

The image shows the BMJ logo in white on a blue background. To the right of the logo is a horizontal strip of blue icons representing various medical and healthcare concepts, including a microscope, a person with a speech bubble, a computer monitor, and a stethoscope.

BMJ

BMJ in the News is a weekly digest of BMJ stories, plus any other news about the company that has appeared in the **national and a selection of English-speaking international media**.

This week's (5-11 Oct) highlights include:

BMJ

[Digitisation propels the service management desk beyond internal support](#) - Computer Weekly

[UK firm to develop healthcare media skills in Saudi](#) - Trade Arabia 11/10/15

[BMJ to support KSA's medical researchers in developing research skills](#) - Thomson Reuters Zawya 11/10/15

The BMJ

Head to head: [Should women abstain from alcohol throughout pregnancy?](#)

[Is it wrong to drink alcohol while pregnant? Even the experts disagree](#) - The Guardian 07/10/2015

[Alcohol during pregnancy: We drank while expecting](#) - BBC News 07/10/2015

[Mothers-to-be warned by doctors to not drink at all](#) - the Scotsman 07/10/2015

This story was also covered by The Independent, The Times & The Times Ireland & The Times Scotland, the Independent, the Daily Mail, the Daily Mirror, the Daily Telegraph, the Daily Express & Scottish Daily Express, The Sun & The Irish Sun, Irish Mail on Sunday, ITV News, Huffington Post UK, Yahoo News UK, Medical Xpress, Medical Daily, BT.com, New Kerala, Times of India, Stuff.co.nz, TheHealthSite, Daily News & Analysis, Financial Express, Web India, Big News Network, KL.FM 96.7, The Hans India, TheHealthSite, AOL UK, LifeZette, & extensive local media coverage. Also broadcast by [The Today Programme](#) (from 8:53mins) & News Tonight on Channel 5.

Analysis: [Is home always the best and preferred place of death?](#)

[Home not always best place to die, says end-of-life care expert](#) - The Independent 08/10/2015

[Home not always the best place to die, academic says](#) - Telegraph.co.uk 08/10/2015

Also covered by BBC Radio Nottingham, the Daily Mail, Business Standard, Care Appointments, Examiner, Medical Daily, Rochdale Online, Nottingham Pos, Tech Times, Pacific Standard, India.com, HeartZine & local media coverage in the UK. Comment [issued](#) by Macmillan Cancer.

Research: [Influence of tumour stage at breast cancer detection on survival in modern times](#)

[Yes, Early Breast Cancer Detection Does Matter, New Study Finds](#) - Forbes 09/10/2015
[Tumor Stage Still Influences Survival in Breast Cancer](#) - Medscape 06/10/2015
[Catching Breast Cancer Early Saves Lives, SCatching Breast Cancer Early Saves Lives, Study Confirms](#) - NBC News 07/10/2015

Also covered by US News & World Report, Doctors Lounge, HealthDay, Philly.com, Medical Xpress & interview on Medical Research.

Research: [Trends in colorectal cancer mortality in Europe](#)

[Wide country and gender differences in bowel cancer deaths across Europe](#) - OnMedica 07/10/2015
[Study finds considerable differences in bowel cancer deaths across Europe](#) - Medical Xpress 06/10/2015

[The Federal Government Is Lying to You About Milk](#) - VICE 08/10/2015
[Attempts to boost calcium levels seem to have little effect on risk of bone breaks](#) - the Washington Post 06/10/2015 (in print)
[Calcium Isn't a Bone Saver](#) - the New York Times 06/10/2015 (in print)

Also covered by The Pharmaceutical Journal, Australian Doctor, Youth Health Mag, WPTV.com, Food Navigator Asia & Ecorazzi.

[All you need to know about '#thehunteeffect'](#) - The Guardian 08/10/2015

[More drugs qualifying for FDA accelerated review, driven by non-innovative medicines](#) - The Pharmaceutical Journal 06/10/2015

[For decades, the government steered millions away from whole milk. Was that wrong?](#) - the Washington Post 06/10/2015

[England's Health Secretary wants to make us all work as hard as the Chinese – and our doctors and nurses already know it](#) - Open Democracy 06/10/2015

[2 more sensors set up at Mumbai airport to measure aircraft operation noise](#) - Nyooz 09/10/2015

[Yes, America, we can eat butter](#) - Fox News 09/10/2015

[A story of hope: the Guardian launches phase II of its climate change campaign](#) - the Guardian 05/10/2015

[Is the chilli pepper friend or foe?](#) - BBC News 05/10/2015
Also covered by Wonder Woman and broadcast by BBC Radio 2

[Mistakes found in paper that identified retraction-error link](#) - Times Higher Education 08/10/2015

[Allyson Pollock: Time to tackle brain injury in rugby at all levels](#) - Irish Times 06/10/2015

[Nina Teicholz: 5 things you need to know about the 2015 Dietary Guidelines for Americans](#) - Beef Magazine 05/10/2015

[The money behind the fight over healthy eating](#) - Politico 07/10/2015
Also covered by Reason (blog), Santa Fe & New Mexican

[Hunt scares patients off](#) - the Independent (letter) 08/10/2015 (also in print)

[Third of footballers have mental health issues: study](#) - the Bangkok Post 07/10/2015 (also in print)

[Top tips on how to ensure you keep your heart healthy without taking statins](#) - the Daily Mirror & Irish Daily Mirror 05/10/2015 (also in print)

[Investing in health workforces: The path towards the SDGs starts here](#) - Devex 07/10/2015

[Probiotics for Your Baby: 4 Things You Should Know](#) - Newsmax 07/10/2015

[What do your legs tell about your health?](#) - The Health Site 07/10/2015

[Teen goths may be more vulnerable to depression and self-harm](#) - the Daily Mirror & Irish Daily Mirror (in print) 06/10/2015

[A thinning case that fat causes heart ills](#) - The Washington Post 07/10/2015 (in print)

[The disease you never shake off](#) - the Daily Mail & the Scottish Daily Mail 10/10/2015 (in print)

JOURNALS

British Journal of Sports Medicine

Research: [Exercise level before pregnancy and engaging in high impact sports reduce the risk of pelvic girdle pain: a population based cohort study of 39 184 women](#)

[Jogging and aerobics ease pregnancy pain](#) - Daily Mail +Scottish Daily Mail 08/10/15
[Exercise pre-pregnancy cuts pelvic pain](#) - Irish Examiner 08/10/15
[Regular exercise before pregnancy may stave off pains common in mums to be](#) - New Zealand Doctor Online 07/10/15

Also covered by the Mirror, Irish Sun, Nursing Times, South China Morning Post, New Zealand Herald, Medical News Today, Medical Daily, Medical Xpress, DailyRx, Sunday World, Herald (Ireland), Economic Voice, BT.com, Ozarksfirst.com, TV3.ie, Brooklyn Reader, LiveMint, Bustle, BabyCenter & Fit Pregnancy.

[Tai Chi can build strength, relieve pain](#) - Reuters UK 09/10/15 + Mail Online

[Coca cola pays millions to counter obesity claims](#) - International Business Times UK 09/10/15 + BBC R5 Live
[Fizzy drinks giant pays millions to diet experts](#) - The Times + Times Scotland 09/10/15
[Coke bought scientific credibility](#) - The Australian 09/10/15

[The golden rule for buying running shoes](#) - Health.com 08/10/15

BMJ Innovations

Research: The ownership and clinical use of smartphones by doctors and nurses in the UK: a multicentre survey study

[Doctors' use of smartphones could threaten patient confidentiality](#) - The Guardian 08/10/15
[Doctors put patients at risk by sharing confidential information on their smartphones](#) - Mirror.co.uk 08/10/15
[NHS nurses using their own smartphones for work](#) - Nursing Times 08/10/15

Also covered by The Independent, Belfast Telegraph, Yahoo News UK, Irish Medical Times, Irish Examiner, BreakingNews.ie, BT.com, OnMedica, Tech Times, Cellular News, E&T Magazine, New Zealand Doctor Online, Medical Xpress, extensive local print media coverage & InfoSecurity Magazine (attrib The BMJ).

BMJ Open Respiratory Research (external PR)

[Thirty minutes of exercise a day is a breath of fresh air for asthma sufferers, but not enough for everyone else](#) - New York Daily News 08/10/15
[Exercise key to asthma control: study](#) - Toronto Star 08/10/15
[Just 30 minutes of daily exercise reduces asthma symptoms](#) - Business Standard 08/10/15

Also covered by Radio Canada International, Delhi Daily News, CanIndia News, India Today, India.com, Bangladesh News 24, The Hans India, New Kerala, Indileak, DaijiWorld, News World India, Greater Kashmir.com, LiveMint, News Nation, Jagran Post, Health Newline, Medical News Today, TheHealthSite, Financial Express, Zee News, Latinos Health, lbcworld news, Sakshi Post & ANINews.

[Varying walking speed may burn more calories](#) - Medical News Today 09/10/15

BMJ Open

[Small amount of quinine in tonic water may ease leg cramps](#) - Houston Chronicle 09/10/15

[Fixing the doctor-patient relationship](#) - Consumer Reports 07/10/15

[Mindfulness based therapies - examining the studies](#)- Institute for Ethics and Emerging Technologies 07/10/15

[Tenfold increase in excessive prescribing of multiple drugs](#) - The Irish Times 04/10/15

Postgraduate Medical Journal (FPM Symposium)

[Cure for asthma? Try coffee and herbal cigarettes](#) - Daily Telegraph 02/10/15

[Dead moles and bat blood: 10 bizarre cures from throughout history](#) - Sydney Morning Herald 04/10/15

Archives of Disease in Childhood

[Fat chance my kid is overweight](#) - Irish Daily Mirror 09/10/15 (print only)

Annals of the Rheumatic Diseases

[New markers aid in predicting RA severity](#) - MedPage Today 08/10/15

BMJ Open Diabetes Research and Care

[CVD risk may influence medication use in type 2 diabetes](#)- Healio 06/10/15

BMJ Quality & Safety

[Don't starve patients before operations: give them energy rich sports drinks so they aren't malnourished, doctors warn](#) - Daily + Irish Daily Mail 08/10/15

Emergency Medicine Journal

[Official: stripping down A&E units is failing the elderly](#) - Mail on Sunday 11/10/15

Journal of Epidemiology & Community Health

[Perceived discrimination linked to smoking and poor diet](#) - Reuters UK 08/10/15 + LiveMint