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

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**Coverage for 19 December 2022 - 1 January 2023**

**PRESS RELEASES**

- The BMJ
- BMJ Military Health
- BMJ Open
- Open Heart

**EXTERNAL PRESS RELEASES**

- BMJ Open
- Journal of NeuroInterventional Surgery
- RMD 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 Innovations | BMJ Leader
- BMJ Nutrition Prevention & Health | BMJ Open
- BMJ Open Sports & Exercise Medicine
- British Journal of Ophthalmology | British Journal of Sports Medicine
- Emergency Medicine Journal
- Gut | Injury Prevention
- International Journal of Gynecological Cancer
- Journal of Clinical Pathology
- Journal for ImmunoTherapy of Cancer
- Journal of Epidemiology & Community Health
- Journal of Medical Ethics
- Occupational & Environmental Medicine
- Regional Anesthesia & Pain Medicine
- RMD Open
- Tobacco Control | Trauma Surgery & Acute Care Open

**INFLUENCE**

- The BMJ Christmas issue press release coverage
Research: **A Christmas themed physical activity intervention to increase participation in physical activity during Advent: pilot randomised controlled trial** *(PR)*

**Healthier run-up to Christmas** The Daily Express (print) 20/12/22
*Forget chocolate... try the ACTIVITY advent calendar!* The Daily Mail 20/12/22


Opinion: **The gift that won’t keep on giving: ban coal as punishment at Christmas** *(PR)*

**Coal in stockings 'harms children and environment'** The Daily Telegraph 20/12/22
*Environmentalists say Santa should phase out putting coal in stockings* The Daily Mail 20/12/22

'Santa should phase out coal' and give kids stick insects instead, says doctor Daily Star 21/12/22


Research: **Direct Uptake of Nutrition and Caffeine Study (DUNCS): biscuit based comparative study** *(PR)*

**Tea dunking test finds Hobnob-style does the perfect job** BBC News + BBC World Service + BBC local radio news broadcasts 21/12/22
The best biscuits for dunking have been revealed - is your favourite on the list? The Mirror 21/12/22
This is the best biscuit for dunking in tea, according to science The Independent 21/12/22


Research: Taking the biscuit: defining excessive quantities of free refreshments in a healthcare library (PR)

How Many Free Hot Drinks And Biscuits Are Excessive? Today UK News 20/12/22
Doctors find sweet spot for free tea and biscuits The Daily Telegraph 26/12/22

Also in: Medscape, Reporter Wings, Medical Xpress, Scienmag, Newswise, News 7 Trends

Research: Quantifying the benefits of inefficient walking: Monty Python inspired laboratory based experimental study (PR)

The Monty Python workout? It's a silly walk, and it works! The Washington Post 22/12/22
Join the Ministry of Silly walks to boost your health: Hilarious video shows how walking 'Teabag style' for a few minutes a day could help adults meet physical activity targets Daily Mail 22/12/22
Monty Python's 'silly walks' an easy way to be active, healthy - study Jerusalem Post 21/12/22

International: The Area News AU + widespread Australian regional coverage, International Business Times, Doonited News (IN), New York Folk, Forbes, People Magazine, MSN South Africa

Other: Scienmag, Tech and Science Post, Medical Xpress, Head Topics, News Explorer, Express Digest, 24HTech, Knowledia, News 7 Trends, News Atlas, Head Topics

Research: Can artificial intelligence pass the fellowship of the Royal College of Radiologists examination? Multi-reader diagnostic accuracy study (PR)

AI is not so clever The Daily Star (print) 22/12/22
An AI bot scored nearly as well as doctors on a radiology exam — but it's not ready to replace humans yet Business Insider India 23/12/22


Research: Everything causes cancer? Beliefs and attitudes towards cancer prevention among anti-vaxxers, flat earthers, and reptilian conspiracists: online cross sectional survey (PR)

Conspiracy believers more likely to endorse mythical causes of cancer, finds study Medical Xpress 22/12/22

Research: Alcohol related disorders among elite male football players in Sweden: nationwide cohort study (PR)

Lower risk of alcohol disorders in top soccer players but only from 1960s onwards Medical Xpress 22/12/22
Lower risk of alcohol disorders in top footballers – but only from 1960s onwards Irish Medical Journal 23/12/22

Also in: Scienmag, News 7 Trends

Other notable coverage

Can't taste, can't smell: Eleven months on, Flic's COVID-19 symptoms continue to linger SBS News AU 19/12/22 (Previous PR)
Also in: The Guardian x2, Knowledia, NBC News, ITV News broadcast, She-Hulk And Winnie The Pooh: When Funny Science Takes The Spotlight Forbes 19/12/22
Also in: Business Times, Technocodex, Latest Nigerian News REMOTE CONTROL Improving patient care via long-distance monitoring The Daily Mail + MailOnline (print) 20/12/22
Also in: NY Breaking 'Lovable' ambulance worker took his own life 'due to daily trauma he saw on the job' MyLondon 20/12/22
Also in: MSN UK, Daily Express These are the best foods to eat when you're hungover Stylist 21/12/22
So where DOES that £150billion-a-year go? The Daily Mail 21/12/22
Awake prone positioning lowers risk for intubation, not mortality with COVID-19 hypoxemia Healio 22/12/22 (Previous PR)
Stay safe and warm with this winter weather guide CNN 21/12/22
Philosophers offer new ‘affordance theory’ to explain why men still don’t share invisible labour with women MSN UK 23/12/22

Also in: Yahoo

50 bad habits that affect your health MSN UK + IE + AU 23/12/22

Iranian doctor faces execution amid outcry over protest-related sentences The Washington Post 24/12/22

‘I take photos of the sea swimmers every day – I’m on the sidelines, but I feel a real sense of community’ Metro 23/12/22

Times Past New York Times 23/12/22

HARD TO SWALLOW The 4 cancer symptoms you might notice after eating Christmas dinner The Sun + Scottish + Irish Sun 25/12/22

Are the Christmas holidays good for your health? Irish Times 25/12/22

Labour must strike balance on unions to win The Times 25/12/22

So, why the shiny nose? (Previous PR - 2012 Christmas research) The Daily Mail and Irish edition 26/12/22

‘Wild’ MRI scan shows what happens to our bodies during sex New York Post 27/12/22

Also in: MSN Lifestyle

British Heart Foundation dismisses MP Andrew Bridgen’s vaccine claim The Times 27/12/22

6 things we found out were linked to cancer in 2022, from junk food to hair products

Business Insider NL 29/12/22 (Previous PR)

Voice of Islam Radio broadcast, interview with Richard Smith, former editor in chief of The BMJ, on the climate emergency 30/12/22

CDC warns US is staring down the barrel of type 2 diabetes crisis with rates in children expected to soar EIGHT-FOLD by 2060 The Daily Mail 30/12/22

Britain's obsession with wellness is making us sick The Telegraph 31/12/22

Also in: MSN UK, Yahoo UK

Family doctor shares pictures of 'trashed' GP practice The Daily Mail 30/12/22

Also in: Sound Health and Lasting Wealth

TIRED ALL THE TIME? Urgent warning over silent killer that can first appear as feeling really tired The Sun + Irish + Scottish edition 31/12/22 (Previous PR)

Also in: The Business Times

JOURNALS

BMJ Military Health

Footnotes and end pieces: The death of the Black Prince: a case of disease in 1376 that changed the course of English history (PR)

Edward the Black Prince did not die from dysentery, study claims The Daily Mail 21/12/22

New study re-examines the death of Edward the Black Prince Medievalists.net 21/12/22

Edward The Black Prince Was Likely Killed By Malaria Or IBS In 1376, Study Claims New York Daily 22/12/22


BMJ Open

Research: Efficacy of probiotics in the management of halitosis: a systematic review and meta-analysis (PR)

Bad breath? Certain types of probiotic bacteria may help, research suggests NBC News 21/12/22
The cure for bad breath could have been in our kitchens all along  BBC Science Focus  
21/12/22  
Fermented foods could provide cure to halitosis - study The Jerusalem Post 21/12/22


Fauci calls COVID-19 'loudest wake-up call' for emerging infectious diseases; expert says improved… News 9 Live 20/12/22

Also in: Knowledia

Research: Association between chiropractic spinal manipulation and lumbar discectomy in adults with lumbar disc herniation and radiculopathy: retrospective cohort study using United States’ data (External PR)

Chiropractic spinal manipulation associated with reduction in low back Sciencemag 20/12/22

Also in: Bioengineer, Medical Xpress, Mirage News AU, Archynetys.com, Knowledia, People’s Pharmacy

Non-Invasive Test That May Help Predict Eczema in Babies Dermatology Times 21/12/22
EPA publishes final revised risk determination for perchloroethylene

Research: Correlates of cardiorespiratory fitness in a population-based sample of middle-aged adults: cross-sectional analyses in the SCAPIS study (External PR)

Physical Fitness A Demographic Watershed | World Health.net Anti-Aging


Acupuncture may ease back pain during pregnancy The Week IN 23/12/22 (Previous PR)

New Study Links Poverty With Social Media Addiction SciTechDaily 24/12/22

Also in: Public Newstime

Adding yoga to regular exercise may boost heart health The Week India 25/12/22 (Previous PR)

The benefits of 'Dry January' last longer than a month, studies show The Washington Post 27/12/22


New Research: Bad Sleep, Snoring, and Sleepiness During the Day Could All Increase Your Risk of Permanent Sight Loss SciTechDaily 29/12/22 (Previous PR)

Also in: The New Optometrist, Industry Update, UK Today News, Public Newstime, Focus Technica, Quick Telecast, Reporter Wings

Computer vision technology effective at determining proper mask wearing in a hospital setting, pilot study finds The Tech Street (IN) 31/12/22

Open Heart

Research: Is the folk medicine known as “The Secret” efficient in reducing bleeding after percutaneous coronary procedures?: a double-blinded, randomised trial (PR)

Swiss Hospitals Still Use A Medieval Prayer Called "The Secret" To Stop Patients Bleeding IFL Science 21/12/22

Popular Folk Medicine 'The Secret' Won't Stop Bleeding After Invasive Heart Procedures MedIndia 22/12/22


Annals of the Rheumatic Diseases

More than 95% of patients with axial SpA recapture LDA with ixekizumab after withdrawal Healio 20/12/22

TNF inhibitor impacts, new ACR guidelines lead juvenile arthritis revelations Healio 21/12/22

CV Risk Score Multipliers Suggested for Rheumatic Diseases Reporter Wings 31/12/22

Also in: Medscape
Poll shows that Democrats still overwhelmingly support masking toddlers  
The Blaze  
29/12/22 (Previous PR)  
Also in: CauseAction Clarion, USSA News

BMJ Case Reports  
Pros and cons of cold-water swimming  
The Week UK 22/12/22 (Previous PR)

COVID-19 complications, rare vaccine side effects, brain parasites: Inside 2022's most-read medical case reports  
CTV News Canada 23/12/22

The five strangest medical cases of 2022  
Daily Investor Hub 31/12/22 (Previous PR)  
Also in: Chof360, Insider, MSN UK, Nation Talk

BMJ Evidence Based Medicine  
2022 in retrospect: souvenirs from science  
Teller Report 29/12/22 (Previous PR on homeopathy)

BMJ Global Health  
In Maharashtra, girl dies of rabies even after vaccine, antibody therapy  
The Times of India  
19/12/22  
Also in: Economic Times IN

Vows to Victims: Exploring the Cultural Perceptions and Legal Ambiguities that Enable Marital Rape in Kenya  
Africa Uncensored 21/12/22

Covid-19: from crisis to closure?  
The Lowy Institute 21/12/22

Pumping loud music is putting more than 1 billion young people at risk of hearing loss  
Daily Maverick (South Africa) 29/12/22 (Previous PR)  
Also in: Archynetys, MSN South Africa

The world needs to prepare now to prevent polio resurgence post eradication  
ReliefWeb  
29/12/22

Users Of Traditional Medicine For Hypertension Risk More Severe Hypertension, Complications —Study  
Tribune Nigeria 29/12/22

Countries Ban Asbestos to Reduce Mesothelioma Deaths  
Surviving Mesothelioma 31/12/22

Do restrictions on travel work against Covid?  
BBC News 30/12/22

BMJ Innovations  
Twitter announces, then quickly retracts ban on promoting other social media  
NBC News  
20/12/22

BMJ Leader  
Democratizing Leadership Will Create A More Inclusive Economy  
Forbes 20/12/22  
Also in: International Business Watch, Business Breaking News

BMJ Nutrition Prevention & Health  
High cholesterol and type 2 diabetes: Norwegian cheese Jarlsberg could lower levels  
News Concerns 20/12/22 (Previous PR)
The health benefits of gardening might surprise you The Forum 23/12/22 (Previous PR)
Also in: Local US print outlets

What is the dangerous substance that causes diabetes? Nation World News 26/12/22

Ayaan Hirsi Ali says 2022 is 'the year the West erased women': 'A tale of 2 different final chapters' The Christian Post 29/12/22 (Previous PR)
Also in: Unherd.com

Now treat ACL tear without surgery Telangana Today 29/12/22
Also in: India Online Mart

Only a small proportion of individuals worldwide meet physical activity guidelines | 2 Minute Medicine 2Minute Medicine 30/12/22 (Previous PR)

Top stories on women and cancer of 2022 Healio 30/12/22 (Previous PR)

6 Shocking Nutrition Discoveries Scientists Made This Year MSN Malaysia + Philippines + Singapore 31/12/22
Also in: Eat This, Not That! Online, Internewscast, Yahoo Lifestyle, Pehal News

Emergency Medicine Journal Why You May Have Lower Back Pain On Just The Left Side MSN 19/12/22
Also in: Health Digest

Health service 'beyond crisis point' The Times + Scottish edition 31/12/22 (Previous PR)

Gut Lifestyle factors may help prevent many inflammatory bowel disease cases Medical News Today 22/12/22 (Previous PR)

5 Habits to Always Avoid After Age 60, Say Health Experts, Including an Unhealthy Diet Eat This Not That! 22/12/22 (Previous PR)
Also in: MSN Malaysia, MSN Health & Fitness, MSN Health CA, Yahoo Lifestyle, News Finale

How to Heal Your Gut — and What That Really Means Shape Magazine 26/12/22
Also in: Yahoo News, Knowledia

Injury Prevention UAE cuts road deaths by two thirds in 10 years The National (UAE) 21/22/22
Also in: MSN Arabia

International Journal of Gynecological Cancer Despite HPV Vaccine Cervical Cancer Rates Keep Rising Swift Telecast 23/12/22 (Previous PR)
Also in: Todays Chronic, News Concerns

Journal of Clinical Pathology IS IT HEALTHY TO EAT EGGS EVERY DAY? HOW MANY? RxList 21/12/22

Journal for ImmunoTherapy of Cancer World's first clinical trial with CAR-T technology for patients with Scienmag 22/12/22
Also in: Labiotech, eCancer, Industry Update, News-Medical.net, Bioengineer

**Journal of Epidemiology & Community Health**

Successes Like The Covid-19 Vaccines Come From Long-Term Investments In Public Health  
Forbes 20/12/22

Opinion: India’s 'murder most foul' has a chilling subtext  
CNN International 22/12/22 (Previous PR)

Also in: Deccan Herald

Reducing Speed Limits to 20 mph has little Impact on Driving Behavior  
National Motorists’ Association Blog 25/12/22 (Previous PR)

Also in: Talk Radio/TV

**Journal of Medical Ethics**

The Fear of Suffering Is Driving Us Crazy  
Epoch Times 21/12/22

Canadian Lives Unworthy Of Canadian Life  
The American Conservative 21/12/22

Also in: The Spectator

Andrew Bridgen speech in HoC  

Linked to Tweet on JME study, which prompted:  
BMJ journal article on jabbing young people as tweeted by Andrew Bridgen  
The World News Network 29/12/22

Also in: Chof360, Ashby Nub News, Fatherly Advice and Rants, National Cyber Security Ventures, GB News, Bit Chute, Before It’s News

**Journal of NeuroInterventional Surgery**

Research: Endovascular transmural access to carotid artery perivascular tissues: safety assessment of a novel technique (External PR)

Study indicates safety of novel transmural access to carotid artery perivascular tissues  
Neuronews International 21/12/22

**Occupational & Environmental Medicine**

Top 10 asthma stories of 2022- Disinfectant use during pregnancy linked to asthma, eczema in offspring  
Healio 29/12/22 (Previous PR)

**Regional Anesthesia & Pain Medicine**

Cannabinoids use for chronic neuropathic pain improves sleep quality as well  
Medical Dialogues 22/12/22 (Previous PR)

Ultrasound-guided pudendal nerve block as good as penile nerve block for analgesia during pediatric circumcision  
Medical Dialogues 23/12/22

Spine research to know in 2022  
Becker’s Spine Review 30/12/22

**RMD Open**

Research: Suprascapular nerve block for the treatment of adhesive capsulitis: a randomised double-blind placebo-controlled trial (External PR)
Nerve block an effective treatment for painful shoulder condition Medical Xpress 21/12/22

5 Reasons to Avoid Alcohol If You Have AS Verywell Health 21/12/22

Tobacco Control
Most Dual Smokers and Vapers Likely to Carry on Smoking Cannabis Equipment News 20/12/22 (Previous PR)

Trauma Surgery & Acute Care Open
Prevention of alcohol withdrawal syndrome in surgical ICU: AAST releases consensus Medical Dialogues India 27/12/22

INFLUENCE

Rachael Hamilton Conservative mentioned The BMJ in a Scottish Parliament debate Gender Recognition Reform (Scotland) Bill: Stage 3 20 Dec 2022: “An article in The BMJ was drawn to my attention, which says that, currently, 7 per cent of people who apply for a GRC have their application turned down. Jamie Greene talked about medical intervention and the diagnosis of gender dysphoria, which is done by a doctor. Does he believe that the Scottish Government must address the issue of people who were previously refused a GRC by a doctor who will now be able to obtain a GRC through a self-ID system in Scotland?

Social Media

The article in Journal of Medical Ethics on vaccine mandates for students was the highest scoring output on Altmetric, having been mentioned 18,297 on Twitter in the past week.

The press released research on dunking biscuits in tea, published in The BMJ’s Christmas issue also scored highly on Altmetric, mentioned 1,175 times on social media and in the news in the past week.

The LinkedIn post promoting press released research in The BMJ’s Christmas issue on walking “teabag style” performed well, generating 107 engagements.