



**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 1 - 7 January 2024**

## **EXTERNAL PRESS RELEASES**

[BMJ Open](#)

## **OTHER COVERAGE**

[BMJ | The BMJ](#)

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[Occupational & Environmental Medicine](#)

[Practical Neurology](#) | [Tobacco Control](#)

## **BMJ**

### **BMJ Best Practice**

[Dermatologist shares quick finger test to check for heart disease](#) Daily Express 07/01/2024

### **The BMJ press release coverage**

***Further coverage of Barbie to expand range (PR)***

[Barbie should expand her range of medical scientific professions: BMJ study](#) Times of India 01/01/2024

***Further coverage of Doctor Who specials (PR)***

[Doctor Who Christmas specials linked to lower death rates in the UK](#) Science Alert 05/01/2024

### **Other notable coverage**

[Live Longer, Feel Sexier And 43 Other Reasons To Cycle More In 2024](#) Forbes 01/01/2024

[The Doctor will see you now— but only for 5 minutes](#) Daily Express 01/01/2024 (**Front Page**) no link available) (**Previous PR**)

[New Year, New Eating Disorder](#) Yahoo UK (+Canada + Lifestyle) 02/01/2024

[Planning to lose weight in 2024? Check out diet plans to follow this year](#) Economic Times 01/01/2024

**Also in:** USA Today, ExBulletin

[By the way... we need dietitians to work with GPs](#) Irish Daily Mail 02/01/2024 (no link available) **(Previous PR)**

[What happens to your body when you take a fiber supplement](#) MSN Health & Fitness 02/01/2024

[WWE superstar, 32, diagnosed with rare immune disorder after weeks out of action](#) Metro 02/01/2024

[‘I’m a GP – but I get so much abuse, I lie and tell people I’m a nurse’](#) inews 03/01/2024

[Shannen Doherty opens up about 'desperately' wanting a child amid breast cancer treatments](#) USA Today 03/01/2024

[Vaccination dramatically lowers long covid risk](#) Scientific American 03/01/2024 **(Previous PR)**

[Junior doctors’ strike: why are they taking action and what are their demands](#) The Independent 04/01/2024

**Also in:** Daily Express, Daily Mirror, Daily Star, The Bristol Star, The Evening Standard, The Belfast Telegraph, The Sunday Post, Express & Star, Yahoo UK The National, MSN IE, AOL UK, MSN South Africa, Eastern Daily Press

[Just one thing - with Michael Mosley - Stay Young Special](#) BBC Radio 4 04/01/2024 (30 mins 25 seconds in the programme)

[Men Up](#) BBC 2 series 04/01/2024 (13 minutes into the programme)

[How dry January can help with anti-ageing, according to doctors](#) ABC News 05/01/2024

**Also in:** Internews cast, Huff Post, Yahoo News, The New Daily, Mint Online

[The curious link between animal hibernation and ageing - and what humans can learn from it](#) The Conversation UK 05/01/2024

**Also in:** MENA FN, Yahoo UK, Deccan Herald, Devdiscourse

[Open Blood-Brain Barrier for Alzheimer’s Treatment?: Managing TMD](#) Medically Prime 06/01/2024

**Also in:** Medpage Today

[How to stay safe and healthy during extreme cold this winter season](#) CNN 06/01/2024

**Also in:** Pedfire, Yahoo UK

[Off the leash](#) The Sunday Times 07/01/2024 (no link available)

[The anti-aging benefits of eating protein](#) The Daily Telegraph 07/01/2024 (no link available)

**Also in:** Yahoo UK, MSN UK

[What Happens To Your Heart When You Take Ibuprofen](#) Everyday Health Digest 07/01/2024

[As nutritionists warn Americans of shocking sugar levels in SALAD DRESSING, we reveal how some will add a donuts worth of sugar to your 'healthy' lunch](#) The Mail 07/01/2024

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## **JOURNALS**

### **Annals of the Rheumatic Diseases**

[Could Blockbuster Weight Loss Drugs Also Be Used to Treat Heart Disease, Alzheimer’s, and Cancer?](#) Everyday Health 05/01/2024

### **BMJ Case Reports**

[JN.1: Covid-19 causes labyrinthitis in teenager - what is it, symptoms and treatment](#) National World 02/01/23

[The King of Bullsh\\*t News](#) BuzzFeed News 07/01/2024

### **BMJ Evidence-Based Medicine**

[Is honey good for you? The impressive health benefits during cold and flu season](#) TODAY

Online NBC 05/01/2024 (**Previous PR**)

**Also in:** MSN Health & Fitness, Yahoo Lifestyle, AOL

### **BMJ Global Health**

[Zoonotic Spillover Likely to Continue Increasing Worldwide](#) Physician's Weekly 03/01/23

(**Previous PR**)

[Some Women Have Abortions Just Because Their Baby Isn't the Sex They Want](#) The

Conservative Angle 05/01/2024 (**Previous PR**)

### **BMJ Nutrition, Prevention & Health**

*Further coverage of diabetes drug helping to avoid weight gain after smoking (PR)*

[Dulaglutide, Weight Gain, and Smoking Cessation; New Year's Eye Injuries](#) Medically Prime 01/01/2024

**Also in:** MedPage Today, Medical Dialogues (IN)

[6 "bad fruits" to eat when you have diabetes](#) Pedfire 03/01/2024

**Also in:** MSN Health & Fitness

[The best healthy fats for weight loss, recommended by dietitians](#) MSN Health & Fitness 03/01/2024

### **BMJ Oncology**

[Advanced Stage Cervical Cancer Cases on the Rise](#) Pakistan Observer 01/01/2024

(**Previous PR**)

### **BMJ Open**

**Research:** [Cognitive task analysis of clinicians' drug-drug interaction management during patient care and implications for alert design](#) (**External PR**)

[Knowing how clinicians make real-world decisions about drug-drug interaction can improve patient safety](#) Scienmag 03/01/2024

**Also in:** Medical Xpress, Mirage News Australia, News-Medical.Net, HealthLeaders Media

[The way you chew your food has an unexpected effect on your weight](#) Health Digest 02/01/2024 (**Previous PR**)

[Alzheimer's Paper Retracted: Pets and Human Cognition: Long COVID Internal Tremors](#) Medically Prime 03/01/2024

**Also in:** MedPage Today

[Dry January Health Benefits: Weight Loss, Better Sleep, More Energy](#) Forbes 03/01/2024

**Also in:** CNN, Irish Examiner, BollyInside

[RUSSIAN ROULETTE How your out-of-date 'corpse medicines' can harm your health – from nasty infections to tummy bugs](#) The Sun(+ Scottish + Irish editions) 06/01/2024

**Also in:** Daily Mirror

### **BMJ Open Sport & Exercise Medicine**

[Scientists Shocked to Discover That Male and Female Athletes are Different!](#) American Thinker 03/01/23

**Also in:** Deccan Herald

### **British Journal of Sports Medicine**

[USA Boxing lets biological males compete against females](#) The Christian Post 01/01/2024  
(**Previous PR**)

[If You Can Pass This Simple 10-Second Test, You'll Probably Outlive Your Peers](#) Yahoo UK 01/01/2024 (**Previous PR**)

**Also in:** The Mail, The Metro, The Sun + Scottish + Irish editions, Daily Mirror, Herald Sun, British Bulletin, News.com AU, Prevention Online, Yahoo Finance, GB News

[How Exercise Really Is The Antidote For ALL That Ails You: The Definitive Evidence That Shows Just 20 Minutes A Day Can Help Prevent Almost Every Disease](#) British Bulletin 02/01/2024 (**Previous PR**)

**Also in:** Internewscast, Livestrong

[DIY tests that reveal how fit you are for your age](#) The Mail 02/01/2024

**Also in:** Daily Mail + Scottish edition (Print), British Bulletin (**Previous PR**)

[Could exercise pills help create a healthier society?](#) Business Telegraph 02/01/2024

**Also in:** Taipei Times (misattributed to the BMJ)

Walking for Just 11 Minutes a Day Can Help You Live Longer, New Research Shows Best Life 03/01/23 (**Previous PR**)

[7 potential health benefits of Barre](#) Everyday Health 05/01/2024

[The Benefits of Walking Are Greater If You Do This One Simple Thing](#) Vogue Arabia 05/01/23 (**Previous PR**)

[Getting to know the updated Sport Concussion Assessment Tool 6](#) New Zealand Doctor 07/01/23 (**Previous PR**)

### **Gut**

[DR MICHAEL MOSLEY: What I do to help halt ageing and stay healthy... From flossing twice a day to keeping my home at a chilly 15c, how to reduce 'inflammaging'](#) Daily Mail 05/01/2024

**Also in:** British Bulletin, Internewscast

### **Heart**

[The exact time you should be napping for to 'improve memory and reduce fatigue'](#) Daily Mirror 04/01/2024 (**Previous PR**)

### **Injury Prevention**

[Most Forms of Exercise Are Safe – But Don't Ignore the Dangers](#) Scitech Daily 01/01/2024  
**Also in:** TheHealthSite

### **Journal of Epidemiology & Community Health**

[People who experienced childhood adversity had poorer COVID-19 outcomes, new study shows](#) Yahoo News 01/12/2024

**Also in:** Reach MD

[Britain: Doctors' strike underlines strain on national health system](#) DNYuz 05/01/2024

[New Study Finds the Best Brain Exercises to Boost Memory](#) Yahoo News UK 07/01/2024

**Also in:** Grazia

### **Journal of NeuroInterventional Surgery**

[US neurointerventionists argue recent data “affirm” benefits of direct stroke triage](#)

Neuronews International 03/01/23

### **Occupational & Environmental Medicine**

[Dream Big: Joe Coe Lost 70 Pounds and Fell in Love With Fitness—All While Managing Migraine](#) HealthCentral 04/01/23

### **Practical Neurology**

[Rituximab May Complicate Diagnosis of Neuroborreliosis](#) Medscape 06/01/2024

### **Tobacco Control**

[MIL-Evening Report: From today, new regulations make it harder to access vapes. Here's what's changing](#) Foreign Affairs (NZ) 01/01/2024

**Also in:** Mirage News Australia, National Tribune AU