



**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 (8-14 August) highlights include:

### **The BMJ**

#### **Research: [Congenital Zika syndrome with arthrogryposis](#)**

[Zika linked to baby joint deformities](#) - BBC News 10/08/2016

[Study details possible link between Zika and severe joint condition](#) - Reuters 09/08/2016

[Deformed limbs in newborns linked to Zika virus](#) - CBS News 10/08/2016

**Also covered by** the Guardian, Daily Telegraph, International Business Times UK, Huffington Post, Yahoo Finance UK, Thomson Reuters Foundation, ITV News, International Business Times UK, Washington Post, U.S. News & World Report, Fox News, USA TODAY, Slate Magazine, CBC News, CTV News, Business Insider, Business Standard, The Asian Age, Times of India, Hindustan Times, The Indian Express, ETHealthWorld.com, India Today, Daily News & Analysis, New Kerala, Economic Times, Refinery29, NEWS.com.au, SBS, Doctors Lounge, Medical Daily, Science Daily, Medical News Today, HealthDay, Outbreak News Today, Nature World News, Live Science, Science Codex, Nature World News

#### **Research: [Physical activity and risk of breast cancer, colon cancer, diabetes, ischemic heart disease, and ischemic stroke events](#)**

[WHO's recommended level of exercise too low to beat disease – study](#) - The Guardian 09/08/2016

[WHO guidelines on hours of exercise needed to stay healthy are way off. Queensland study finds](#) - ABC Online 10/08/2016

[WHO's exercise guidelines too low to beat disease, study says](#) - South China Morning Post 10/08/2016

**Also covered by** The Times, the Times Scotland, the Daily Express, the Independent, the Daily Telegraph, The Daily Telegraph Scotland, the Daily Mail, Irish Daily Mail, Scottish Daily Mail, Huffington Post UK, Irish Independent, Yahoo Finance, The Spectator, Huffington Post Australia, International Business Times AU, SBS News, Fox News, U.S. News & World Report, Forbes, UPI.com, Today.com, Economic Times, Business Standard, New Kerala, The Hindu, Xinhua, NDTV, Hindustan Times, The Indian Express, Kuwait Times, 6minutes, Medscape, WebMD, Doctors Lounge, OnMedica, Healthcare Dive, Diabetes.co.uk, TheHealthSite, HealthDay, Medical Daily, Health24, Science Daily, PerfScience, Science World Report, Science Codex. **Also broadcast by** Sky News.

## Personal View: [Game on for Pokémon Go](#)

[Pokemon Go can get children fitter by encouraging them to play outside, says Glasgow doctor](#) - Herald Scotland 10/08/2016

[Pokémon Go can boost health by making gamers exercise, says GP](#) - the Guardian 10/08/2016

[Game on for Pokemon Go, says doctor](#) - The Australian 09/08/2016

**Also covered by** ITV News, the Daily Telegraph, the Daily Mail, the Independent, Irish Independent, The Sun, The Scottish Sun, Sunday World, Evening Standard, Metro, AOL UK, extensive regional newspaper coverage, Glasgow Live, International Business Times, Business Standard, NDTV, Phys.Org, India Today, NEWS.com.au, The Inquisitr, Digital Spy, Medscape, Science Codex

[NHS has spent more than £1.75m on homeopathy, despite admitting there is 'no good-quality evidence it works'](#) - The Independent 07/08/2016

[Government urged to improve PG medical education](#) - Business Standard 07/08/2016

Also published by Daijiworld.com, India Today, The Hans India

[Bad pharma and the canary in the coalmine for problems in modernmedicine](#) - Cosmos 08/08/2016

[Dear Science: Why do hangovers happen, and how can I make them go away?](#) - Washington Post 08/08/2016

[How violence contributes to diseases among sex workers](#) - The Indian Express 08/08/2016

[The Surprising Truth Of Where Fat Goes When You Lose Weight](#) - M2 Magazine 09/08/2016

[8 Strange Hacks To Live Longer: Scientific Tips And Facts](#) - Medical Daily 09/08/2016

[Breakenridge: We should put the brakes on extending cycling helmet laws to adults](#) - Calgary Herald 09/08/2016

[Can tech really solve SIDS? It's not so simple](#) - CNET 10/08/2016

[The supersenses sniffing out disease](#) - The Canary 12/08/2016

[For the First Time, Law Enforcement Must Report on All Officer-Related Killings](#) - Care 2 12/08/2016

[As Rio bay waters show, we badly need innovation in treating human wastes](#) - the Conversation 12/08/2016

[Nano Girl Michelle Dickinson: How to beat the new 'normal'](#) - New Zealand Herald 13/08/2016

[People with autism die 16 years earlier, on average](#) - Irish Daily Mirror 12/08/2016

## JOURNALS

### BMJ Open

**Research:** [Association of volunteering with mental wellbeing: a lifecourse analysis of a national population based longitudinal study in the UK](#)

[Why volunteering is good for your mental health](#) - TIME 09/08/16

[After age 40, volunteering linked to enhanced mental health](#) - Business Insider 10/08/16

[Volunteering isn't beneficial until you hit 40, study finds](#) - Daily Telegraph 09/08/16

**Also covered by:** The Times + Times Scotland + Ireland, Daily Mail + Irish Daily Mail, Daily Express + Scottish Daily Express, Independent, Independent i, Huffington Post, TV3.ie, Herald Scotland, Reuters UK, BT.com, NHS Choices, Medical News Today, Medical Research.com, OnMedica, Doctors Lounge, WebMD, News-Medical.net, Healio, Science News, HealthLine, Health Canal.com, Science Codex, Science Daily, The Third Sector, Care Appointments, Homecare News, Medical Xpress, HealthDay, US News & World Report, Philly.com, CBS News, local US print coverage CBC News Canada, News Hub, News Max, Newswise, Aussie Network News, SBS, News.com.au, Courier Mail, Sunday World, Channel News Asia, CTV News, Reuters India, Hindustan Times, New Kerala, Siasat Daily, Malay Mail Online, News Tonight Africa, Egypt Independent, Times of Malta, Christian Science Monitor, VICE, Mother Nature Network

[Warning labels help nursing home staff avoid incorrectly crushing medicines](#) - Pharmaceutical Journal 12/08/16

[The fall in NHS health checks](#) - Nursing in Practice 11/08/16

[Hospital culture can break down walls between disciplinary cliques](#) - Fierce Healthcare 11/08/16

[MSK outcome measure heralded as 'a deal breaker'](#) - Chartered Society of Physiotherapy 10/08/16

[Breastfeeding twice as likely after a home birth, study finds](#) - Belfast Telegraph 10/08/16

**Also in:** OnMedica, Irish Examiner, Irish Independent, Newswise, Science Codex, Medical Xpress, New Kerala, Siasat Daily

[Zika linked to baby joint deformities](#) - News Next Bangladesh 10/08/16

[Pensioners eating less to make ends meet, claims study](#) - Herald Scotland 08/08/16

### Archives of Disease in Childhood

[Spike in child abuse cases in Hong Kong coincides with exam time, research shows](#) - South China Morning Post 07/08/16

### Annals of the Rheumatic Diseases

[Can Cancer Medications Bring on Rheumatoid Arthritis?](#) - HealthLine 09/08/16  
[Lymphoma Risk Stable With Anti-TNF in RA](#) - MedPage Today 10/08/16

[Aching muscles in the morning? Your natural painkiller is yet to kick in](#) - Daily Telegraph + Scotland 08/08/16 (print only)

### **British Journal of Ophthalmology**

[Laser pointer yobs targeted British Airways flight from Norway moments before it landed at Heathrow](#) - Daily Mail 10/08/2016

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

[Boxing debate: does wearing headgear actually increase risk of concussion](#) - Yahoo Sports 14/08/16

[Don't just watch the Olympics: have a sporty summer of your own](#) - Daily Telegraph 13/08/16

[What are the most dangerous sports at the summer Olympics?](#) - Motherboard 12/08/16

[Olympic swimmer Allison Schmitt on struggling with depression](#) - Refinery29 11/08/16

[After successful football study, new device to ease concussion concerns to be tried on girls soccer](#) - USA Today 11/08/16

[Asthma and exercise: how to reach your full potential](#) - US News & World Report 11/08/16

[Dear FIFA: There Is No Scientific Test to Prevent Age Fraud](#) - Scientific American 11/08/16

[GPS technology can predict football injuries](#) - Deccan Herald + Daiji World 10/08/16

[Gruesome injuries at the Olympics aren't as rare as you think](#) - SELF 10/08/16

[The most common injury at the Olympics](#) - CNN 09/08/16

[Teeth shaming is real and here's why it needs to stop](#) - Yahoo News 09/08/16

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

[MIND BLOWING](#) - New York Post 07/08/16 (print only)

### **Occupational & Environmental Medicine**

[Habits to avoid at work](#) - Live Mint 14/08/16