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 22 journals were picked up in the media last week (7-13 December) - our highlights include:

- Research in the Christmas issue of *The BMJ* finding that patient death rates are higher on surgeons’ birthdays made headlines in the *Daily Mail, The Times, The Irish Times*, and *The Sun*.

- A *JECH* study revealing that teens who are unhappy with their physical appearance are at significantly heightened risk of depression by the time they reach early adulthood was covered widely, including *The Times, CNN*, and *ITV News*.

- Research in *Occupational & Environmental Medicine* suggesting that healthcare workers are seven times as likely to have severe COVID-19 as other workers was picked up by *The Independent, Hindustan Times, Sky News TV*, and *American Council on Science and Health*.

**BMJ**

**PRESS RELEASES**

*The BMJ* | *Archives of Disease in Childhood*
*British Journal of Sports Medicine* | *Journal of Epidemiology & Community Health*
*Occupational & Environmental Medicine*  

**EXTERNAL PRESS RELEASES**

*BMJ Evidence-Based Medicine* | *BMJ Global Health*
*BMJ Open Ophthalmology* | *Gut*
*Journal of Epidemiology & Community Health* | *Thorax*

**OTHER COVERAGE**

*The BMJ* | *Annals of the Rheumatic Diseases*
*BMJ Case Reports* | *BMJ Innovations*
*BMJ Open* | *BMJ Open Diabetes Research & Care*
*BMJ Open Sport & Exercise Medicine* | *Drugs and Therapeutics Bulletin*
*Heart* | *Journal of Medical Ethics*
*Journal of Neurology, Neurosurgery & Psychiatry* | *Postgraduate Medical Journal*
BMJ India's e-learning courses integrate latest medical evidence into easily-accessible versions of our clinical courses for healthcare professionals APN News 08/12/2020
Also in: India Education News, BioSpectrum India

The BMJ Awards

Altnagelvin antenatal diabetes team recognised for innovation Sync NI 10/12/2020

The BMJ press release coverage

Feature: Conflicts of interest among the UK government’s covid-19 advisers (PR)

Conflicts of interest among the UK government's COVID-19 advisers are not transparent Medical Xpress 09/12/2020
Also in: Russia Today, Brinkwire, Mirage news Australia

The BMJ Christmas press releases

Research: Patient mortality after surgery on the surgeon's birthday: observational study (PR)

What's up, doc? Operations are more likely to go wrong if the surgeon is celebrating a birthday, study suggests Daily Mail 10/12/2020
DOCS' BDAY OPS 'DEADLIER' Having an operation on a surgeon's birthday raises patients' risk of dying, research claims The Sun 10/12/2020
US study finds patient death rates higher on surgeons' birthdays The Irish Times 10/12/2020


Research: Effect of therapeutic suggestions during general anaesthesia on postoperative pain and opioid use (PR)

Music and soothing words can help reduce operation pain The Independent 10/12/2020
Soothing Words and Music During Surgery Might Reduce Postoperative Pain Neuroscience News 10/12/2020

Also in: Medical Xpress, Brinkwire, Mirage News Australia, Healio, Pain News Network

Research: The shared risk of diabetes between dog and cat owners and their pets (PR)

Dogs and owners may share resemblance in diabetes risk The Guardian 10/12/2020
Why a fat, lazy dog is bad for your health The Times 10/12/2020

Also in: The Independent, Yahoo News, Yahoo UK, Neuroscience News, HealthDay, Medical Xpress, News-Medical.net, HealthDay, Clinical Connection, Mirage News Australia,
Feature: The face of CPR (PR)
Who is the girl behind the face of CPR? Medical XPress 10/12/2020

Also in: ABC Online, Live Science

Research: Toxicological analysis of George's marvellous medicine (PR)
Do NOT try to make George's Marvellous Medicine in lockdown Daily Mail 10/12/2020
Scientists describe the effects of taking George's Marvelous Medicine WhatsNew2Day 11/12/2020
‘Potentially fatal’: Scientists warn children over Dahl concoction in George’s Marvellous Medicine The Irish Times 11/12/2020


Further coverage of birth defects link to cancer in later life
Birth Defects Tied to Higher Cancer Risk New York Times 07/12/2020

Further coverage of red meat and risk of heart disease
Physician’s Weekly Online, WorldPRONews, Healthy Life Zone, Bicycling, Study Finds

Other notable coverage
Lateral flow testing news article mentioned on BBC Scotland Coronavirus update (no link available) 07/12/2020
How to avoid gaining weight over Christmas (Christmas issue 2018) The Times 08/12/2020
Sage in second ‘secrecy row’ after Government refuses to publish members’ financial interests The Telegraph 09/12/2020
‘It’s extraordinarily painful’: US nurses strike over pandemic pressures Financial Times 10/12/020
Deaths in children’s movies can be sources of trauma (cites Christmas 2014 study) South China Morning Post 10/12/2020
Deadly consequences when good science is suppressed Camden New Journal 11/12/2020
Waldemar Haffkine: The vaccine pioneer the world forgot BBC News 11/12/2020
Smells like team spirit The Guardian 12/12/2020
I can't get in the mood at her parents' house The Times 12/12/2020
Kids’ lives are on the line but rugby won't listen The Sunday Times 13/12/2020

JOURNALS

Archives of Disease in Childhood

Research: Longitudinal increases in childhood depression symptoms during the COVID-19 lockdown (PR)
First UK lockdown saw a 'steep rise' in cases of depression among children as young as SEVEN, study finds Daily Mail 08/12/2020

BPS response to research showing steep rise in depressive symptoms in children British Psychological Society 08/12/20

Immune systems, better blood vessel health: What may spare children from severe Covid-19 Health24 07/12/20

Health, Well-Being of Children With Hirschsprung's Disease Seriously Impaired Medscape 08/12/2020

Breastfeeding Linked to Fewer Behavioral Difficulties for Children Physician's Weekly 09/12/2020

British Journal of Sports Medicine

Research: Effect of gender affirming hormones on athletic performance in transwomen and transmen: implications for sporting organisations and legislators (PR)

Trans women retain 12% edge in tests two years after transitioning, study finds The Guardian 07/12/2020


Further coverage for WHO physical activity and sedentary behaviour special issue (PR)

Eleven minutes of exercise a day may help counter the effects of sitting The Sydney Morning Herald 08/12/2020

Defining Stanford volleyball star Hayley Hodson's post-concussion syndrome diagnosis Los
Angeles Times 08/12/2020

The 10 Best Weight Loss Exercises, Ranked By Calorie-Burn Women's Health 08/12/2020

Also in: celeb8prog

The Great Footwear Debate Stack News 08/12/20

Football Needs to Catch Up and Get Its House in Order Over Concussion Asharq Al-Awsat 09/12/20

The best type of exercise to burn fat and lose weight Archyde 09/12/20

Does Walking Count as a Workout in a Fitness Journey? Medium (IN) 10/12/20

The Chest Exercises and Workouts You Need to Build Bigger Pecs Esquire 10/12/20

The #1 Healthiest Way to Lose Weight, Say Experts Pressfrom.US 12/12/20

Fitness: Should you give your mask a workout indoors? Montreal Gazette 13/12/20

Also in: The World News, Shoreline Beacon, MSN Health Canada, Winnipeg Sun

Burn Fat And Boost Your Work Capacity With Body Conditioning BarBend 13/12/20

Benefits of exercise/recommended exercise Durelliots 13/12/20

Journal of Epidemiology & Community Health

Research: Body dissatisfaction predicts the onset of depression among adolescent females and males: a prospective study (PR

Teenage fears over appearance linked to depression in girls and boys The Times + Scottish + Irish editions 08/12/2020

Teens with negative body image may experience depression as adults, study finds CNN 07/12/2020

Also in: Yahoo UK, South Wales Argus + extensive UK local news outlets, The Sunday Post, Aberdeen Evening Express, Daily Mail + This is Money, The National Scot, The Daily Telegraph x2, inews, ITv news, Daily UK News, AOL.UK, SuicideIreland.com, Global News UK

International


Other

Research: **Preschool attendance and developmental outcomes at age five in Indigenous and non-Indigenous children: a population-based cohort study of 100,357 Australian children** (External PR)

Preschool benefits Indigenous children more than other types of early care
uzbekistannews.net 09/12/2020


**Occupational & Environmental Medicine**

Research: **Occupation and risk of severe COVID-19: prospective cohort study of 120 075 UK Biobank participants** (PR)

UK healthcare workers seven times more likely to develop severe coronavirus during first lockdown, study finds The Independent 09/12/2020

Healthcare workers 7 times more likely to have severe Covid-19 as other workers Hindustan Times 09/12/20


Also in: Sky News (TV), extensive UK local news outlets, Belfast Telegraph, The Sunday Post, Daily Mail, The National Scot, Evening Express, MSN UK, Yahoo UK, AOL UK

*International + other*

Workers’ comp provider receiving more calls than ever on key issue Insurance Business America 08/12/20

**Annals of the Rheumatic Diseases**

Vasculitis Patients Increasingly Avoid Doctor Visits During Pandemic Rheumatology Advisor 08/12/2020

IL-6 ‘not a relevant therapeutic target’ in primary Sjögren’s syndrome Medwire News 08/12/2020

Progressive Interstitial Lung Disease Trends in Systemic Sclerosis-Associated ILD Pulmonology Advisor 09/12/2020

Genome Analysis Identifies New JIA-linked Genetic Variants, Targets Juvenile Arthritis News 10/12/20

BMJ Case Reports
Further coverage for hearing loss linked to COVID-19 (PR)
COVID-19: Is Hearing Loss the New Worrisome Symptom? Gentside UK 06/12/20

BMJ Evidence-Based Medicine
Further coverage for danger of swallowing alcohol-based hand sanitiser (PR)
COVID-19: Hand sanitizer poisonings soar, psych patients at high risk MD Edge 07/12/2020
Also in: Brinkwire

EBM Opinion and Debate: From publication bias to lost in information: why we need a central public portal for clinical trial data (External PR)

From publication bias to lost in information Brinkwire 11/12/20
Also in: 15MinuteNews.com, Medical Xpress, ScienMag, Health Medicine.net

Cryptic pregnancy is when a woman well into pregnancy doesn’t know she’s pregnant uspress.from 12/12/20

Further coverage for honey and respiratory infections (PR)
Why honey now has superfood status with lots of extra health benefits Mirror 12/12/20
Also in: MSN IN + South Africa + NZ + UK, Sunday Express, Sunday People, Irish Sunday Mirror

BMJ Global Health
Research: Weekly iron-folic acid supplements containing 2.8 mg folic acid are associated with a lower risk of neural tube defects than the current practice of 0.4 mg: a randomized controlled trial in Malaysia (External PR)

Weekly folic acid boost shows potential to halve birth defects Medical Xpress 07/12/2020
Also in: Medical Dialogues, Healthy Food Guide

Research: Precarity and clinical determinants of healthcare-seeking behaviour and antibiotic use in rural Laos and Thailand (PR)

Insecure livelihoods hindering efforts to combat anti-microbial resistance globally Medical Xpress 09/12/2020
Also in: Technology Times,News-Medical.net, Health Medicine.net, Times of News, ScienceDaily

What history tells us about long-term effects of a pandemic Mirage News 10/12/2020
Also in: Medical Xpress

Health workers’ strikes make up a new epidemic The Nation (Kenya) 13/12/20

BMJ Innovations

7
Indian rules pave way for mandatory registration, but patent concerns remain  BioWorld 09/12/20

**BMJ Open**

*Further coverage for gender inequality during COVID (PR)*

**WOMEN BEAR THE COST OF THE COVID-19 CARE LOAD**  Agenparl 07/12/2020

Also in: Monash Lens

*Further coverage for multivits all in the mind (PR)*

**Multivitamins: Are you wasting your money?**  Starts at 60 07/12/20

*The FDA Just Issued a Warning Against This Kind of Face Mask*  Best Life 09/12/2020

Also in: MSN IN, MSN MY, MSN Arabia, MSN Health & Fitness, Yahoo UK,

*Do we need to wear more than one mask at a time?*  NewsChant 09/12/2020

Also in: TheHealthSite, NaturalNews.com

**22 Easy Ways To Cut Back On Carbs**  MSN Health & Fitness  11/12/20

Also in: MSN IN, MSN Health Canada, Eat this! Not that

**11 Most Fattening Smoothie Ingredients, According to Experts**  Pressfrom Canada 11/12/20

*Murcia exported 688 million Euros worth of products to the UK in the first 9 months of 2020*  Murcia Today 11/12/20

*Breast cancer facts doctors might not tell you*  The State India 12/12/20

**BMJ Open Diabetes Research & Care**

**Metformin may improve post-op complications in people with diabetes**  Univadis 08/12/2020

**How a Group of Amateur Hackers Transformed Diabetes Care**  Pressfrom Canada 11/12/20

**BMJ Open Ophthalmology**

*Research: Sore eyes as the most significant ocular symptom experienced by people with COVID-19: a comparison between pre-COVID-19 and during COVID-19 states*  (External PR)

*Research reveals how COVID-19 affects the eyes*  Cambridge Network 09/12/2020

*Sore eyes common vision-based indicator of Covid-19, study finds*  Times of India 09/12/2020


Other

Scienmag, Medical Xpress, NewsCaf, Science Daily, MSN Health & Fitness, FirstPost,
Coronavirus in donated eye tissue, researchers raise concern over transmission during transplantation  The Indian Express 13/12/20

**BMJ Open Sport & Exercise Medicine**

*How medical technologies are bringing the future of sport into the present*  Medical Buyer (IN) 11/12/20

**Drug and Therapeutics Bulletin**

*Further coverage for ‘Mum test’ for COVID-19 jab (PR)*

*Breakfast on BBC Radio Gloucestershire* (David Phizackerley interview skip to 0:55) 08/12/2020

*BBC 2 Newsnight* (David Phizackerley interview skip to 34.37) 07/12/2020

*Also on*: BBC Radio 2, BBC Radio 5Live, BBC Radio Ulster, BBC Radio Wales + widely covered by local BBC radio, Press From UK

**Gut**

*Research: Amelioration of systemic inflammation in advanced chronic liver disease upon beta-blocker therapy translates into improved clinical outcomes* (External PR)

*Beta-blockers display anti-inflammatory effects in advanced liver disease*  The Hippocratic Post 11/12/20

*Also in*: Medical Dialogues, Medical Xpress, News-Medical.net

**Heart**

*Further coverage for benefits of day time naps (PR)*

*Dozing off: Is napping good or bad for heart health?*  The Register Guard 09/12/2020

*Further coverage for ‘green Med’ diet (PR)*

*Is the ‘Green’ Mediterranean Diet even better than the original?*  Bodyandsoul.com.au 09/12/2020

*GPs likely to see surge in serious heart problems because of COVID lockdown*  GP Online 09/12/2020

**Journal of Medical Ethics**

*How Black People Learned Not to Trust*  The New York Times 07/12/2020

*Also in*: Seattle Times, Salt Lake Tribune, Baltimore Sun, Key West Citizen, The Durango Herald, Philadelphia Tribune

*Further coverage for paying people to get COVID jab (PR)*

*Claim public are ‘lab rats’ as COVID-19 vaccine not safe for pregnant women is mostly false*  The Ferret 11/12/20

*Also in*: Newsbreak

Also in: Now the End Begins

Journal of Neurology, Neurosurgery & Psychiatry
Tau Patterns Linked to Alzheimer's Clinical Phenotypes  Physician's Weekly 07/12/2020
Vitamin B3  Wellbeing Journal 11/12/20

Postgraduate Medical Journal
One in Four Specialist Trainee Doctors 'Very Worried' About Future Job Prospects  BioMedicine 08/12/2020

Stroke and Vascular Neurology
Can vitamin E reduce the risk of stroke?  Medical News Bulletin 07/12/2020

Thorax
Stress during pregnancy hurts children's lungs  Healthy Family News 08/12/2020

Research: SARS-CoV-2 infection and adverse outcomes in users of ACE inhibitors and angiotensin-receptor blockers: a nationwide case-control and cohort analysis  (PR)

Keep taking the blood pressure medicine during the pandemic  Medical Xpress 09/12/2020