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 29 journals were picked up in the media last week (11-17 Jan) - our highlights include:

- Research published in *Gut* finding that the make-up of gut microbiome may influence COVID-19 severity and immune response made international headlines, including *CTV News Canada, Forbes, and Voice of America.*

- A *BMJ Open* study suggesting that higher coffee intake may be linked to lower prostate cancer risk was covered widely, including the *Daily Mail, The Daily Telegraph* and *UPI.*

- Experts in *The BMJ* warning that the UK government must urgently rethink lateral flow test roll out made headlines in *The Guardian, The Times, BBC Radio 4 Today,* and *BBC Radio 5 Live.*

**BMJ**

**PRESS RELEASES**

*The BMJ | BMJ Open*
*BMJ Supportive & Palliative Care | Gut*

**EXTERNAL PRESS RELEASES**

*Gut | Journal for Immunotherapy in Cancer*

**OTHER COVERAGE**

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

BMJ

BMJ Best Practice available to all community pharmacists and technicians PSNC 14/01/21

New Editor-in-Chief for BMJ Evidence-Based Medicine InPublishing 13/01/21

Covid-19: Special talk for older people Royal Gazette 10/01/21

The BMJ press release coverage

Research: Efficacy and safety of low and very low carbohydrate diets for type 2 diabetes remission: systematic review and meta-analysis of published and unpublished randomized trial data (PR)

Low-carb diet could help fight type 2 diabetes The Times (+ Scottish edition) 14/01/21
Low-carb diet linked to remission of Type 2 diabetes New York Post 15/01/21


Opinion: Covid-19 INNOVA testing in schools: don’t just test, evaluate (PR)

Schools testing strategy could ‘increase Covid in schools’ ITV News 13/01/21

Also in: Yahoo UK, Sitrling News + UK local news outlets, Heart Digital, The Independent, Eurasia Review, Mirage News Australia, FR24 News, Medical Xpress, sciencecodex, BreakingnewsTV, simplenews.co

Research: Covid-19: government must urgently rethink lateral flow test roll out (PR)

What are the pros and cons of mass Covid testing in England? The Guardian 10/01/21
Is mass Covid testing a help or a hindrance? The Times 11/01/21
Jon Deeks on BBC Radio 4 Today (1hr 9 mins into programme) 13/01/21
Dr Mike Gill interviewed on accuracy of lateral flow tests (from 7 mins into prog) Radio 5 Live
Naga Munchetty show 13/01/21


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Other notable coverage

Don’t speak to us like Covidiots, we’re just doing the best we can The Telegraph 12/01/21
Author Stephen Reicher interview (skip to 2:36:47) on BMJ Opinion piece BBC Radio 4 Today 12/01/21

Talk of ‘lockdown fatigue’ needs to be policed The Times 12/01/21

Also mentioned in Midlands Today - BBC West Midlands, Bangkok Post

MPs on the Health and Social Care Committee take evidence from experts including Chris Hopson and Lord Adebowale on staff burnout and resilience during the Covid-19 pandemic (Victor Adebowale mentions TBMJ racism issue, from 1 hr 22m) - BBC Parliament 12 January 2021: NHS Staff Resilience Committee 12/01/21
Long Covid, The BMJ mentioned CNN Live 12/01/21
My Roommate Has COVID — Now What? Bustle 12/01/21
Need To Know: Supermarkets crackdown on mask refuseniks Metro 12/01/21
Pandemic has exposed UK’s threadbare safety net Financial Times 12/01/21
Doctors ordered to make elderly wait for 12 weeks The Times 13/01/21

Vaccinations: Joan Bakewell sues over delay to second dose The Guardian 13/01/21
COVID-19: Students could still face ‘externally set papers’ despite axing of GCSE and A-level exams Sky News 13/01/21
'It's not just the elderly who've been abandoned in care homes' Metro 13/01/21
First Pfizer COVID Vaccine Shot Cuts Risk of Infection by 50 Percent: Study Newsweek 13/01/21
Afternoon Live - BBC News Channel (no link available, Nigel Edwards mentioned The BMJ when talking about nursing staff suffering from PTSD) 14/01/21

Five ways to beat type 2 diabetes The Telegraph 14/01/21
Study: minorities should be designated vulnerable to COVID The Washington Post 15/01/21
Covid: Will mass community testing be offered across Wales? BBC News 16/01/21
Treat fossil fuels like tobacco The Sunday Times 17/01/21
Pfizer vaccine process should not be delayed in Australia over Norway reports, Hunt says The Sydney Morning Herald 17/01/21
Can wine ever be good for you? The Guardian 17/02/21

JOURNALS

BMJ Open

Research: Coffee consumption and risk of prostate cancer: a systematic review and meta-analysis (PR)

Advanced prostate cancer sufferers less likely to die if they are heavy coffee drinkers, study finds The Daily Telegraph 12/01/21
Drinking a few cups of coffee every day could keep prostate cancer at bay and increase patients’ chances of survival by 16%, study finds Daily Mail 11/01/21
Study: Coffee reduces risk for prostate cancer UPI 11/01/21

How does drowning happen and how can you prevent it? Stuff NZ 12/01/21
Also in: Big World Tale

How to protect your child’s mental health during the pandemic FromPress 12/01/21

The true cost of chemotherapy ScienceDaily 11/01/21

Further coverage on multivits all in the mind (PR)
Taking a Multivitamin? Here’s Why You Should Reconsider MoneyTalks 14/01/21
Also in: MSN

CoQ10 supplementation reduces duration and frequency of migraine attack: BMJ Medical Dialogues 14/01/21

Women bear the cost of the COVID-19 care load Qrius 15/01/21

Gut

Research: Gut microbiota composition reflects disease severity and dysfunctional immune responses in patients with COVID-19 (PR)

Severe cases of COVID-19 could be associated with poor gut health: scientific review CTV News Canada 12/01/21
Imbalance In Gut Microbiome Could Worsen Severity Of Covid-19 Forbes 13/01/21
New Research Suggests Digestive Tract Bacteria Affect Coronavirus Severity Voice of America 14/01/21
**Also in:** iNews, Pledge Times, MSN UK, Wales Online, The Independent, Belfast Telegraph, HuffPost UK, Daily Post Wales, widely covered by UK local news outlets, Belfast Live, Yahoo UK, The Daily Telegraph x2, HuffPost UK, Daily Express, Reuters, Daily Mail + Daily Mail This is Money, Women’s Health

**International**

**Medicine + Health**

**Other**

**AMC researchers offer clues to treat NASH** Korea Biomedical 11/01/21

**Research:** Placental growth factor promotes tumour desmoplasia and treatment resistance in intrahepatic cholangiocarcinoma (External PR)

**Discovery Of A New Approach To Inhibiting A Highly Treatment-Refractory Liver Cancer**
ScienMag 12/01/21

**Also in:** Medical Express, 7th Space

**Zorba Paster: Tips For Preventing Colon Cancer** Wisconsin Public Radio 15/01/21

**New roadmap for treatment of acute pancreatitis** NewsGP 15/01/21
BMJ Supportive & Palliative Care

Research: Euthanasia in the Netherlands: a claims data cross-sectional study of geographical variation (PR)
Major regional differences in approved euthanasia requests Healthcare in Europe.com 15/01/21
Major regional differences in approved euthanasia requests NL Times 15/01/21


Annals of the Rheumatic Diseases
Primary mechanism causing rheumatoid arthritis found Korea Biomedical Review 13/01/21
Higher RA disease activity, cytokine levels linked to diabetes risk Healio 15/01/21
Fact or fiction? Putting seven top weather sayings to the test The Washington Post 16/01/21
Also in: MSN,

Archives of Disease in Childhood
Kids' Shots Don't Have to Hurt THAT Much Nashville Parent 12/01/21

BMJ Case Reports
Man With Major Spinal Surgery Booked Actually Had A Toothpick In His Rectum IFL Science 11/01/21
Also in: Newsbreak

HIV Patient's Detectable Viremia Linked to ART-Supplement Interaction Monthly Prescribing Reference 14/01/21

Digital hoarders: we've identified four types – which are you? The Conversation 15/01/21

BMJ Evidence-Based Medicine
Further coverage for caffeine consumption in pregnancy (PR)
Study Finds One Cup Of Coffee A Day May Increase Risk Of Stillbirth The Asian Parent Singapore 17/01/21

BMJ Global Health
Sudan outlawed FGM, next...? Nation 11/01/21

The COVID-19 Pandemic Impacts HBV Prevention, Diagnosis, and Treatment HCP Live 11/01/21
Also in: MD Magazine

Pandemic Responses Underscore the Need to Decolonize Global Health Mad in America 13/01/21

BMJ Nutrition, Prevention & Health
Is going vegan good for you? Healthy Magazine 13/01/21
**BMJ Open Diabetes Research & Care**

*Lockdowns Led to Increases in Weight, Anxiety But Improved Glucose Control in Diabetes Patients*  
Endocrinology Network 13/01/21

**BMJ Open Ophthalmology**

*Sore eyes a significant ocular manifestation of COVID-19*  
Healio 14/01/21  
*If Your Eye Does This, You May Have COVID, Says Study*  
Eat This, Not That! 15/01/21  
*These Strange Eye Symptoms May Signal COVID-19*  
KMJ Now 16/01/21  
**Also in:** numerous US local radio outlets, Newsmax, Yahoo India, MSN Health & Fitness, MSN Arabia, KARN-FM, Medical Dialogues, Express

**BMJ Open Sport & Exercise Medicine**

*Lazy Ways to Lose Weight All January Long, According to Science*  
Eat this, Not that! 16/01/21  
**Also in:** MSN IN + Arabia + AU, MSN Health & Fitness

**BMJ Sexual & Reproductive Health**

*Sarah Ferguson's fiction debut shows Romance is seriously big business*  
The Telegraph 14/01/21 (Misattributed to The BMJ; former PR from Journal of Family Planning and Reproductive Health)  
*Duchess of York could be looking at right royal payday*  
(misattrib to The BMJ) The Sydney Morning Herald  
**Also in:** The Age Australia, Brisbane Times, The World News, WAtoday.com.au, Unfold Times, The Dominion Post NZ

**British Journal of Ophthalmology**

*Greater use of AI may lead to advances in glaucoma research*  
Primary Care Optometry News 15/01/21

**British Journal of Sports Medicine**

*Benefits of Aerobic Exercise for the Body and Brain, One of which is Overcoming Depression*  
TekDeeps 11/01/21

*How to measure fitness progress in strength training (without using the scale)*  
Stylist 11/01/21

*Covid-19 and sport: Are elite athletes at risk of returning to action too soon?*  
India Today 12/01/21  
*Physicians tackle return to play issues in COVID-19 pandemic*  
Healio 15/01/21  
**Also in:** MSN IN

*Dr Ann McKee: Rugby is ready to explode. Children should not be playing it*  
The Times + Irish and Scottish editions 13/01/21  
*Rugby faces fight for a future . . . and must act swiftly*  
The Times 14/01/21

*Further coverage for transgender women athletes (PR)*  
So Be It Philadelphia Gay News 13/01/21  
**Also in:** The World News, NBC News, Bay Area Reporter, myarklamiss.com, Yahoo UK, Metro Weekly, Breitbart, Daily Wire, MSN News, Press From,

*How ’exercise snacks’ can combat the effects of sitting all day*  
MSN Lifestyle 13/01/21
Also in: MSN Lifestyle, Today.com

**Cartilage Degeneration Market Analysis Trends and Future Prospects 2020-2027: Anika Therapeutics, Arthrex, CartiHeal, Vericel** Industry Today 13/01/21

**These Stair Climber Workouts Will Seriously Sculpt Your Glutes** Women’s Health 13/01/21

Also in: MSN IN, Yahoo Style

Further coverage for **WHO guidelines on physical activity and sedentary behaviour (PR)**

**Even 11 minutes of exercise a day reduces risk of early death, researchers say** Hani.co.kr 14/01/21

**Decoding the DNA of 5 Olympic Athletes** Outside Magazine 14/01/21

**Sitting can kill you: Exercise THIS much if you work at a desk all day, research says** T3 15/01/21

**Get fit in minutes with these super-quick workouts you can tailor to your free time** Irish Examiner 15/01/21

**New theory supports old reason to exercise** Times Now News 15/01/21

**How to keep your fitness resolutions past January** CNN 15/01/21

Also in: WKKO-FM, WTHI-TV + several US radio outlets, The World News, Bioreports, F3 NWS, headtopics.com, Erie News Now,

**10-Day Elimination Challenge** Oxygen 15/01/21

**The Amir anomaly** The Nation 16/01/2

**Heart**

Further coverage for ‘green Med’ diet (PR)

**Is the Green Mediterranean Diet Healthier Than Regular Mediterranean?** US News & World Report 14/01/21

**Journal for Immunotherapy in Cancer**

Research: **Differences in TCR repertoire and T cell activation underlie the divergent outcomes of antitumor immune responses in tumor-eradicating versus tumor-progressing hosts** (External PR)

**The Role Of T Cells In Fighting Cancer** Scienmag 14/01/21

Also in: Medical Xpress, AZO Life Sciences, News-Medical.Net, 7th Space, Medically Prime, Severskiy, AZoLifeSciences, Health Medici Net,

**Strategies Proposed to Improve Management of Immune-Related Adverse Events** Cancer Network 11/01/21

Also in: Severskiy, Times of News, ScienceDaily, NewsCaf, Agenparl, LabRoots

**Journal of Epidemiology & Community Health**
Why Being With The Right Person Makes You A Better Version of Yourself  Power of Positivity 11/01/21

Health Effects of Air Pollution  Headtopics 13/01/21

This Tea May Help You Lose Weight While Sleeping - Researchers Reveal  NDTV Food 13/01/21

Covid-19 has reduced life expectancy in the US and UK by more than a YEAR  Times of News 15/01/21
Also in: Big World Tale, Sound Health and Lasting Wealth, Business Fast, Daily Mail, Express Digest, Business Telegraph

Journal of Investigative Medicine
Further coverage for goal-striving stress and kidney disease (PR)
Stress From Not Achieving Goals Tied to Worse Kidney Disease  Physician’s Weekly 11/01/21
Also in: Renal & Urology News

Journal of Medical Ethics
Frozen egg wastage prompts calls for women to donate unused eggs  Medical Xpress 11/01/21

Britain’s Socialized Health Care System To Treat COVID Patients Based On ‘Value’ To Society, ‘Lottery’  Christianity Daily 11/01/21

Further coverage on paying people to get COVID jab (PR)
Coronavirus: how many people need to be vaccinated against Covid to get back to normal? The Week UK 12/01/21

Blockchain: Future-proofing healthcare  (misattrib to The BMJ) Healthcare Global 15/01/21

Journal of NeuroInterventional Surgery
Other news to note for Jan. 12, 2021  BioWorld 12/01/21

Medical Humanities
Oxford Student Discovers Unpublished William Carlos Williams Manuscript  Emory Wheel 11/01/21

Occupational & Environmental Medicine
Further coverage for healthcare workers’ COVID-19 risk (PR)
The media barely remembered to tell you that NHS staff are still fighting for better pay  The Canary 11/01/21

Open Heart
80% of Americans Are Deficient in This Mineral That Controls Sugar Cravings  Yahoo Style 17/01/21
Also in: Eat this, Not that!

Practical Neurology
Comfort from the Covid front line  The Daily Telegraph 18/01/21
**RMD Open**
*Drinking Alcohol May Reduce Risk for Rheumatoid Arthritis* DocWire News 12/01/21

**Stroke and Vascular Neurology**
*Racism in tech* The Link 13/01/21

**Thorax**
*Smokers May Have Different Symptoms of Coronavirus* The Health Mania 12/01/21
*Smoking increases risk of hospital admission among those with COVID-19* Diabetes.co.uk 13/01/21

**Also in:** HealthDay

*Further coverage for compounds in cooked red meat and childhood wheezing (PR)*
*Eating too much meat can cause wheezing in children* San Antonio Express-News 13/01/21

**Also in:** Everyday Health, Online International News Network, National Herald (IN), Hometown Focus, Texarkana Gazette, ery Well Health

*Further coverage for night shifts and asthma risk (PR)*
*Study links night shift work to increased risk of asthma* Safety + Health Magazine 14/01/21

*Examining the Association Between Poor Sleep and Chronic Kidney Disease* Physician’s Weekly 15/01/21