**BMJ in the News** is a weekly digest of national and international news coverage in English for BMJ, The BMJ, and BMJ Journals.

The content is provided daily by Cision and Google Alerts. The views expressed are those of the individual journalists/outlets: they are intended to represent the breadth of media coverage, not endorsement by BMJ or the media relations team.

A total of 23 journals were picked up in the media last week (17-23 May).

Our highlights include:

- A study in *The BMJ* finding almost 1 million extra deaths in 29 high income countries in 2020 made international headlines, including UPI, Bangkok Post, and *International Business Times*.

- Research in *Heart* suggesting that machine learning (AI) accurately predicts cardiac arrest risk was picked up by *The Telegraph*, *the Daily Mail*, and the *Irish Examiner*.

- A *BJSM* study revealing that a ‘cocktail’ of exercise—not one workout—could help you live longer was covered widely, including *The National Scot*, *BBC News*, and *TODAY*.

**PRESS RELEASES**

- [The BMJ](https://academic.oup.com/bmj) | [BMJ Open](https://academic.oup.com/bmjopen)
- [Heart](https://academic.oup.com/heart)

**EXTERNAL PRESS RELEASES**

- [British Journal of Sports Medicine](https://bjsm.bmj.com) | [Gut](https://bmg.bmj.com)

**OTHER COVERAGE**

- [The BMJ](https://academic.oup.com/bmj) | [Annals of the Rheumatic Diseases](https://bmj.bmj.com)
- [Archives of Disease in Childhood](https://bmj.bmj.com) | [BMJ Case Reports](https://bmj.bmj.com)
- [BMJ Evidence-Based Medicine](https://bmj.bmj.com) | [BMJ Global Health](https://bmj.bmj.com)
- [BMJ Nutrition, Prevention & Health](https://bmj.bmj.com) | [BMJ Paediatrics Open](https://bmj.bmj.com)
- [BMJ Quality & Safety](https://bmj.bmj.com) | [British Journal of Ophthalmology](https://bmj.bmj.com)
- [Journal of Epidemiology & Community Health](https://bmj.bmj.com) | [Journal of Investigative Medicine](https://bmj.bmj.com)
- [Journal of Medical Ethics](https://bmj.bmj.com) | [Journal of Neurology, Neurosurgery & Psychiatry](https://bmj.bmj.com)
- [Medical Humanities](https://bmj.bmj.com) | [Occupational & Environmental Medicine](https://bmj.bmj.com)
- [RMD Open](https://bmj.bmj.com) | [Thorax](https://bmj.bmj.com)
- [Tobacco Control](https://bmj.bmj.com)

[The BMJ press release coverage](https://bmj.bmj.com)
Research: **Excess deaths associated with covid-19 pandemic in 2020: age and sex disaggregated time series analysis in 29 high income countries**

Editorial: **Measuring the impact of covid-19 (PR)**

**Study:** COVID-19 caused nearly 1M extra deaths in 29 wealthy countries UPI 21/05/21

*As official toll mounts, true Covid death figure elusive* Bangkok Post 21/05/21

*As Official Toll Mounts, True Covid Death Figure Elusive* International Business Times 21/05/21


Research: **Risk of clinical sequelae after the acute phase of SARS-CoV-2 infection: retrospective cohort study**

Editorial: **Unpacking post-covid symptoms (PR)**

**Long Covid Can Affect Younger Adults Even When The Virus Doesn't** HuffPost UK 19/05/21

*Increased risk of developing new conditions seen in Covid-19 patients* Nursing Times 21/05/21

*Also in:* The Times, Mirage News, Medical Xpress, News-Medical.Net, Physician's Weekly

Investigation: **How Wellcome's opaque fossil fuel investments harm its global health mission** (PR)

*Wellcome’s commitment to tackle carbon emissions is threatened by its own investments in fossil fuels* News-Medical.Net 21/05/21

*Also in:* Florida-News Times, Infosurhoy, Medical Xpress, Sound Health and Lasting Wealth

Briefing: **Why do we need a mandatory register of doctors' interests?** (PR)

*Doctors have nothing to fear from a central register of interests, say experts* Medical Xpress 21/05/21

*Also in:* Infosurhoy, News-Medical.Net

Feature: **Covid-19: Sputnik vaccine rockets, thanks to Lancet boost** (flagged to media)

*COVID vaccines: the danger of journals being seen as substitute regulators* The Conversation 19/05/2021

*COVID vaccines: the danger of journals being seen as substitute regulators* Econotimes 20/19/2021

*Also in:* Daily Hunt, Scroll.in, Outlook India, Medical Xpress, Big News Network, Foreign Affairs, Newswise, sciencenewsnet.in

*Other notable coverage*
**Why diets fail ultimately for most of us** Times of India 21/05/21

**Why high blood pressure in your forties is a danger sign for women** The Times 18/05/21

**Covid variant from India could become dominant in the UK 'in a matter of days,' posing unknown dangers** CNBC 18/05/21

**Tokyo medicos plead with organisers to cancel Games** The Sydney Morning Herald 19/05/21

(previous PR)

**The Tokyo Olympics are "safe and secure", insist Japanese politicians** The Economist 19/05/21

Also in: The New Zealand Herald, extensive coverage US local news outlets

**Elisabeth Mahase interviewed on BBC Radio 1** (skip to 2:29:56) 19/05/21

Also on BBC Radio 1 Extra, BBC Radio 5 Live+ regional BBC radio

**12 stereotype-smashing Father's Day gift ideas** The Telegraph 21/05/21

---

**JOURNALS**

**BMJ Open**

**Research:** [COVID-19 health and social care access for autistic people: European policy review](PR) (PR)

**Autistic people across Europe have struggled to access COVID-19 services during pandemic** Mirage News 18/05/21

Also in: InfoSurhoy, Medical Xpress, MSN

**The 3 best men's multivitamins of 2021, backed by medical experts** Latest Nigerian News 18/05/21

Also in: USA News, Business Insider

**Further coverage for prescription meds for insomnia (PR)**

**Prescription Sleep Medicines Don't Work for Women** Healthline 17/05/21

Also in: Cheraw Chronicle, Healio, Men's Health, AboutLawsuits, Federal Practitioner, Medscape, MedPage Today, MSN UK, Yahoo New Zealand, Trendswide,

**How does epilepsy affect music lovers?** Far Out Magazine 19/05/21

**Legalized marijuana mixed bag** Eminetra 18/05/21

"Diseases of Despair" Have Soared in the US Over the Past Decade SciTech Daily 19/05/21 (Previous PR)

**Olive Oil or Coconut Oil: Which Is Worthy of Kitchen-Staple Status?** Chicago Health 20/05/21

**How Should I Dress for Work Now?** The New York Times 21/05/21

---

**Heart**

**Research:** [Machine learning model for predicting out-of-hospital cardiac arrests using meteorological and chronological data](PR)

**Editorial:** [Next week's weather forecast: cloudy, cold, with a chance of cardiac arrest](PR)
Gloomy Sundays and Mondays heighten risk of cardiac arrest

The Telegraph 17/05/21


Thin and brittle bones strongly linked to women's heart disease risk - Orthopaedic Product News

Orthopaedic Product News 21/05/21 (previous PR)

Annals of the Rheumatic Diseases
Can You Prevent Psoriatic Arthritis if You Have Psoriasis? Everyday Health 20/05/21

Plaque Psoriasis Drug Shows Promise for Psoriatic Arthritis MedPage Today 20/05/21

Lupus Research Advances From the Past Year Everyday Health 20/05/21

Novel Calcium Regulation Gene Identified as Having Causal Role in Chronic Widespread Musculoskeletal Pain Clinical Pain Advisor 21/05/21

Archives of Disease in Childhood
Invasive Listeriosis Among Young Infants in the UK and Ireland Medscape 18/05/21

How we saved girl who swallowed tiny magnets - Limpopo doctors Safrica24 22/05/21

(Previous PR)

Also in: TimesLIVE, Sowetan Live

BMJ Case Reports
Tradie's freak workplace injury during welding job Yahoo! News 21/05/21

Man Gets Molten Metal in His Ear in Freak Welding Accident Gizmodo 21/05/21

Don't Hold Nose And Close Mouth When Sneezing, Doctors Warn LadBible 22/05/21

BMJ Evidence-Based Medicine
World Bee Day: Sweet Gold The Informant 20/05/21 (Previous PR)

BMJ Global Health
Dr Senjuti: Bangladesh should invest more on genome sequencing Dhaka Tribune 19/05/21

Mistrust in local, national governments is slowing down child vaccination progress in Africa News-Medical.Net 19/05/21

BMJ Nutrition, Prevention & Health
Study: Eating Pasta 3 Times a Week Might Be Good For You VeryWell Health 21/05/21

BMJ Paediatrics Open
Two senior medical doctors killed in Israel attack at Gaza Daily Researcher 17/05/21

'Huge loss': Experienced Gaza doctors killed in Israeli attacks Al Jazeera 17/05/21
BMJ Quality & Safety
Automated Insulin Infusion for Critically Ill Patients Potentially Faster, Safer Than Manual Calculation Pharmacy Times 19/05/21

British Journal of Ophthalmology
Miyosmart sustained myopia control NZ Optics 18/05/21

5 Unexpected Spots Where You Can Develop Skin Cancer MSN India 21/05/21

Research: Joint association between accelerometry-measured daily combination of time spent in physical activity, sedentary behaviour and sleep and all-cause mortality: a pooled analysis of six prospective cohorts using compositional analysis (External PR)

Scots team creates formula to reduce risk of early death through exercise The National Scot 19/05/21
Daily 30-minute workout ‘may not benefit everyone’ BBC News 19/05/21
A ‘cocktail’ of exercise - not one workout - could help you live longer TODAY 19/05/21

Genetic astrology? Nutrigenomic DNA tests: Can you prime your health by tailoring diet and exercise to your biology? Genetic Literacy Project 18/05/21

Ahead of Tokyo, a much-needed focus on mental health Hindustan Times 18/05/21

Saliva test to spot concussion (scroll down to article) Daily Mail 18/05/21 (Previous PR)
Also in: NewsColony, Health Medici Net, MSN UK, Washington News Post, Business Fast, express digest, Trendswide,

Young Female Athletes Continue to Fight for Equality in Women's Sports Crosswalk 18/05/21
Also in: Christian Headlines

Physical Inactivity Linked to More Severe COVID-19 Infection and Death Today’s Geriatric Medicine 18/05/21 (previous PR)

Female athletes who lost to trans-identified males fight for ‘fair playing field’ The Christian Post 17/05/21 (previous PR)

Many elite athletes ashamed to seek help with mental illness Eminetra 18/05/21
The Power of Ideas and Steps to Biblical Thinking  Cross Walk 18/05/21
Also in: Christian Headlines, Denison Forum, Christian Daily, CBN/Christian Broadcasting Network

Surprising Habits That Are Rapidly Aging Your Body, Says Science  Eat This! Not That! 19/05/21

No winners in national schools rugby suspension  SA Rugby Mag 20/05/21

Kids Who Aren’t Glued to Their Classroom Chairs Learn Better  Psychology Today 21/05/21

Avoid These Exercises if You Want to Lower Your Blood Pressure  Eat This! Not That! 20/05/21

A third of youngsters develop a mental health problem after concussion, review finds  Horsetalk NZ 22/05/21

Vitamins and minerals: 20 facts you should know  MSN Lifestyle 22/05/21
Also in: MSN India

Foot Pain After Lifting Heavy Weights  LiveStrong 22/05/21

Can Strenuous Exercise Before a Cholesterol Test Increase LDL?  LiveStrong 22/05/21

Ear Symptoms of Dehydration During Ironman  LiveStrong 22/05/21

Gut

Why This Scientist Is On A Mission To Turn Your Poo Blue  Yahoo News UK 18/05/21

Further coverage for sugar-sweetened drinks and bowel cancer risk (PR)
Sugar-Sweetened Drinks Linked to Increased Risk of Colorectal Cancer in Women Under 50  Megadoctornews 17/05/21
Also in: CancerHealth, Docwire, Canada News, Bicycling, Oncology News, Medium, MSN Health & Fitness, Press From, Runner’s World

Healthcare technology company uses muffins, research to drive gut health awareness  NutraIngredients 19/05/21

Research: A GATA6-centred gene regulatory network involving HNFs and ΔNp63 controls plasticity and immune escape in pancreatic cancer (External PR)

Pancreatic cancer: Mechanisms of metastasis  7th Space 07/05/21
Also in: Scienmag, Medical Xpress, InfoSurhoy,

A study on Irritable bowel syndrome resulted in improvement for 90 percent of patients, then their funding ran out  Science Norway 19/05/21
Also in: ScienceNordic
This One Thing Can Seriously Increase Your Chances of Diabetes PressFrom 21/05/21

Want to Know If You Have a Healthy Gut? This Surprising At-Home Test Can Help Firstforwomen 22/05/21

Journal of Epidemiology & Community Health
You can lose weight by biking or walking to work Eminetra 21/05/21

The Top Three Health Risks of Being Underweight LiveStrong 22/05/21

Journal of Investigative Medicine
19 Ways You’re Ruining Your Body, Say Health Experts Yahoo! Canada Style
Also in: Yahoo! India Style, Yahoo Lifestyle

19 Ways You’re Ruining Your Body, Say Health Experts Eat This, Not That! 23/05/21
Also in: MSN Arabia, MSN MY

Journal of Medical Ethics
Further coverage for frontline health workers and COVID-19 jab (PR)
Employment for frontline healthcare workers should be conditional on COVID-19 jab, argue ethicists News-Medical.Net 17/05/21
Also in: EIN News

Journal of Neurology, Neurosurgery & Psychiatry
Erenumab Improves Functional Outcomes of Episodes Migraine: LIBERTY Trial Medical Dialogues 17/05/21

Medical Humanities
Meet the Author: Dr. Brandy Schillace Patch 17/05/21

Occupational & Environmental Medicine
'Night owls' may be twice as likely as 'morning larks' to have poorer ability to work Oulu Technology 17/05/21 (previous PR)

RMD Open
COVID-19 impacts work-related anxiety in people with rheumatic diseases MedWire News 21/05/21

Study: Using Imaging to Predict RA Progression Doesn’t Add Precision to Findings AJMC 22/05/21

Thorax
Study Identifies Genes Linked to Rapid Lung Function Decline COPD News Today 17/05/21

Gluten Allergy & Cough LiveStrong 22/05/21

Covid lockdown England: Matt Hancock won't guarantee 2 December end Daily UK News 22/05/21

Tobacco Control
Zimbabwe's tobacco booms, but Black growers complain of debt The Independent 23/05/21
Also in: U.S. News & World Report + widely covered by US local news outlets, Daily Mail, MSN UK, Breitbart, The Seattle Times, Outlook India