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 (22-28 Feb) - our highlights include:

- Research in *Occupational & Environmental Medicine* suggesting that night ‘owls’ may be twice as likely as morning ‘larks’ to underperform at work made international headlines, including *CNN, ABC News,* and *The Times.*

- A trial published in *The BMJ* finding no overall effect of statins on muscle pain made headlines in *The Times, The Guardian* and *The Daily Telegraph.*

- A study in *Tobacco Control* revealing that menthol cigarettes helped recruit an estimated 10 million extra US smokers over 38 years was picked up by *Xinhua, CTV Canada,* and *The Times.*

**PRESS RELEASES**

*The BMJ* | *BMJ Case Reports*
*Occupational & Environmental Medicine* | *Tobacco Control*

**EXTERNAL PRESS RELEASES**

*BMJ Global Health*

**OTHER COVERAGE**

*The BMJ* | *Annals of the Rheumatic Diseases*
*Archives of Disease in Childhood* | *ADC: Education & Practice*
*BMJ Evidence-Based Medicine* | *BMJ Leader*
*BMJ Nutrition, Prevention & Health* | *BMJ Open*
*BMJ Open Diabetes Research & Care* | *BMJ Open Ophthalmology*
*BMJ Quality & Safety* | *BMJ Sexual & Reproductive Health*
*British Journal of Sports Medicine* | *General Psychiatry*
*Gut* | *Heart*
*Journal of Clinical Pathology* | *Journal of Medical Ethics*
*Journal of NeuroInterventional Surgery* | *Journal of Neurology, Neurosurgery & Psychiatry*
*Lupus Science & Medicine* | *Medical Humanities*
*Open Heart* | *RMD Open*
*Thorax*
The BMJ press release coverage

Research: Statin treatment and muscle symptoms: series of randomised, placebo controlled n-of-1 trials (PR)

Statins do not cause muscle aches and pains, study finds The Guardian 25/02/21
Statins do not cause muscle pain any more than a placebo, study finds The Telegraph 25/02/21


Research: Effect of screening by clinical breast examination on breast cancer incidence and mortality after 20 years: prospective, cluster randomised controlled trial in Mumbai (PR)

Clinical breast exam as good as mammo: 20-year Tata study Times of India 25/02/21

Also in: The Telegraph India, Mirage News Australia, ET Healthworld, Diagnostic Imaging, Medical Xpress

Other notable coverage
Fiona Godlee on BBC Radio 4 - The World Tonight (skip to 17:31) 22/02/21
Kamran Abbasi on Quest Means Business CNN International 22/02/21
British Medical Journal slated over 'disgraceful' obituary charge The Guardian 22/02/21
British Medical Journal drops obituary charge after outrage The Guardian 23/02/21
Mass vaccinations, universal virus screening needed to contain COVID-19 (social murder editorial) China Daily 23/02/21
Navjoyt Ladher on BBC Radio 4 - Inside Health (skip to 10:53) 23/02/21
First Minister’s Questions (suicide rates during the early part of the pandemic, skip to 08:03) BBC Two Wales
China's bid to stop Wuhan COVID-19 spread cut deaths elsewhere from other causes: study Reuters 24/02/21
UK COVID-19 Update: Scotland’s Lockdown Plans, Jab Supplies, Costly Obituary Fees Scrapped Medscape 23/02/21
Podcast: Ep. 77 "Social Murder" (Kamran Abbasi interview) RTE 24/02/21
Gwyneth Paltrow: NHS boss urges caution over star's long Covid regime BBC News 24/02/21
School Closures Have Failed America’s Children The New York Times 25/02/21
Top athletes must stop ignoring 'alarm bell' of missed periods (print) The Daily Telegraph 25/02/21
Why coronavirus didn't hit India as hard as America and Europe Times of India 28/02/21

JOURNALS

BMJ Case Reports
Case report: **Remission of long-standing livedoid vasculopathy using a whole foods plant-based diet with symptoms recurrent on re-challenge with standard Western diet** (PR)

*Diet Change Cured One Woman's Rare Leg Ulcers* US News & World Report 24/02/21

*Ultra-vegan diet cures Kiwi woman of rare and painful skin condition* MSN NZ 25/02/21


*Case Highlights Unusual Respiratory Features in Severe Bardet-Biedl Syndrome* Genetic Obesity News 22/02/21

*Man refuses emergency medical treatment until pet chicken cared for* SW Londoner 23/02/21

*Doctors remove 48cm long hairball from teenager* East Coast Radio (South Africa) 23/02/21

*Also in:* Outlook India

*The Worst Guilty Pleasure Foods on the Planet* Health & Fitness 25/02/21

*Also in:* xinmsn, MSN MY + IN + Arabia + NZ+ AU 26/02/21

*The grave psychiatric emergency of Graves’ disease patient* Medical Dialogues India 27/02/21

*A Teenage Girl Developed ‘Rapunzel Syndrome’ After Eating Her Own Hair—Here’s What That Means* Parents 26/02/21

**Occupational & Environmental Medicine**

*Research:* **Evening chronotype is associated with poor work ability and disability pensions at midlife: a Northern Finland Birth Cohort 1966 Study** (PR)

*From night owl to morning lark - How do you swap sleep styles?* ABC News (AU) 24/02/21

*Night owls may be twice as likely as early risers to underperform at work, study suggests* CNN 23/02/21

*The Times view on night owls and larks: Up And At ’Em* The Times (Leader) 24/02/21


*International + Other*  
Further coverage for grocery store workers’ risk of COVID-19 (PR)
Santa Clara County approves scaled back hazard pay plan San José Spotlight 23/02/21

Illinois bill would make telehealth payment parity permanent Crain’s Chicago Business 24/02/21 (link unavailable)

Benefits of living near green spaces: It can reduce stress, delay menopause, decrease violence and more TheHealthSite 25/02/21

**Tobacco Control**


Study links menthol cigarettes to 378,000 U.S. premature deaths in four decades Xinhua 27/02/21
Menthol cigarettes attracted an extra 10 million smokers in the U.S.: study CTV Canada 25/02/21


How they made us doubt everything Morning Star 25/02/21

**Annals of the Rheumatic Diseases**

Moderate, high rheumatic disease activity linked to higher risk for COVID-related death Healio 22/02/21

Combo Tx for RA Raises Fracture Risk Medpage Today 24/02/21

Modern Treatment Tied to Low Disease Activity in Pregnant RA Patients The Rheumatologist 24/02/21

Women With Rheumatoid Arthritis Have Reduced Risk for Breast Cancer, Explanation Remains Elusive Rheumatology Advisor 24/02/21

Managing Psoriatic Arthritis During the COVID-19 Pandemic VeryWell Health 24/02/21

Treatment to Lower RA Disease Activity Feasible in Pregnancy HealthDay 25/02/21
Also in: Medical Xpress, Physician’s Weekly

EULAR: Immunomodulatory therapy may be effective for COVID-19 subsets Healio 26/02/21

**Archives of Disease in Childhood**
Further coverage for fetal exposure to antibiotics (PR)
Maternal Antibiotic Use During Pregnancy May Increase Risk of Childhood Asthma
Pulmonology Advisor 22/02/21
Also in: Healio, Medical Dialogues, LabRoots, Drugs.com

The Latest Answers to Your Questions About the COVID-19 Vaccines VeryWell Family 24/02/21

ADC: Education & Practice
The importance of adequate health surveillance for children with Down syndrome Medical Xpress 23/02/21

BMJ Evidence-Based Medicine
Further coverage for caffeine and pregnancy (PR) Should you consume caffeine while pregnant? Medical News Bulletin 24/02/21

BMJ Global Health
5 legal questions on vaccine distribution Mirage News Australia 22/02/21

Refugees and undocumented migrants must be vaccinated, NGOs warn Deutsche Well 24/02/21

Research: An intersectional human rights approach to prioritising access to COVID-19 vaccines (External PR)

Human rights law provides transparent, fair framework for vaccine allocations Western News 24/02/21
Human rights law can provide a fair, transparent framework for vaccine allocations Healthcare Finance News 24/02/21
Also in: Scienmag, Mirage News Australia

BMJ Leader
How The Pandemic Flipped The Default In Healthcare Forbes 23/02/21
Also in: Medical Buyer

BMJ Nutrition, Prevention & Health
Salt reformulation in Australia: bread, cheese, and processed meat identified as key targets for reduction FoodNavigator-Asia 22/02/21

A 10-week diet program on Zoom helped people lose weight, cut carbs, and feel more confident, study finds MSN Arabia 26/02/21
Also in: MSN Health & Fitness, MSN Philippines, INSIDER, Business Insider India

BMJ Open
Further coverage for coffee and prostate cancer risk (PR) Coffee Benefits for Health | Prostate Cancer Prevention Durrelliot 23/02/21
Also in: Sprudge, Yahoo! Life

Indigenous people had some of the highest rates of ER visits during 2014 Yellowknife wildfires: study The Narwhal 23/02/21
Cedars-Sinai: Community Main Source of COVID Exposure for Health Workers [KPI 24/02/21]

COVID-19 Risk Factors for Healthcare Workers: Race, Ethnicity [Newswise 25/02/21]

Indigenous people had some of the highest rates of ER visits during 2014 Yellowknife wildfires: study [MSN News 24/02/21]

How to see the full Snow Moon 2021 [BBC Science Focus Magazine 25/02/21]

Wasp Venom Could Provide Treatment For Arthritis —Experts [Tribune 25/02/21]

Georgia Could Become 3rd State to Not Use Daylight Saving Time After Senate Passes Bill [Newsweek 26/02/21]

BMJ Open Diabetes Research & Care
Green tea ... fights these diseases [Saudi 24 News 23/02/21]

Worried About Your Cholesterol Levels? Try Incorporating These 38 Foods Into Your Diet [Parade 25/02/21]

BMJ Open Ophthalmology
Experts warn to look out for three early Covid symptoms related to your eyes [Edinburgh Live 25/02/21]

Coronavirus: Study reveals 3 early signs of COVID-19 affecting your eyes [Times of India 27/02/21]

BMJ Quality & Safety
Innovation requires experimentation [The Hospitalist 25/02/21]

BMJ Sexual & Reproductive Health
How you can help improve abortion access in England after the pandemic [Stylist Magazine 23/02/21]

British Journal of Sports Medicine
The Best Exercises to Sneak Into Your Workday [TIME 22/02/21]

Sitting on the Couch for This Long Is Terrible for Your Body, Says Mayo Clinic [Eat This, Not That! 23/02/21]

Study shows no COVID spread from school sports [Conservative Angle 25/02/21]

Can Strenuous Exercise Before a Cholesterol Test Increase LDL? [LiveStrong 25/02/21]

Horowitz: Large Wisconsin study shows almost zero virus transmission from youth sports [Conservative Angle 24/02/21]
Also in: USSA News

Student-Athletes: It's Okay Not To Be Okay Stack 24/02/21

Weight loss: A scientifically proven workout that helps to lose 29% more fat Times of India 24/02/21

This Crazy-Popular Walking Workout Totally Works, Say Experts FromPress 25/02/21

Foot Pain After Lifting Heavy Weights LiveStrong 25/02/21

How Accurate Are Those Calorie Burn Stats? AskMen US 25/02/21

10 Principles That Keep Me Fit Effortlessly Medium 25/02/21

How top athletes are keeping their careers on track during pregnancy The Telegraph 26/02/21

20 health enhancing walks you can do from any back door in Scotland The Herald 28/02/21

General Psychiatry
Further coverage for afternoon napping and mental agility (PR)
Afternoon Nap Can Help Ease Mental Exhaustion Sambad English 23/02/21
Also in: Dr Zorba Paster, local US print news, Madison.com (misattrib to The BMJ), Easy Health, The Star Malaysia, The Daily Telegraph (misattrib to The BMJ), MSN UK, MSN Philippines,

Gut
ZJU scientists discover new mechanism of HBV-ACLF Mirage News 25/02/21

Further coverage for microbiome and COVID-19 severity (PR)
Covid treatment: How your gut health can impact a COVID-19 infection MSN UK 26/02/21
Also in: Daily Express, Simple News, Sound Health and Lasting Wealth, Business Fast

Heart
Eating Just One Egg Per Day Could Have Amazing Effects For Your Health Gentside 22/02/21
Also in: MSN NZ, MSN IE

Further coverage for fried food and heart disease risk (PR)
Analysis confirms dangers of diet high in fried food Star Advertiser 23/02/21
Also in: The Fairfax County Times

From the ‘shym’ to ‘climatarian’ diet, here are 9 health trends to watch in 2021 Friday 23/02/21

Journal of Clinical Pathology
Covid-19 affects every part of body, reveals multi-city study Mumbai Mirror 22/02/21
Also in: ET Healthworld, Pune Mirror, Bangalore Mirror, Business Standard, Times of India

Journal of Medical Ethics
New study provides more evidence that babies in the womb feel pain The Bridgehead
Cross-Post: Self-experimentation with vaccines Practical Ethics 24/02/21

Opinion: For many, medical aid-in dying brings “a swifter, kinder and gentler death” Hartford Courant 25/02/21 (link unavailable)

Is happiness a psychiatric disorder? BioEdge 28/02/21

Journal of NeuroInterventional Surgery
TECHQ & A: Benefits and technologies behind mechanical thrombectomy-Med-Tech Innovation Ex Bulletin 22/02/21

Q&A: The benefits and technology behind mechanical thrombectomy Med-Tech Innovation 22/02/21

Journal of Neurology, Neurosurgery & Psychiatry
How Texans with MS can find natural relief with medical marijuana Culture Map 23/02/21

Blood Biomarker Predicts Dementia in Cerebral Small Vessel Disease LabMedica 15/02/21

The evidence connecting migraine and mental health Medical News Today 25/02/21

Frequent Migraines May Lead To Mental Health Issues The Health Mania 25/02/21

Lupus Science & Medicine
2019 EULAR/ACR Score Predicts Lupus Nephritis, Renal Flare Risk Renal & Urology News 22/02/21

Medical Humanities
A neurosurgeon’s audacious experiments raised ire from animal rights activists and interest from the Vatican Science 23/02/21

The soul and its shell Science 26/02/21

Open Heart
Why you can’t trust the calorie count on food labels MSN 22/02/21

RMD Open
Living With Painful Gout Flare-Ups? Here’s How One Patient With Uncontrolled Gout Found an Answer Parade 25/02/21

Thorax
Smokers Are at an Increased Risk of Developing Symptomatic COVID-19 Pulmonology Advisor 22/02/21

Further coverage for meat and asthma risk (PR)
Higher Meat Intake Linked To Symptoms Of Childhood Asthma UrduPoint 23/02/21

Grandmaternal Smoking During Pregnancy May Increase Asthma Risk in Male Grandchildren Pulmonology Advisor 23/02/21
Validity and Reliability of D-PPAC and C-PPAC Instruments Across COPD Populations
Pulmonology Advisor 25/02/21

New Vaccine Needed For Serious Childhood Pneumonia Scienmag 24/02/21
Also in: Medical Express, News-Medical.Net, ScienceDaily

PDGFA Found to Stimulate Lung Tissue Repair in Aged IPF Mice Pulmonary Fibrosis News 24/02/21