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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 (21-27 March) highlights include:

The BMJ

Research: [Quality of diet and mortality among Japanese men and women: Japan Public Health Center based prospective study](#)

[It's soy healthy](#) - The Sun 23/03/2016

[Eat like Japanese to live longer](#) - Times of India 23/03/2016

[How to eat like a Japanese person](#) - TIME 23/03/2016

Also covered by: the Independent, Gulf News, Indian Express, Deccan Chronicle, New Kerala, Daijiworld, Business Standard, International Business Times, ANIN News, News World India, Med India, Economic Times, Newspoint Africa, Big News Network, Asian Scientist Magazine, Western Daily Press, Australia Network News, Zee News, Daily Mail, Live Science, Medical Xpress, Medical Daily

Research: [Antidepressant use and risk of cardiovascular outcomes in people aged 20 to 64: cohort study using primary care database](#)

[Common antidepressants 'do NOT increase the risk of heart attacks and stroke'](#) - Daily Mail 23/03/2016

[Study finds no link between SSRI drugs and heart risk](#) - OnMedica 23/03/2016

Also covered by: Headlines & Global News, MedPage Today, Drug Discovery & Development Magazine, Clinical Advisor, MPR, Nursing in Practice, Irish Health, Health Canal, Medical Xpress, Science Codex

Head to Head: [Should doctors boycott working in Australia's immigration detention centres?](#)

[Call for AMA to smuggle evidence of detention abuses](#) - **front page** Medical Observer, Australia 23/03/2016

[David Berger interviewed on ABC Sydney 'Morning with Wendy Harmer'](#) - ABC 24/03/2016

Also covered by the New Zealand Doctor

Research: Global prevalence of antibiotic resistance in paediatric urinary tract infections caused by Escherichia coli and association with routine use of antibiotics in primary care: systematic review and meta-analysis

[Don't be alarmed if antibiotics don't work](#) - Daily Telegraph 21/03/2016

[Common antibiotic for children 'ineffective in half of cases'](#) - Nursing Practice 21/03/2016

[Antibiotic Resistance Continues to be a Problem in Children](#) - Medscape 23/03/2016

Research: Overall and income specific effect on prevalence of overweight and obesity of 20% sugar sweetened drink tax in UK

[Britain's flat idea to tax soda](#) - The Washington Post 23/03/2016

[Fizzing over Britain's sugar tax](#) - Radio New Zealand 23/03/2016

[U.S. spends \\$3 billion a year on unused cancer drugs](#) - Reuters 25/03/2016

[Knowledge of genetic risk doesn't prompt behavior changes](#) - Reuters 22/03/2016

[For my next trick...](#) - the Economist 26/03/2016

[Birth control pills are now safer for two key groups of women](#) - Quartz 26/03/2016

[Steve Wright in the Afternoon, BBC Radio 2](#) - 23/03/2016

[Weeks after being put on Prozac, Jake, 14, took his own life - so why aren't parents being warned about the suicide risk for children on anti-depressants?](#) - the Daily Mail 21/03/2016

[Facing jail, celebrity barrister who bought drugs that killed his boyfriend at gay orgy](#) - Daily Mail 24/03/2016

[Anti-vaxxer's Tribeca triumph: Discredited doctor's documentary about "the long-debated link between autism and vaccines" doesn't belong in respected festival](#) - Salon 23/03/2016

[Teicholz disinvited from food policy panel](#) - Politico 25/03/2016

[The children who NEVER watch TV](#) - Daily Mail 21/03/2016

[9 in 10 hospitals are now 'unsafe'](#) - Daily Mail 21/03/2016

[It's time to tackle the horror of Lyme disease](#) - Daily Mirror 22/03/ 2016

[Weeks after being put on Prozac, Jake, 14, took his own life](#) - Daily Mail 22/03/2016

[Is pasteurised milk to blame for the rise in allergies?](#) - Daily Mail & Scottish Daily Mail 22/03/2016

[Warning over legal highs toll](#) - The Scottish Sun 21/03/2016 (*no link available*)

[Looking for the right white stuff](#) - The Independent 27/03/2016 (*no link available*)

BMJ Best Practice

[Doctor's Diary: the merits of abstaining from antibiotics](#) - the Daily Telegraph 21/03/2016

JOURNALS

BMJ Open

Research: [How much sugar is hidden in drinks marketed to children? A survey of fruit juices, juice drinks and smoothies](#)

[Fruit drinks marketed at children 'unacceptably high in sugar'](#) - The Independent 24/03/16

[Some fruit juice has a day's worth of sugar](#) - TIME 24/03/16

[Fruit drinks slammed for high sugar content](#) - Sky News Australia 24/03/16

Also covered by: The Times + Scotland, Daily Mail, Daily Express, The Guardian, Daily Telegraph, Huffington Post UK, BBC News, Buzzfeed News, AOL UK, Belfast Telegraph, Irish Times, Irish Examiner, South Wales Argus, TV3.ie, City AM, International Business Times UK, extensive local print coverage, OnMedica, Doctors Lounge, WebMD, MedPage Today, Medical Daily, Medical News Today, HealthDay, Medical Xpress, Science Codex, Science 2.0, BT.com, BT Sport, Health.com, Health Canal.com, Foodprocessing, New Food, Food Ingredients First, SBS, Sunday World, Malaysian Digest, Malay Mail Online, Egypt Independent, Times of India, Philly.com, Newsroom America, US News & World Report, CTV News, Minnieapolis Star Tribune, local US broadcast, Consumer Affairs, Pulse Headlines, Newshub, Maine News Online, Parent Herald, The Drum, UPI, Newsmax, RTT News, Vox, Cancer Research UK

[Want to live longer after retirement? Be social](#) - Chicago Tribune 21/03/16
Also Globe & Mail

[12 hour shifts: Burnout or job satisfaction?](#) - Nursing Times 21/03/16

[Majority of American Diet Comes from Ultra-Processed Foods](#) - Gulfshore Life 24/03/16

[Studying the relation between spring and spiking suicide rates](#) - Globe & Mail
27/03/16

BMJ Case Reports

[Woman Gets “Hump Back” From Drinking?](#) - The Doctors TV 21/03/2016

BMJ Global Health

[WHO urges India to implement larger health warnings on cigarette packs](#) - Reuters
23/03/2016

Journal of Epidemiology & Community Health

Editorial: [Are we selling our souls? Novel aspects of the presence at academic conferences of brands linked to ill health](#)

[Health buzz: kids have too much sugar, experts say](#) - 24/03/16

[Time to Ftibit our relationships](#) - CanIndia.com 25/03/16

Annals of the Rheumatic Diseases

[Brain Protection](#) - The Wall St Journal 21/03/16

Archives of Disease in Childhood (Fetal & Neonatal Edition)

[Health test after birth predicts success at school](#) - Times Scotland 22/03/16 (print only)

Also Scottish Daily Mail

British Journal of Sports Medicine

[Q&A: Why are so many college athletes depressed?](#) - Philly.com 27/03/16

[The right way to breathe for more powerful weightlifting](#) - Lifehacker Australia
27/03/16

[SA athletes clean sheet on pep drug](#) - Independent Online (South Africa) 26/03/16

[Group walking is a boon for the body and mind](#) - Chicago Tribune 25/03/16

[Injury rates on Whistler track normal: experts](#) - 24Hour Vancouver 24/03/15

[Widespread use of meldonium among elite athletes](#) - Irish Medical Times 24/03/16

[Seven ways to beat back pain WITHOUT painkillers](#) - Daily Express 23/03/16

[Want to beat back pain? Get on your feet for TWO hours a day, according to new study](#) - Daily Express 22/03/16

[Salvi injured as Cadiz win comfortably in the end](#) - Football.com 21/03/16

[Water is vital for athletes but too much may prove unhealthy](#) - Financial Times 21/03/16 (link unavailable)

Journal of Neurology Neurosurgery & Psychiatry

[High coffee intake tied to lower MS risk](#) - MedPage Today 25/03/16
Also MD Magazine

Veterinary Record

[SHOULD VETERINARIANS WEAR HELMETS?](#) - Equus Magazine 21/03/2016