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 **28 journals** were picked up in the media last week (30 November - 6 December) - our highlights include:

- An analysis of coroners' reports published in *BMJ Evidence-Based Medicine* warning that swallowing alcohol-based hand sanitiser can kill made global headlines, including *The Daily Telegraph*, *Hindu Business Line*, and *Newsweek*.

- A *dtb* editorial warning that the ‘Mum test’ is not enough to convince people to get the COVID-19 jab was picked up by *The Daily Telegraph*, *OnMedica* and *The Nation Sri Lanka*.

- Research in *The BMJ* suggesting that birth defects may be linked to a greater risk of cancer in later life was covered by the *Daily Mail*, *HuffPost UK*, and *The Sun*.

**PRESS RELEASES**

*The BMJ* | *Archives of Disease in Childhood*  
*BMJ Evidence-Based Medicine* | *Drug and Therapeutics Bulletin*

**EXTERNAL PRESS RELEASES**

*Archives of Disease in Childhood* | *British Journal of Ophthalmology*

**OTHER COVERAGE**

*The BMJ* | *Annals of the Rheumatic Diseases*  
*BMJ Case Reports* | *BMJ Global Health*  
*BMJ Nutrition, Prevention & Health* | *BMJ Open*  
*BMJ Open Diabetes Research & Care* | *BMJ Open Gastroenterology*  
*BMJ Open Sport & Exercise Medicine* | *BMJ Paediatrics Open*  
*BMJ Open Respiratory Research* | *British Journal of Sports Medicine*  
*Gut* | *Heart*  
*Journal of Epidemiology & Community Health* | *Journal of Investigative Medicine*  
*Journal of Medical Ethics* | *Journal of Neurolnterventional Surgery*  
*Journal of Neurology, Neurosurgery & Psychiatry*  
*Occupational & Environmental Medicine* | *Open Heart*  
*RMD Open* | *Thorax*  
*Tobacco Control*
The BMJ press release coverage

Research: **Red meat intake and risk of coronary heart disease among US men: prospective cohort study** (PR)

*Ditching red meat for beans could cut the risk of heart disease by up to 20%, new study suggests* Daily Mail + Scottish + Irish Daily Mail 02/12/2020

*Swapping out red meat for eggs, dairy, or beans could reduce heart disease risk* INSIDER 03/12/2020

**Also in:** Eurasia Review, Orissa Post, MSN Philippines, Daijiworld, Andhravilas, Prokerala.com, Mirage News Australia, Austin Indian, MENA FN, Business Insider India, Newkerala, A Closer Look, Medical Xpress, MedIndia123, MSN Health & Fitness, Window To News, Back to Schools, The Health Site, Dailyhunt, Newschant, Newsd, Social News XYZ, Medical News Today, First Post, NewsGram, Earth.com, TIMES NOW

Research: **Cancer risk in individuals with major birth defects: large Nordic population based case-control study among children, adolescents, and adults** (PR)

*Birth defects linked to risk of cancer in later life* The Star (Malaysia) 06/12/2020

**Also in:** U.S. News & World Report, Times of News India, Mirage News Australia, WOKI-FM + US broadcast outlets, Medical Xpress, Sciencecodex, Doctors Lounge, Drugs.com, Clinical Connection, HealthDay, Newsmax, 2 Minute Medicine, Medicinenet.com, MedIndia, ScienceDaily

Editorial: **Lifetime perspective on alcohol and brain health** (PR)

*The three ages when alcohol poses the greatest danger: Effect of booze on the brain is worst for unborn children, older teens and over-65s, research shows* Daily Mail + Scottish Daily Mail 04/12/2020

*Alcohol Is Particularly Bad For Your Brain At These 3 Ages* HuffPost UK 04/12/2020


*Further coverage for delay in cancer treatment (PR)*

*No Breaks for Cancer Amid a Pandemic* The New York Times 01/12/2020

**Other notable coverage**

*News article* mentioned on BBC One Breakfast 01/12/2020

*Your December survival guide: hazards to avoid* The Times 01/12/2020

*Air pollution from cars, power plants and forest fires is risk factor for Alzheimer’s, study finds* The Independent 01/12/2020

*Reporting the vaccine* (Fiona Godlee interview) BBC Radio 4 - The Media Show 02/12/2020
Covid-19: UK 'confident' of having 800,000 vaccine doses by next week BBC News
05/12/2020
When comfort eating becomes binge eating The Daily Telegraph 07/12/2020

JOURNALS

Archives of Disease in Childhood

Viewpoint: Urgent need to develop evidence-based COVID-19 recommendations for primary schools (PR)

Avoid closing year groups after one Covid case, English schools urged The Times + Irish edition 30/11/2020
New COVID-19 infection control approach is needed to keep schools open Health Europa 01/12/20


Research: Why is COVID-19 less severe in children? A review of the proposed mechanisms underlying the age-related difference in severity of SARS-CoV-2 infections (External PR)

Differences in Immunity and Blood Vessels Likely Protect Children from Severe COVID-19 Health News Digest 02/12/2020
Why children are less affected by Covid-19: More robust blood vessels, higher vitamin D levels and a stronger innate immune response protect youngsters from severe symptoms Daily Mail 03/12/20


BMJ Evidence-Based Medicine

Coroners' concerns: Alcohol-based hand sanitisers: a warning to mitigate future poisonings and deaths
Editorial: Coroners’ concerns to prevent harms: a series of coroners’ case reports to serve patient safety and educate the public, clinicians and policy-makers (PR)

Experts call for warnings on dangers of swallowing hand sanitiser as poisonings rise The Daily Telegraph 01/12/2020
‘Lethal’ Hand Sanitizer Warning After Spike in People Drinking It Amid COVID Newsweek
Health experts note surge in hand sanitizer poisoning amidst COVID-19 pandemic


International + Other

The COVID vaccines safety net

Drug and Therapeutics Bulletin

Editorial: Covid-19 vaccination—we need more than the ‘mum test’ (PR)

Exclusive: NHS ready to provide Covid vaccine within days after Pfizer jab approved

Coronavirus UK: Regulator is poised to give go-ahead to a vaccine for emergency use within DAYS

'Mum test' not enough to convince people to get COVID-19 jab


International + Other

Annals of the Rheumatic Diseases
Brodalumab linked to rapid psoriatic arthritis improvement

Also in: Medical Dialogues

One Step Closer to Precision Medicine in RA

Early RA Treatment Can Stave Off Heart Disease
Inflammatory Burden High in Patients With Early Peripheral Spondyloarthritis
Rheumatology Advisor 03/12/20

High dose fasinumab improves chronic lower back pain, function
Healio 03/12/2020

Also in: Clinical Pain Advisor

Gout in the thumb: Is your thumb pain a sign of gout?
Creaky Joints 03/12/20

Rheumatic Disease and COVID-19: Who Is at Risk?
Medically Prime 04/12/20

Also in: MedPage Today

Patient perspectives in lupus
Rheumatology Networks 04/12/20

BMJ Case Reports
Further coverage for hearing loss and COVID-19 (PR)
Michele Lee Lambert | COVID-19 Can Cause Strokes In Young People
The Gleaner (Jamaica) 05/12/20 (misattrib The BMJ)

BMJ Global Health
Call to action: A people-centred approach to disease prevention in the era of Covid-19
Maverick Citizen 30/11/2020

How Prestige Journals Remain Elite, Exclusive And Exclusionary
Forbes 30/11/20

Further coverage for male domination of COVID decision makers (PR)
COVID-19: Is it time for male leaders to ‘lean out’?
Medical News Today 04/12/20

Further coverage for wearing face masks at home (PR)
If Anyone Over 60 Lives in Your House, You Need to Be Doing This
BestLife 05/12/20

Also in: MSN IN, Yahoo Lifestyle

BMJ Nutrition, Prevention & Health
‘Healthy diet plays vital role in keeping Covid-19 at bay’
The Hindu Business Line 30/11/2020

Also in: The Health Mania, Tek Deeps,

BMJ Open
Further coverage for multivitamins all in the mind (PR)
What experts desperately want you to know before you pop another multivitamin
MSN Lifestyle 30/11/2020

Also in: The Jewish Voice

How Much Caffeine is in Death Wish Coffee?
The Healthy 01/12/2020

Also in: MSN IN, MSN Health & Fitness

Reporting the vaccine (Fiona Godlee interview, BMJ Open mentioned)
BBC Radio 4 - The Media Show 02/12/2020

This Type of Face Mask Isn't Protecting You From COVID, WHO Warns
MSN Lifestyle
British Journal of Sports Medicine
Further coverage for sedentary behaviour and physical activity WHO guidelines (PR)
Too much desk-time is certainly bad – but every bit of exercise helps  The Australian Times 30/11/2020
11 Minutes of Exercise a Day May Help Counter the Effects of Sitting  New York Times 02/12/20


Football needs to catch up and get its house in order over concussion  The Guardian 30/11/2020

Why physical activity matters now more than ever  Medical Xpress 30/11/20

Does Exercising Help With Gastritis?  LiveStrong 01/12/2020

COVID: Are we becoming more healthy at home?- Priya Watkinson Rosebery School  Surrey Comet 30/11/2020

Foot Pain After Lifting Heavy Weights  LiveStrong 02/12/2020

10 Amazing Things Exercise Can Do for Your Mind and Body  LiveStrong 02/12/20

Do Running Shoes Cause or Prevent Injury?  Runner's World 03/12/2020

Train your feet for better stability and less pain  Keynews.com 03/12/2020

Why 30-40 Minutes of Cardio May Be a Perfect Goldilocks Zone  Psychology Today 03/12/2020


Tips on how to boost your immune system during Covid-19, flu season  Ksat.com 06/12/2020

Gut
Further coverage for Mediterranean diet and healthy aging (PR)
Mediterranean diet promotes 'healthy aging' in older adults  Study Finds 30/11/2020
Specific Bacterium In The Gut Linked To Irritable Bowel Syndrome  Medical Dialogues 30/11/2020
Also in: Australian Life Scientist, Lab Online (AU), Gilmore Health News, Lab + Life Scientist

The 12 Best Foods That Speed Up Weight Loss  The Nation Sri Lanka 30/11/2020

Heart
Further coverage for ‘green Med’ diet (PR)
The secret to the ‘green Med diet’ and shedding the pounds? Duckweed…  The Telegraph 30/11/2020
Study finds plant-based ‘green’ Mediterranean diet leads to more weight loss  New York Post 01/12/2020

Journal of Epidemiology & Community Health
The Top Three Health Risks of Being Underweight  LiveStrong 02/12/2020

Tips on Finding the Right Community for Retirement  My Prime Time News 02/12/2020

Celebrating Matariki holiday between June and October could ease pressure on hospitals, study finds  Stuff NZ 03/12/2020

Journal of Investigative Medicine
Healthline Parenthood’s Picks of the Best Vitamin D Drops for Baby  Healthline 30/11/2020

Study and Editorial on Cannabinoid Hyperemesis Syndrome (CHS) Published in The Journal of Investigative Medicine (JIM)  MedIndia 01/12/2020

HEPATO-RENAL SYNDROME TYPE 1: TREATMENT WITH TERLIPRESSIN REDUCED NEED FOR RENAL REPLACEMENT THERAPY  Medical Research.com 03/12/20

Journal of Medical Ethics
Further coverage for paying people to get COVID jab (PR)
Should people be paid to get the COVID-19 vaccine?  MSN Lifestyle 30/11/2020
Economists’ Solution: Pay Americans $1,000 To Get Covid-19 Vaccine  Forbes 01/12/2020
Also in: WRCB-TV Online, The Final Call, Madison.com, Wiscnews.com, Journal Times Online

Scientists continue to find unborn babies feel pain far earlier than thought, much to the chagrin of the Abortion Industry  National Right to Life News 02/12/20

Further coverage for substandard COVID research (PR)
The problem of retractions and contentious papers  The Medical Independent 03/12/20

Immunity passports: Ethical conflict and opportunity  Medical Xpress 04/12/20
Also in: Newswise
Can Sex Robots Improve Quality of Life for Elderly, Disabled People Who Don’t Have Human Companionship? The Swaddle 05/12/20

Journal of NeuroInterventional Surgery
Cuts In Medicare Payments Jeopardize Patient Access To Care ScienMag 04/12/20
Also in: Cardiovascular Business Online, Medical Practice Insider, Agenparl, Health Medicine Network, 7th Space, Endovascular Today Online, Healthcare Finance News

Journal of Neurology, Neurosurgery & Psychiatry
My Arms & Hands Fall Asleep After Weight Lifting LiveStrong 01/12/2020

Two ALS Staging Systems May Be Useful Assessment Tools in Clinical Trials ALS News Today 02/12/2020

Effectiveness of Different Natalizumab Dosing Schedules in Multiple Sclerosis Practice Update 03/12/20

Nutrition News: No More Brain Fog ArcaMax 04/12/20

Occupational & Environmental Medicine
Further coverage for grocery store workers’ risk of COVID-19 (PR)
This Job May Increase Your Coronavirus Risk Fivefold MSN Money 03/12/2020
Also in: xinmsn, Money Talks News

Multi-carcinogen exposure at work December research round-up Personnel Today 04/12/20

Further coverage for rise in sedentary behaviour after retirement (PR)
Sedentary Behavior Tends to Increase as You Age—Here’s How to Combat It Bicycling 04/12/20

Strain Injuries from Lifting Remain a Troubling Source of Loss for Retail Loss Prevention Magazine 04/12/2020

Open Heart
Brain health: a mysterious frontier Nutraceuticals World Online 04/12/20 (link unavailable)

RMD Open
Depression and Anxiety Associated With Disease Activity, Functional Status in Early RA Rheumatology Advisor 01/12/2020

Thorax
Lung cancer symptoms: Haemoptysis is a common symptom - what is it? Daily Express 02/11/2020
Also in: WS Tale

Further coverage for effect of The Pill on severe asthma (PR)
Contraceptives Help Reduce Severe Asthma Attacks in Women MedIndia 02/12/2020

Tobacco Control
Study debunks arguments behind continuing availability of tobacco at convenience stores