



**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 4 - 10 March 2024**

## **PRESS RELEASES**

[Annals of the Rheumatic Diseases](#)  
[British Journal of Sports Medicine](#)  
[Journal of Neurology, Neurosurgery & Psychiatry](#)

## **EXTERNAL PRESS RELEASES**

[eGastroenterology](#)

## **OTHER COVERAGE**

[The BMJ](#) | [BMJ Global Health](#) | [BMJ Nutrition, Prevention & Health](#) | [BMJ Open](#)  
[BMJ Open Respiratory Research](#) | [BMJ Open Sport & Exercise Medicine](#)  
[BMJ Oncology](#) | [British Journal of Sports Medicine](#) | [Gut](#)  
[Journal for ImmunoTherapy of Cancer](#) | [Journal of Clinical Pathology](#)  
[Journal of Neurology, Neurosurgery & Psychiatry](#)  
[Open Heart](#) | [RMD Open](#) | [Thorax](#)

## **The BMJ Press Release coverage**

### ***Further coverage of UPF's and health consequences (PR)***

[Will the delicious \(but ultra-processed\) Coco Pops, toast and Tunnock's biscuits I scoffed last night be the death of me?](#) Daily Mail (+ Scottish edition) 05/03/2024

**Also in:** The Times, The Daily Telegraph, Evening Standard, The Guardian, The Independent, Yahoo UK, British Bulletin, MSN IE, Metro, The New Statesman, Apple News, MSN Arabia, Yahoo Canada, Yahoo Singapore, MSN South Africa, Medical Brief South Africa, The Herald Sun, Mint, CBS News, The Jerusalem Post, The Courier Mail, The Herald Sun, Everyday Health, Forbes Online, Medical Dialogues, ExBulletin,

### ***Further coverage of cancer drugs testing (PR)***

[Many costly cancer drugs fast-tracked to approval - without real proof of benefits](#) Study Finds 05/03/2024

**Also in:** Hospitalhealthcare.com

## **Other notable coverage**

[Anti-anxiety drug prescribed to 8 million Brits 'linked to 3,400 deaths in 5 years'](#) Daily Mirror

04/03/2024

**Also in:** Daily Mail

[Online doctors from Singapore should consult patients to ease burden on NHS, think tank says](#) The Daily Telegraph 04/03/2024

**Also in:** MSN Singapore, Yahoo News, The Daily Mail, British Bulletin

[Clean-up act: Tackling toxic air with deeptech](#) Financial Express 04/03/2024 **(Previous PR)**

[DRUG DANGERS The 5 dangerous side effects of ibuprofen – from stomach bleeds to fertility issues](#) The Sun (+ Scottish + Irish edition) 04/03/2024

[Walking, jogging and yoga can beat depression, BMJ review finds](#) Bangkok Post 05/03/2024 (no link available) **(Previous PR)**

[Seven habits every lazy middle-aged man should break](#) MSN UK 04/03/2024

**Also in:** The Daily Telegraph, Yahoo News, BBC Radio 5 Live

[Replacing grains with a 'quick fat burning' substitute could offer 'faster results' on the scales](#) British Bulletin 05/03/2024

[Largo hospital nurses protest understaffing they say puts patients at risk](#) Tampa Bay Times 05/03/2024

**Also in:** Yahoo News

[How do I spot if my child has ... a hip issue?](#) The Irish Times 05/03/2024

['I'm a doctor - these three delicious foods are amazing for your brain'](#) Daily Express 05/03/2024

[Psychiatrist said he would lose 75% of his patients if people made these two lifestyle changes](#) The Daily Mail 06/03/2024

[10 Insights Tackle Vaccine Hesitancy Driven by Misinformation on Social Media](#) ReachMD 05/03/2024

[Investigation Reveals Significant Delays In Handling Complaints Against UK Drug Companies](#) India Education Diary 05/03/2024 **(Previous PR)**

[Redefining medical 'professionalism' in a gender and racially diverse world](#) Medical Brief South Africa 06/03/2024

[Truck in Battersea park to provide free NHS Heart check for women](#) Yahoo News 08/03/2024

**Also in:** The Evening Standard

[7 ways that singing boosts your health](#) The Times (+ Irish edition) 09/03/2024 (no link available)

[Cardiologists Say These Are The Worst Foods For Your Heart, And There Goes My Whole Diet](#) MSN Health & Fitness 07/03/2024

[UK surgeon seeing 2 patients a week after overseas surgery](#) Nottingham Post 08/03/2024

[South Australia considering making reporting of homelessness deaths mandatory](#) The Guardian 08/03/2024

[Free Speech Nation with Andrew Doyle](#) GB News 10/03/2024 (1 hour 18 minutes in)

## **JOURNALS**

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

**Research:** [Associations of residential greenness with bone mineral density and osteoporosis: the modifying effect of genetic susceptibility](#) **(PR)**

[Osteoporosis risk 'smaller among people living in leafy neighbourhoods'](#) The Independent 06/03/2024

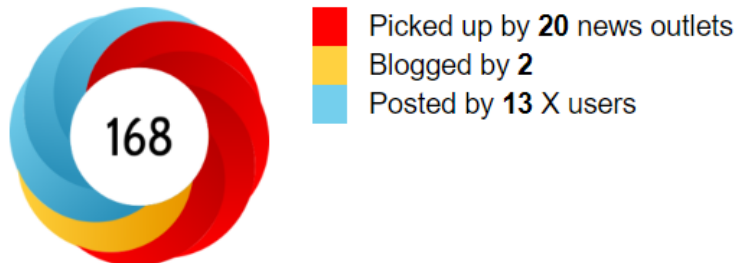
[Study Finds being in nature lowers risk of osteoporosis](#) The Jerusalem Post 08/03/2024

[Living Near Green Spaces Could Strengthen Your Bones](#) US News & World Report 07/03/2024

**Also in:** The Times (+ Irish edition), Yahoo UK, AOL.UK, Daily Mail, Daily Record, Daily Express, The i, The National Scot, Belfast Telegraph, Bristol Post, MSN UK, British Bulletin, The Sunday Post,

Evening Standard, Express & Star, Eastern Daily Press, The Mirror

**International + Other:** MSN South Africa, Geo.De Yahoo Canada, Mirage News Australia, Medscape, Scienmag, Medical Xpress, Drugs.com, News-Medical.Net, MSN Health & Fitness, the healthcast.com, Weekly Sauce, HealthDay, Medical Dialogues, Earth.com, Rheumatology Advisor, Express Digest, MedIndia, Physician's Weekly, Medriva, BreakingLatest News



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

**Research:** [Do the associations of daily steps with mortality and incident cardiovascular disease differ by sedentary time levels? A device-based cohort study \(PR\)](#)

[Every step above 2,200 steps a day reduces risk of early death, study finds](#) The Guardian 06/03/2024

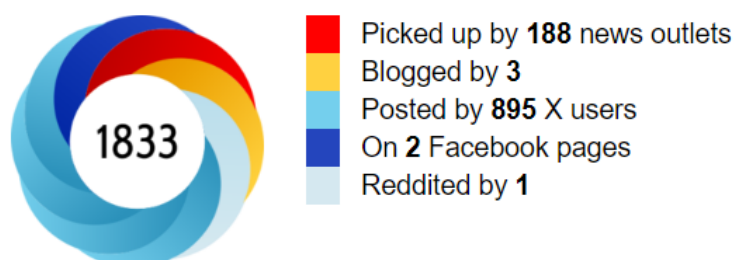
[A daily step goal may cut disease and death risk in even otherwise sedentary people, study finds](#) CNN 07/03/2024

[Every step above 2,200 steps a day reduces risk of early death, study finds](#) Taipei Times 06/03/2024

**Also in:** The Independent, The Times, The Daily Telegraph, The Daily Mail + Scottish edition, Sky News, The Sun + Scottish edition, Daily Mirror + Irish edition, The Scotsman, The National Scot, Express & Star, Evening Standard, Belfast Telegraph, Daily Record, The Sunday Post, Daily Express, MSN UK, inews, Yahoo News UK, Liverpool Echo, Bristol Post, AOL UK, Daily Star, The Sunday Mirror, Metro, The Argus, The Irish News, Wales Online

**International:** Newsweek, Mirage News Australia, National Tribune AU, 9News AU, UPI, Yahoo Canada, Yahoo Singapore, Business Insider (NL), Medsite (FR), The Star Malaysia, The Epoch Times, El Universal, ABC Action News, US News & World Report, Today.com, BNN Breaking, MediaBites (PK), NDTV, Scientific Inquirer, Eurasia Review, KETV + extensive local US broadcast

**Other:** Pedfire, Medical News Today, Medical Xpress, Scienmag, NewsMax.com, Study Finds, the healthcast.com, Weekly Sauce, News-Medical.Net, Newser, Drugs.com, HealthDay, ScienceBlog, ScienceDaily, Healthline, Healio, MedicineNet.com, MedPage Today, Medical Daily, Medical Dialogues, MSN Health & Fitness, NewsBreezer, PhysioUpdate, World is One News, Healthclub Management, New Scientist, Earth.com, World Health.net, Female First, Ground News, Stylist, TrialSite News, Talker.news



[How Isometric Exercise Can Improve Blood Pressure](#) Everyday Health 04/03/2024 (**Previous PR**)

['I'm 50 but look 10 years younger - these are the 4 things I do every day to stay fit'](#) The Express 05/03/2024

**Also in:** Daily Record, Weekly Sauce

[World Athletics' policy limiting trans women participation is 'here to stay,' says president Sebastian Coe](#) CNN Online 07/03/2024

[NHS app will monitor daily step counts and heart rates using AI to get the nation back to work](#) GB News 08/03/24

### **Journal of Neurology, Neurosurgery & Psychiatry**

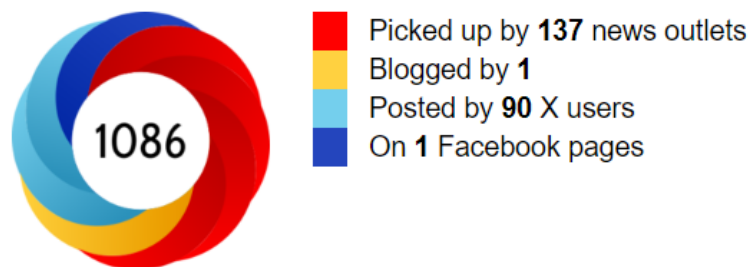
**Research:** [Risk of stroke with different levels of leisure-time physical activity: a systematic review and meta-analysis of prospective cohort studies](#) (PR)

[Even a Little Daily Exercise Cuts Your Stroke Risk](#) US News & World Report 07/03/2024

[Research finds small amount of physical activity can reduce risk of stroke](#) CBS News Boston 07/03/24

[Even very low levels of physical activity 'can lower stroke risk', according to new study](#) The Mirror + Irish edition 05/03/24

**Also in:** Sky News, [The Telegraph](#), Daily Record, Daily Mail, Daily Star, Yahoo News UK, AOL.UK, The Sunday Post, [The Scotsman](#), The Irish News, Oxford Mail + extensive UK regional outlets, Wales Online, Mirage News Australia, US Times Post, American Association of Retired Persons, BNN Breaking, The healthcast.com, Medicine.Net, Drugs.com, HealthDay, NewsMax, Medical Xpress, Healthline, Medical News Today, News-Medical.Net, Medriva, Talker.news,



[Seizure Risk Nearly Double in Patients With MS](#) Medscape 06/03/24

### **BMJ Global Health**

[BMJ 'playing along with Hamas', alleged US doctor](#) The Sunday Telegraph 10/03/2024 (no link available)

**Also in:** Pedfire, Yahoo News,

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

[Alteration Of Gut Microbiota Affects The Severity And Complications Of COVID-19](#) The Conservative Angle 06/03/2024

### **BMJ Oncology**

[23andMe Launches New Genetic Reports on Common Forms of Cancer](#) Biospace 06/03/2024

**(Previous PR)**

**Also in:** Yahoo Finance, USA Life Sciences, Associated Press Online, Benzinga, Financial Times, Investing.com

**BMJ Open**

[Other women-related health Issues that may arise from sitting or lying down for too long](#) NewsFinale 04/03/2024

[Using genetic testing to improve medicines use after myocardial infarction](#) Hospital Healthcare 04/03/2024

[Telemedicine appears safe, effective, acceptable for women seeking medical abortion](#) Healio 05/03/2024

[New study: eating kimchi could reduce abdominal fat](#) ScitechDaily 06/03/2024 **(Previous PR)**

[Even the occasional energy drink can increase the risk of sleep disturbances](#) Yahoo Lifestyle 07/03/2024 **(Previous PR)**

**Also in:** AOL UK

[Mental Health Portends Irritable Bowel Severity in Teens](#) Medscape 07/03/2024

**BMJ Open Sport & Exercise Medicine**

[Yes, Exercise Raises Cortisol \(the Stress Hormone\)—But That's Not a Bad Thing](#) Yahoo Lifestyle 06/03/2024

[Olympic athletes could face a tough opponent: Brutal Paris heat](#) NBC News 10/03/2024

**Also in:** Yahoo News, AOL, Internews cast, DNews, Newsbreak, Ground News

**BMJ Open Respiratory Research**

[New research sheds light on mycophenolate and azathioprine efficacy in interstitial lung disease](#) Medical Dialogues 06/03/2024

[Statins may have role in tuberculosis prevention in patients with bronchiectasis, suggests study](#) Medical Dialogues 07/03/2024

**eGastroenterology**

**Research:** [Prevalence and prediction of hepatocellular carcinoma in alcohol-associated liver disease: a retrospective study of 136 571 patients with chronic liver diseases](#) **(External PR)**

[Rising alcohol-related liver cancer prompts new prediction tool](#) Medical Xpress 05/03/2024

**Also in:** News-Medical.Net, Scienmag, eCancer, Bioengineer, Mirage News Australia

**Gut**

[Big Swedish study hints at link between bowel disease, infant diet](#) The Hindu 05/03/2024 **(Previous PR)**

[5 potential side effects of drinking coffee on an empty stomach](#) MSN UK 05/03/2024

**Journal for ImmunoTherapy of Cancer**

[Breakthrough immunotherapy targets non-cancer cells to prevent breast cancer spread](#)

News-Medical.Net 05/03/2024

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

[Liquid biopsy offers 'meaningful approach' to understanding CAR-T](#) Healio 06/03/2024

### **Journal of Clinical Pathology**

[Why my adenomyosis went undetected for five years](#) News.com (AU) 06/03/2024

**Also in:** The Herald Sun

### **Open Heart**

[It's time to 'spring forward.' Here's how daylight saving time can affect your health](#) MSN News  
06/03/2024

### **RMD Open**

[Sinusitis linked to later autoimmune disease – US study](#) Medical Brief South Africa 06/03/2024

### **Thorax**

***Further coverage of asthma and greenhouse gases (PR)***

[Poorly controlled asthma generates greenhouse gases equivalent to 124,000 UK homes](#) Pulse  
04/03/2024