsurf.com, Medical Xpress, Times of News, Science Daily, Mental Daily, MedIndia

Breakthrough nano-particle technology provides fresh solution for smelly feet Brightsurf.com 30/10/20
**BMJ Open Diabetes Research & Care**

*Further coverage for coffee and green tea and type 2 diabetes (PR)*

*Coffee and green tea linked with lower mortality in people with Type 2 diabetes, reveals study* Nutrition Insight 26/10/2020

*These two drinks can lower your risk of dying from a disease, claims a study* Times of India 29/10/2020

**Also in:** Natural Practitioner Magazine, Best Life, DoveMed, MSN Arabia, Yahoo Lifestyle, Archyde, MSN IE, Yahoo! News Philippines, Canadian Chiropractor, MedIndia, New telegraphing, Healio, Complementary Medical Association Newsletter, MedicalBrief South Africa, The Daily Sun, DrWeil.com, Devdiscourse, AniNews.in, NDTV Food, Sprudge, Daily Star, MedIndia

**Medical myths: Vegetarian and vegan diets** Medical News Today 01/11/2020

**BMJ Open Sport & Exercise Medicine**

*Six Nations 2020: how have players grown in size in the past 25 years - and who is the heaviest player in the tournament?* The Scotsman 30/10/20

**Also in:** Edinburgh Evening News

**BMJ Sexual & Reproductive Health**

*Further coverage for number of sex partners and cancer risk (PR)*

*Saying sex increases cancer risk is neither totally correct, nor in any way helpful* All4Women 29/10/2020

**British Journal of Ophthalmology**

*Why are poppers banned* US Updates 26/10/20

*CBS in children and young adults* NZ Optics 27/10/2020

*Dilemma disease: Choice between Covid, blindness* Times of India 31/10/20

**British Journal of Sports Medicine**

*What Anaerobic Exercises Actually Mean for Your Training Plan* Men’s Health 26/10/2020

**Also in:** MSN Health & Fitness, MSN Lifestyle

*Study: Culture Prevents Athletes From Reporting Pain* Newsmax 26/10/2020

*NAU researchers publish new report, recommendations to increase concussion disclosure in athletes* Science Newsnet 27/10/2020

**Also in:** Newswise

*25 Easy Exercises That Make You Feel Better* Yahoo Life 27/10/2020

**Review:** *The relationships between rugby union, and health and well-being: a scoping review* (External PR)

*Playing rugby union may help to reduce health risks* The Times 29/10/2020

*Playing rugby union can improve health and wellbeing, study suggests* Guernsey Press 28/10/2020
**Also in:** MailOnline, Yahoo UK, ITV News, MSN UK + South Africa, The Health Mania, Medical Xpress, Edinburgh Evening News, The Scotsman, The Nen, Back to Schools

---

**11 Year Study Finds Heat Stress Major Risk Factor In Volleyball** Orthopedics This Week 28/10/2020

**Skateboarding head injuries: a dangerous mystery** Orthopedics This Week 30/10/2020

---

**Gut**

*Further coverage for acid reflux drugs and type 2 diabetes risk (PR)*

**Prolonged Use of Proton Pump Inhibitors Linked to Increased Risk of T2DM** Diabetes in Control 27/10/2020

---

**50,000 have missed cancer diagnosis during Covid-19 pandemic, Macmillan says** LBC 29/10/2020

**Also in:** South Wales Argus + UK local news outlets, Talk Talk, Belfast Telegraph, Daily Mail, Asian Image, AOL UK, InfoSurhoy, Daily Mirror

**Listen to the experts: Antibiotics DAMAGE immune system function, warn researchers** Natural News 28/10/2020

**Also in:** BruDirect

---

**Heart**

*Further coverage for hot baths and CVD risk (PR)*

**Daily Hot Baths Could Lower Your Risk of Heart Disease or Stroke** MSN 26/10/2020

---

**Research:** *Clinical and budget impacts of changes in oral anticoagulation prescribing for atrial fibrillation* (External PR)

**Effective stroke drugs are saving the NHS millions** Medical Xpress 29/10/20

**NHS saves millions on highly effective stroke drugs** Open Access Government 29/10/2020

---

**Journal of Medical Ethics**

**FINALLY GIVEN HOPE... BY THE KINDNESS OF STRANGERS** Irish Daily Mail 27/10/2020

---

**Journal of NeuroInterventional Surgery**

**Think F.A.S.T. to survive a stroke** romesentinel.com 27/10/2020

---

**Research:** *Motor neuroprosthesis implanted with neurointerventional surgery improves capacity for activities of daily living tasks in severe paralysis: first in-human experience* (External PR)

**Device raises hopes for paralysis help** AE Daily 28/10/2020

**Can Stentrode Become Neuralink Alternative? Scientists Develop New Technique to Read Brain Signals** IBT Singapore 30/10/20

**Also in:** International Business Times AU, Stuff NZ, Mirage News Australia, Nine News Australia, Daily Mail, Australian local news outlets, Hawk India, The Arabian Stories, Devdiscourse, AniNews.in, US local news, Al Khaleej Today, BioSpectrum Asia, Newkerala

---

**Other**

**Open Heart**

Longest Weekend of 2020 Arrives Weatherboy 31/10/20
DAYLIGHT SAVING TIME: A GUIDE TO THE WHEN, WHY, WHAT AND HOW Elexonic 01/11/20

**Regional Anesthesia & Pain Medicine**

Salt Lake VA Develops New Approach To Curb Opioid Use Among Veterans KSL TV 27/10/2020

**Sexually Transmitted Infections**

Understanding U=U Can Improve Health Outcomes for People Living with HIV—but the Message Matters. The BodyPro 30/10/20

**Thorax**

Further coverage for steroids for asthma and risk of brittle bones and fractures (PR) Everything you need to know about asthma now The Times 27/10/2020
Also in: DoveMed, LabRoots, Cooking With Kathy Man, My Health Click, Mirage News Australia

**Vet Record**

Would you pay £20,000 to save your pet's life? MSN Lifestyle 26/10/2020
Also in: Internewscast

RCVS stands by its Junior-Vice President VetSurgeon.org 28/10/2020
Also in: Vet Times