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 last week (25-31 January) - our highlights include:

- Research published in the *British Journal of Ophthalmology* suggesting that air pollution is linked to a heightened risk of AMD made global headlines, including CNN, The Guardian, and The Hindustan Times.

- A study published in *General Psychiatry* finding that afternoon napping is linked to better mental agility was covered extensively, including The Sydney Morning Herald, The Times, and CNN.

- Research in *The BMJ* finding that access to legal cannabis stores is linked to fewer opioid deaths in the United States was picked up by the New York Post, The Vancouver Sun, and MedicalResearch.com.

PRESS RELEASES

*The BMJ | British Journal of Ophthalmology*

*General Psychiatry | Open Heart*

EXTERNAL PRESS RELEASES

*BMJ Open | Journal for Immunotherapy of Cancer*

*Journal of Epidemiology & Community Health*

OTHER COVERAGE

*The BMJ | Annals of the Rheumatic Diseases*

*BMJ Case Reports | BMJ Global Health*

*BMJ Military Health | BMJ Open Gastroenterology*

*BMJ Open Respiratory Research | BMJ Supportive & Palliative Care*

*British Journal of Sports Medicine | Gut*

*Heart | Injury Prevention*

*Journal of Medical Ethics | Occupational & Environmental Medicine*

*Postgraduate Medical Journal | RMD Open*

*Stroke & Vascular Neurology | Sexually Transmitted Infections*

*Thorax | Tobacco Control*

*The BMJ press release coverage*
Research: Association between county level cannabis dispensary counts and opioid related mortality rates in the United States: panel data study

Editorial: Cannabis liberalisation and the US opioid crisis (PR)

Cannabis dispensaries linked to nearly 30% drop in opioid deaths: study New York Post 28/01/21
Prevalence Of Cannabis Dispensaries Linked To Reduced Opioids Deaths MedicalResearch 29/01/21


Editorial: Support for self-isolation is critical in covid-19 response (PR)

Support for self isolation must be a top priority, say experts Medical Xpress 27/01/21

Also in: Newswise, Mirage News Australia, Medscape, Infosurhoy + widely covered by UK local news outlets

Other notable coverage
China pushes conspiracy theories on Covid origin, vaccines Times of India 25/01/21
Can ketamine treatment help depression recovery? (print only) iNews 26/01/21
Navjoyt Ladher on BBC Radio 4 - Inside Health, Exercise in the time of covid (skip to 2:37) 26/01/21
Boris Johnson takes heat for saying U.K. did everything it could about covid Washington Post 27/01/21
Fi Godlee interview on what a good lockdown exit strategy might look like (skip to 25.10) talkRADIO 29/01/21
Smokers insist that this is no time to kick the habit The Times 30/01/21

JOURNALS

British Journal of Ophthalmology

Research: Association of ambient air pollution with age-related macular degeneration and retinal thickness in UK Biobank (PR)

Here's how air pollution is linked to increased risk of irreversible vision loss Hindustan Times 26/01/21
Air pollution linked to higher risk of irreversible sight loss The Guardian 26/01/21
Air pollution is linked to an increased risk of irreversible sight loss, study finds CNN 26/01/21


International
The World News, Malaysia Yahoo, Prokerala, AniNews.in, MSN AU, India4u, Andhravilas, Outlook India, Deccan Herald, Agenparl, AustinIndian, Kentucky Indian, Latestly, Republic
Why lockdown could be wrecking Ireland's EYESIGHT (print only) Irish Daily Mail 26/01/21

Also in: The Irish News

Methotrexate Injection Can Rescue Eyes In Relapsed PIOL Patients: Study Medical Dialogues 26/01/21

General Psychiatry

Research: Relationship between afternoon napping and cognitive function in the ageing Chinese population (PR)

An afternoon nap could help boost mental agility – but it’s about timing The Sydney Morning Herald 26/01/21
You snooze, you lose? Not so, finds study on napping The Times 26/01/21
An afternoon nap could improve your cognitive abilities, study says CNN 28/01/21


International
Methotrexate injection can rescue eyes in relapsed PIOL patients: Study

Medical Dialogues 28/01/21

Open Heart

Research: Music intervention to relieve anxiety and pain in adults undergoing cardiac surgery: a systematic review and meta analysis (PR)

Listening to music after major heart surgery could lower anxiety, pain MD Alert 28/01/21
Music Could Be a Post-Op Panacea, Study Finds US News & World Report 28/01/21


Annals of the Rheumatic Diseases

Rheumatoid Arthritis Disease Activity Tied to Diabetes Risk Diabetes Self-Management 26/01/21

Axial Disease Improvements Demonstrated With Secukinumab for Psoriatic Arthritis 26/01/21

Treatment of early RA may prevent heart disease, finds study Medical Dialogues 28/01/21

Tenderness May Not Be Sign of Inflammation in Established RA, PsA, and OA Rheumatology Advisor 27/01/21

Does Cracking Your Knuckles Cause Arthritis? Snopes 29/01/21
Tough Pain Relief Choices in the COVID-19 Pandemic Medscape 29/01/21

April Jorge, MD: Improved COVID-19 Outcomes for Patients With Rheumatic Disease
Rheumatology Network 29/01/21

BMJ Case Reports
Doctors find toothpick inside man's rectum after he accidentally swallowed it two months earlier Daily Mail 27/01/21

Penis Erection Cream for Plumper Lips? Viral TikTok User Makes Video Trying out The BIZARRE Hack That Doctors Call 'Utterly Ridiculous' and 'Extremely Dangerous' Latest LY 27/01/21

Man says wild swimming saved his life after he tried to kill himself (misattributed to The BMJ) Wales Online 30/01/21
Also in: The World News

BMJ Global Health
Further coverage for COVID misinformation on YouTube (PR)
YouTube Has Taken Down Over 500,000 COVID-19 Misinformation Videos Lowyat.net 27/01/21

BMJ Military Health
Veterans more likely to lose limbs from diabetes than combat, study suggests The Sunday Post 26/01/21

BMJ Open
Research: Turning the tide: a quasi-experimental study on a coaching intervention to reduce burn-out symptoms and foster personal resources among medical residents and specialists in the Netherlands (PR)
No coverage

Further coverage for coffee consumption and prostate cancer risk (PR)
Coffee Consumption Linked to Lower Prostate Cancer Risk Cancer Health Treatment News 25/01/21
How to have a healthy cup of coffee The Telegraph 25/01/21
Coffee May Cut a Cancer Risk The New York Times (print) 26/01/21
Also in: Bel Marra Health, MSN Health & Fitness, Bicycling

Cloth Masks May Look Better, But They Don't Work Better Bloomberg Opinion 25/01/21

Patients of Asian and black backgrounds more likely to die from COVID, large study reveals e-Global Travel Media 26/01/21
Thousands of BAME doctors 'do not feel protected from Covid-19 at work' Daily Mail 31/01/21
Also in: Newham Recorder, East London Advertiser + widely covered by UK local news
outlets, MENA FN, Yahoo UK, ITV News, AOL Money, iNews, Asian Image, Evening Express, AOL Cars, The Independent,

**Does "Double Masking" Give You Extra Protection Against COVID-19? Experts Say It's a Bright Idea** Science Times 26/01/21

**Why WhatsApp users in EU get more protection than those in India** LiveMint 27/01/21

**When mulled wine tastes like pre-pandemic freedom** Mint Lounge 28/01/21

**Should You Take Extra Precautions Against New Coronavirus Variants If You’re Immunocompromised or at High Risk for COVID-19?** Creaky Joints 27/01/21

**What Is Red Light Therapy? The Benefits and Risks** MSN Lifestyle 28/01/21

**Correct Application of Clinical Prediction Rules for VTE Associated With High Efficiency, Low Failure Rate** Cardiology Advisor 28/01/21

*Further coverage for benefits of vitamin supps all in the mind (PR)*

**Shop smarter for supplements** Which? Magazine February issue (print only)

**Meta-Analysis Quantifies Lifestyle Factors Accounting for RA Incidence** Drug.com 29/01/21

**Always Sweating in Your Sleep? Here's What Your Body's Trying to Tell You** LiveStrong 29/01/21

**BMJ Open Gastroenterology**
**The curious case of the intoxicated man** Medical Independent 25/01/21

**BMJ Open Respiratory Research**
**Calprotectin May Be Biomarker of IPF Severity** Pulmonary Fibrosis News 27/01/21

**This One Thing Could Determine If Your COVID Case Is Severe or Not** Best Life 21/01/21

**BMJ Supportive & Palliative Care**
**Further coverage for variation in euthanasia rates across the Netherlands (PR)**

**Netherlands Euthanized Over 6,300 Patients in 2019, And That Number May be Too Low** USSR News 25/01/21

**British Journal of Sports Medicine**

**Research: Differences in sport-related concussion for female and male athletes in comparable collegiate sports: a study from the NCAA-DoD Concussion Assessment, Research and Education (CARE) Consortium** (External PR)

**No Overall Difference In Concussion Recovery Time For Male And Female College Athletes** Scienmag 26/01/21

**Also in:** Medical Xpress, AniNews.in, Canada Standard, Health Medicine Network,
Research: An 11-week school-based ‘health education through football programme’ improves health knowledge related to hygiene, nutrition, physical activity and well-being—and it’s fun! A scaled-up, cluster-RCT with over 3000 Danish school children aged 10–12 years old (External PR)

Schoolchildren are learning about health through football (soccer) 7th Space 29/01/21
Also in: Medical Xpress, Scienmag, Bioengineer, News-Medical.Net, Sound Health and Lasting Wealth

Further coverage for value of fitness apps (PR)
Tracking Your Fitness: How to Walk an Extra Mile a Day Baptist Health South Florida 26/01/21
Lose 28% More Fat With This Exercise Routine Woman’s World 26/01/21
Shift in Health: Improve your health and fitness in 2021 Northwoods Star Journal 27/01/21
Work Out In the Morning Valet Mag 28/01/21
You don’t have to train like an NRL player to stay healthy Sports Magazine (AU) 28/01/21
5 weight lifting myths for women and the health benefits women who lift weights gain MSN Lifestyle 30/01/21
How To Boost Your Productivity at Work e-Global Travel Media 30/01/21

Further coverage for transgender athletes and one-year period after hormone therapy (PR)
Trans women retain athletic edge after one year of hormone therapy, study finds BollyInside 28/01/21

Gut
COVID-19 and the brain: What do we know so far? Medical News Today 25/01/21

Further coverage for gut microbiome makeup and covid-19 (PR)
Poor gut bacteria could lead to severe COVID-19 symptoms Diabetes.co.uk 26/01/21
Modified Mediterranean Diet Reduces Fatty Liver Disease Hep 27/01/21
Also in: Tu salud mag
COVID-19 Vaccine Recommended for All Patients With IBD Medscape 27/01/21

Heart
Goodbye January, hello February: let’s start 2021 over on a better note Sunday Times (South Africa) 31/01/21

Injury Prevention
Feds Sound Alarm About Domestic Extremism The Trace 20/01/21
Journal for Immunotherapy of Cancer

Research: A systemically deliverable Vaccinia virus with increased capacity for intertumoral and intratumoral spread effectively treats pancreatic cancer (External PR)

Researchers Develop Virus-Based Treatment Platform To Fight Pancreatic Cancer
Scienmag 27/01/21

Novel immunotherapy combination can be highly effective for treating lung cancer
News-Medical.Net 27/01/21

Superpowered 'superantigens' identified in University of North Dakota anti-cancer research
Newsbreak 28/01/21
Also in: Newswise, Science Newsnet

Journal of Epidemiology & Community Health
Further coverage for stopping the rollout of 5G (PR)
Scientists Warn That Global 5G Rollout Should Be Halted Due To Risks To Public Health
BruDirect 26/01/21

Somehow, My Ex-Husband and I Are Still Really Good Friends Medium 26/01/21


63,000 extra deaths and a year off life expectancy—COVID in 2020 in England and Wales
Medical Xpress 27/01/21
Also in: Pulse, India Education Diary

Journal of Medical Ethics
Further coverage for paying people to get the COVID jab (PR)
The murky ethics of paying people to get the COVID vaccine LifeSite News 26/01/21

Paris Hilton is being called out for saying she's doing IVF so she can have 'twins that are a boy and a girl' Press From 28/01/21
Also in: MSN Health & Fitness, MSN Philippines, MSN Arabia, MSN AU, Business Insider,

Wicker, Hyde-Smith throw support behind nationwide 20-week abortion ban WDAM7 28/01/21

Ireland: All-Party Oireachtas Life and Dignity Group set up Independent Catholic News 28/01/21

Parliamentary motion highlights evidence of fetal pain at 12 weeks Christian Today 29/01/21
Also in: Independent Catholic News
**Occupational & Environmental Medicine**

*Further coverage for grocery store workers’ risk of COVID-19 (PR)*

**This lockdown, my job in a supermarket has become more dangerous than ever** (misattributed to The BMJ) The Guardian 27/01/21

**Also in:** Business Fast, MSN Money, San Jose Spotlight,

Research highlights public health burden posed by livestock-associated MRSA
News-Medical.net 28/01/21

**Postgraduate Medical Journal**

*Looking to the stars for career guidance?* Medical Independent 25/01/21

**The Gary Null Show** 29/01/21

**RMD Open**

*Increased risk of severe disease progression in rheumatoid patients* Archyde 27/01/21

*Tofacitinib beneficial for PsA irrespective of BMI* MedWire News 29/01/21

**Sexually Transmitted Infections**

*Everything I Wish Someone Had Told Me After I Got Herpes* Medium 29/01/21

**Stroke & Vascular Neurology**

*Unexpected Items That Actually Raise Blood Pressure* People’s Pharmacy 25/01/21

**Thorax**

*Further coverage for compounds in cooked meat and increased wheezing in children (PR)*

*Higher Meat Intake Linked To Symptoms Of Childhood Asthma* UrduPoint 29/01/21

**Tobacco Control**

*Targeted health messaging needed in era of vaping, researchers say* New Zealand Doctor 27/01/21

*Turns Out South Africa’s Tobacco Sales Ban Was A Complete Flop* 2oceansvibe 27/01/21