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 26 journals were picked up in the media from 21 December - 3 January.

Our highlights include:

- A review published in *BJSM* suggesting that smartphone fitness apps and wearable activity trackers boost physical activity levels made global headlines, including *iNews*, *CNN*, and *The Sydney Morning Herald*.

- Further coverage for *The BMJ* Christmas relaxation editorial included *The Guardian*, *CNN*, *BBC Radio 5 Live with Adrian Chiles*, and *Times Radio*.

- Research published in *Thorax* finding that inflammatory compounds found in cooked meat are linked to a heightened risk of childhood wheeze was picked up widely, including the *Times of India*, *The Hindustan Times*, and *UPI*.

**BMJ**

**PRESS RELEASES**

*The BMJ | British Journal of Sports Medicine*

*Thorax*

**EXTERNAL PRESS RELEASES**

*BMJ Open*

**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 Sexual & Reproductive Health | British Journal of Ophthalmology*

*Gut | Heart*

*Injury Prevention | Journal of Clinical Pathology*

*Journal of Epidemiology & Community Health | Journal of Investigative Medicine*

*Journal of Medical Ethics | Journal of Neurology, Neurosurgery & Psychiatry*

*Occupational & Environmental Medicine | Regional Anesthesia & Pain Medicine*

*Tobacco Control | Vet Record*
BMJ Best Practice & Health Education England shortlisted for HSJ Partnership Awards 2021
Mirage News 24/12/2020
BMJ Best Practice and HEE shortlisted for HSJ Partnership Awards 2021 Knowledgespeak 29/12/2020

The BMJ press release coverage

Further coverage for Christmas relaxation editorial (PR)
Travel chaos, U-turns and a cancelled Christmas: it’s Boris Johnson’s worst week The Guardian 21/12/2020
What you need to know about coronavirus on Tuesday, December 29 CNN 29/12/2020

Further coverage for the Christmas issue
Here’s why you should avoid an operation on your surgeon’s birthday The Star Malaysia 22/12/2020
Also in: Discover, SciTech Daily
Dogs with type 2 diabetes ‘raise’ owner’s risk Diabetes.co.uk 21/12/2020
Also in: Medical News Today
When European football causes road accidents in Asia The Star Malaysia 21/12/2020
Also in: Borneo Bulletin
Melody remedy (print only) Irish Daily Mail 22/12/2020
The most kissed girl in the world The Star Malaysia 23/12/2020
What’s GOOD for you...ups and clowns (print only) Daily Star 23/12/2020
Clowns Make Hospitals Less Scary For Young Patients Forbes 28/12/2020
Also in: Nursing in Practice, UPI, Healia, radio.com
Toxicology of George’s Marvellous Medicine Naked Scientists 22/12/2020
What doctors and nurses can learn from Santa Claus The Star Malaysia 24/12/2020
Avoid ‘holiday heart syndrome’ on Christmas Daijiworld 25/12/2020
Also in: The Morung Express, MENA FN

Further coverage for global coverage for COVID-19 vaccine
The EU is plagued with divisions. Covid-19 vaccines are a golden chance to redeem the European project CNN 21/12/2020
Pope Francis Beseeches Nations to Share Vaccines (print) The New York Times 26/12/2020

Further coverage for covid-19 vaccine trials feature
Vaccine caution The New Zealand Herald 28/12/2020

Other notable coverage
Study: Risk of heart attack peaks at 10pm on Christmas Eve (The BMJ Christmas issue 2018) News4Jax 21/12/2020
Everything we know about the UK’s new COVID-19 strain so far New York Post 21/12/2020
This is why your heart health is put at major risk on Christmas Eve (The BMJ Christmas issue 2018) Ladders 22/12/2020
The Secret to Longevity? 4-Minute Bursts of Intense Exercise May Help The New York Times 22/12/2020
CNN International Special report (no link available) 27/12/2020
“Lockdowns Do Not Control Coronavirus” – Evidence From The US Institute For Economic Research (Kamran Abbasi mentioned) Collective Evolution 27/12/2020
How Covid transformed healthcare for the better The Daily Telegraph 28/12/2020
Beds aren't the problem. It's the shortage of doctors and nurses The Sunday Times 28/12/2020
CNN Newsroom with Paula Newton CNN International 29/12/2020
Professor Michael Green The Times 29/12/2020
Working Out With Intensity The New York Times 29/12/2020
Four-minute bursts of intense exercise may be the secret to longevity The Sydney Morning Herald 31/12/2020
Matt Morgan interview: the 'worst house party in history' is still raging (print only) The Times 02/01/2021
What UK guidance says about mixing different vaccines, and why it's not a cause for concern iNews 03/01/2021
Coronavirus: BMJ urges NYT to correct vaccine 'mixing' article BBC News 03/01/2021
Covid-19: 'Children's lives on hold', and vaccine 'bureaucracy overload' BBC News 03/01/2021
Analysis: is it wise for England to mix and match Covid vaccines? The Guardian 03/01/2021

JOURNALS

British Journal of Sports Medicine

Research: Do smartphone applications and activity trackers increase physical activity in adults? Systematic review, meta-analysis and meta regression (PR)

Using fitness trackers helps us get active — but not if we cheat iNews 22/12/2020
Using a fitness tracker could get you to walk an extra mile a day CNN 22/12/2020
Get a fitness tracker, add 2000 steps to your day? Science says so The Sydney Morning Herald 24/12/2020

Also in: The Times + Irish and Scottish editions, Daily Mail + Scottish + Irish Daily Mail, Belfast Newsletter, Yorkshire Evening Post + extensive UK local news outlets, The Scotsman, MSN UK

International

Health + Other
Further coverage on WHO guidelines special edition (PR)
The 20 second workout: can you do it?  The Times 22/12/2020 (print only)
New WHO Guidelines On How Much Exercise You Should Get Forbes 01/01/2021

A Trainer And Nutritionist Share Their Best Tips For Toning Your Legs And Thighs Press From 22/12/2020

Hit the gym...your life depends on it Beacon 22/12/2020

Concussion is not a maths problem. Cause and effect don't always equate Irish Examiner 23/12/2020

Are Legal Steroid Alternatives Safe To Use For Building Muscle? Onya Magazine 23/12/2020

Further coverage for transgender athletes (PR)
Top in endocrinology: Mediterranean diet, athletic performance of transgender women Healio 23/12/20
Study: Fair competition is about more than hormones One News Now 30/12/2020
Also in: Health Medicine.net

Stop Using Calorie-Counting Apps Gizmodo Australia 24/12/2020
Also in: MSN Health & Fitness

Foot Pain After Lifting Heavy Weights LiveStrong 23/12/2020

Get Your Kicks: 10 Reasons To Take Up Martial Arts Men's Fitness 27/12/2020

12 benefits of walking that will make you want to lace up GQ India 28/12/2020
Also in: SELF

This is what happens to your body when you stop exercising The Health Site 29/12/2020

Many Retired Olympians Still Have Pain, Functional Limitations From Old Injuries Medscape 28/12/2020
Also in: MD Alert
With the best intentions... Daily Express 29/12/2020

Also in: Daily Mirror + Irish edition

When can sports be restarted after a coronavirus infection? Tek Deeps 29/12/2020

4 Natural Pain Killers That Will Ease All Your Aches Woman’s World 29/12/2020

How the pandemic turned me into a consistent runner ABC News 29/12/2020

Put your back into it: Exercise to beat back pain Irish Examiner 30/12/2020

10 exercise tips that will make fitness a little bit easier this year The Daily Telegraph 31/12/2020

Rescuers should use compression-only CPR during pandemic Chicago Daily Herald 03/01/21

Thorax

Brief communication: Increased advanced glycation end product and meat consumption is associated with childhood wheeze: analysis of the National Health and Nutrition Examination Survey

Editorial: Advanced glycation end products and wheeze: a plausible association? (PR)

Inflammatory compounds found in cooked meat linked to childhood wheeze Hindustan Times 22/12/20

Inflammatory compounds in cooked meat can cause to childhood wheeze Times of India 28/12/2020 (Online + print)

Vegetarian diet may lower asthma risk for children UPI 28/12/20


Other

During pandemic, a little bit of birdsong helps  Gulf Today 30/12/2020

**Annals of the Rheumatic Diseases**

*Spinal Benefits Seen With Cosentyx in PsA* MedPage Today 22/12/2020

**Progressive ILD Trends in Systemic Sclerosis-Associated ILD** Rheumatology Advisor 22/12/2020

**Maximise: Secukinumab significantly improves signs, symptoms of axial disease in PsA** Healio 28/12/20

**The Stages of Psoriatic Arthritis: Signs of Early to Late Disease Progression** Creaky Joints 29/12/20

**EULAR: All rheumatic, musculoskeletal disease providers should stress therapy adherence** Healio 31/12/2020

**Boswellia Boosted Pain Relief from Glucosamine** The People’s Pharmacy 02/01/21

**Archives of Disease in Childhood**

*Thank you, British High Court, for your gender dysphoria ruling* The Christian Post 29/12/20

**COVID-19 updates** The Week (IN) 03/01/21

**BMJ Case Reports**

*Small Number of Covid Patients Develop Severe Psychotic Symptoms* New York Times 28/12/2020

*In rare cases, COVID-19 survivors can develop psychosis and suicidal thoughts* Business Insider AU + India 30/12/2020

*Also in:* INSIDER, Rocket News, News Nation Now (misattrib The BMJ), KARK-TV+ various US broadcast outlets

**Man Hospitalized After Holding His Nose And Covering His Mouth While Sneezing** IFL Science 29/12/20

*Also in:* Gentside UK, Mail on Sunday + Scottish Edition (misattrib The BMJ) (Previous PR)

**A Hunter in Florida Got a Rare Brain Infection From Feral Hogs** Gizmodo (AU) 29/12/20

*Further coverage for COVID-19 and hearing loss (PR)*

**COVID-19 hearing loss and a girl born with 2 mouths: 2020's most-read medical case studies** CTV News 31/12/20

*Also in:* The World News

**BMJ Evidence-Based Medicine**

*Flu Vaccine Could Reduce Severity of COVID-19* HCP Live 28/12/2020

*Also in:* MD Magazine

**Top women's health stories of 2020: Unnecessary Pap tests, birth control access and more** Healio 30/12/2020
BMJ Global Health
Down but not out: What helps people bounce back The Straits Times (print + online) 23/12/2020

COVID-19: How male and female leaders differ in their political discourse Medical News Today 23/12/2020

COVID-19 response: JPM’s stance proves decisive Daily News (Tanzania) 01/01/21

BMJ Nutrition, Prevention & Health
Are Walnuts Good for You? Their Calories, Nutrition, and Benefits Press From 25/12/2020
Also in: MSN Health & Fitness

Top endocrinology news from 2020: COVID-19, risks with EDC exposure and more Healio 30/12/2020

Contradictory data on vitamin D vs. COVID-19 The Lawton Constitution 03/01/2021
Also in: Villages-News

BMJ Open

Research: Assessing international alcohol consumption patterns during isolation from the COVID-19 pandemic using an online survey: highlighting negative emotionality mechanisms (External PR)

One in three adults drank more alcohol during first lockdown Medical Xpress 21/12/2020
Also in: Mirage News, MyScience UK

These Supplements Sold Online Have Dangerous Ingredients, FDA Warns Press Info 21/12/2020

Gender-specific prevalence and influencing factors of osteopenia and osteoporosis in Chinese rural population: the Henan Rural Cohort Study https://bmjopen.bmj.com/content/bmjopen/10/1/e028593.full.pdf referenced in Osteoporosis: A challenge obscured not eliminated Economist Intelligence Unit 21/12/20

Further coverage for multivit benefits all in the mind (PR)
Multivitamin “benefits” may just be placebo effect Consumer.org (NZ) 22/12/20

Skirt size predicts breast cancer Archnewsy.com 24/12/20

Mental health matters — and it is time to do better MENA FN 28/12/2020
Also in: Jordan Times

Further coverage for menstrual symptoms and loss of productivity (PR)
Medicinal cannabis for relief from menstrual cramps (misattributed to The BMJ) Daijiworld 28/12/2020
Also in: India.com, en.prothomalo.com

Primary care docs outperform symptom-checking apps – but some apps come close Healthcare IT News 29/12/2020
Also in: Ramaon Healthcare, MedCity News

**Dry January trend invites a reflection on drinking** Texarkana Gazette 30/12/2020

**Severe morning sickness linked to depression before and after birth** News24 31/12/2020

**The 5 Health Benefits of Eating Pasta Often (And Without Gaining Weight)** The State India 01/01/2021

**This Is The Best Way To Stop Cold Sores – The List** Big World Tale 02/01/2021

**They Are Yanking Your Chain. Isn’t It About Time You Yanked Back?** Granite Grok 02/01/2021

**BMJ Open Diabetes Research & Care**

*Hypertension research: 2020 overview* Medical News Today 27/12/20

Further coverage for coffee and green tea consumption (PR)

This Coffee Habit You Haven't Tried Could Extend Your Life, Says Study Yahoo! Lifestyle 29/12/2020

Also in: MSN Arabia, MSN IN, Eat This, Not That!, En24, MSN NZ, Healthy Family News, NDTV Food, Daily Express, Radio Health Journal

**Recognizing And Addressing The Knowledge Gap Among PCPs About Diabetic Foot Care And Screening** Podiatry Today 29/12/20

**BMJ Open Ophthalmology**

"Significant" New COVID Symptom to Watch For PressFrom Canada 22/12/2020

Also in: Yahoo Lifestyle India, MSN Health & Fitness, Eat This, Not That!, American Journal of Managed Care, xinmsn, Best Life, Deseret News, MSN Health Canada

This Accessory You Already Have at Home Could Protect You From COVID Best Life 26/12/2020

Also in: Yahoo Lifestyle, MSN Arabia + MY, Intrenz, MSH Health & Fitness

**The One Thing You Can Stop Doing to Avoid COVID, According to Doctors** Best Life 28/12/2020

**BMJ Sexual & Reproductive Health**

6 things we found were linked to cancer in 2020, from weight loss pills to sitting too much Business Insider India 31/12/20

**British Journal of Ophthalmology**

Roche's faricimab meets primary endpoint and shows strong durability across two global phase III studies for diabetic macular edema, a leading cause of blindness MENA FN 21/12/2020


Minor Salivary Gland Transplantation for Severe Dry Eye Disease Due to Cicatrizign Conjunctivitis Practice Update 22/12/20
This Accessory You Already Have at Home Could Protect You From COVID  
Yahoo Lifestyle 26/12/2020

Gut
How a good night's sleep can boost your immune system  
MSN Lifestyle 21/12/2020
Also in: MSN Health CA,

Now here's the good news: Pioneering drugs that almost double bowel cancer survival time are among the medical breakthroughs overlooked in a year of Covid gloom  
Daily Mail 26/12/2020
Also in: Sound Health and Lasting Wealth, News Colony, Amed Post, express digest, Business Fast, Internewscast

Heart
Further coverage for benefits of ‘green Med’ diet (PR)
This Small Change Will Make the Mediterranean Diet Even Better for Your Heart and Waistline  
First for Women 27/12/2020
Also in: Daily Telegraph, New Zealand Herald

Nine hot health trends to watch in 2021  
goodfood 29/12/2020
Further coverage for health benefits of a hot bath (PR)
If You Needed An Excuse To Take A Hot Bath, Here It Is  
Scary Mommy 31/12/2020

Why are moments of silence so important in this new year?  
MintLounge 02/01/2021

Injury Prevention
BMJ Data Delves Into The Implications Of Accidental Non-Fatal Injuries  
Mental Daily 21/12/2020

Journal of Clinical Pathology
Doctors Alert that Early Cancer Diagnosis Decreased 40% Due to COVID-19 Confinement  
The World News 23/12/2020
Also in: The Costa Rica News

Journal of Epidemiology & Community Health
A Health-ful Christmas Is it a Myth?  
Trinidad & Tobago Guardian 21/12/20

"Close the toilet lid before you flush" and other unexpected COVID-19 tips  
Irish Farmers Journal 22/12/2020

Further coverage for teens’ dislike of appearance and depression in later life (PR)
Dislike Of Appearance In Teen Years Predictive of Depression Later in Life  
The Ravive 27/12/2020

Midlife diet 10 food rules for men (yes, you can eat steak)  
The Times 02/01/2021

Journal of Investigative Medicine
Further coverage for goal-striving stress and kidney disease (PR)
Stress From Not Achieving Goals Tied to Worse Kidney Disease  
Doctors Lounge 22/12/2020