

**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**.

Latest highlights (18 Dec - 2 Jan):

- Coverage of **The BMJ's Christmas issue** continued over the holiday period, including man flu, wine glass size, and joint pain. **The BMJ** analysis on regulation of vaginal mesh products was also covered by the [American Council on Science and Health](#)
- A **BMJ Open** study on the dangers of using rubber bullets for crowd control generated widespread coverage, including [Russia Today](#), [Hong Kong Standard](#) and [Pulse Nigeria](#)
- An **ESMO Open** study on premature ageing in cancer survivors generated global coverage, including [HuffPost UK](#) and [Brazil](#), [The Star](#), [Kenya](#) and [US News & World Report](#)
- A **Vet Record** study on the high risk of chocolate poisoning in dogs over the festive period achieved extensive international coverage, including [Sky News](#), [CBS News](#), [TIME](#) and [Forbes](#)

### **BMJ South Asia Awards**

[Sri Lanka's National Neonatal Transport Service is the best in South Asia](#) - Colombo Page 29/12/17

### **The BMJ**

**Feature: "Man flu" may be real (continued coverage)**

[The 'man flu' may be real. But many women don't want to believe it](#) - The Boston Globe 21/12/17

[The man flu gets real](#) - Minnesota Public Radio News (blog) 21/12/17

**Also in:** Kaplan Herald, WBUR Radio, Konbini US

**Feature: Peppa Pig may encourage inappropriate use of primary care services (continued coverage)**

[Maybe one day we'll all live in a Peppa Pig-type of world](#) - Eastern Daily Press 18/12/17

**Feature: Growing size of wine glasses coincides with more drinking (continued coverage)**

[British wine glasses have got bigger over the years](#) - The Economist 19/12/17

[Wine glasses have gotten 7 times bigger since the 1700s, new study concludes](#) - ZME Science 19/12/17

[Science Says You Can Blame Your Next Hangover on the Size of Your Glass](#) - The Observer (New York) 20/12/17

**Also in:** Deccan Chronicle

**Research: [No link between rainfall and visiting the doctor with joint pain](#) (continued coverage)**

[Arthritis pain: Cold weather DOES make symptoms worse - but for THIS unlikely reason](#) - The Express 18/12/17

[Rainy days don't make aches and pains worse](#) - Daily Mail + Irish Daily Mail 26/12/17

**Analysis: [Inadequate regulation for vaginal mesh products has exposed women to unnecessary harms, warn experts](#)**

[Exploiting An FDA Regulatory Loophole](#) - American Council on Science and Health 19/12/17

**Feature: [How well can digital assistants answer questions on sex?](#) (continued coverage)**

[Got sex questions? Google before you ask Siri](#) - Reuters Health 19/12/17

[Got sex questions? Google before you ask Siri](#) - Business Insider 20/12/17

**Research: [Traffic pollution putting unborn babies' health at risk, warn experts](#) (continued coverage)**

[Traffic pollution tied to low-birth-weight risk](#) - Reuters Health 19/12/17

[Traffic pollution tied to low-birth-weight risk](#) - Cyprus Mail 20/12/17

**Other coverage included:**

[Half of EEA doctors are considering leaving the UK](#) (*link unavailable*) - Daily Mirror + Irish Daily Mirror 18/12/17

[Dementia symptoms: Try these NINE ways to ward off signs of memory loss NOW](#) - The Express 20/12/17

[Are Vaporizers Really Helping People Kick Smoking?](#) - GOOD Magazine 19/12/17

[Top 5 road safety solutions](#) - Winnipeg Sun 18/12/17

[Sustrans urges Bath and North East Somerset Council to keep its 20mph zones](#) - Bath Chronicle 19/12/17

[Higher Educational Linked to Lower Alzheimer's Risk in Study Looking at Gene Variants](#) - Alzheimer's News Today 18/12/17

[Smart kids live longer](#) - The Telegraph (India) 20/12/17

[A veteran journalist explains why it's so tough to inform the public about medical devices — and what can be done about it](#) - HealthNewsReview 19/12/17

[DOES YOUR BREATH SMELL? IT MAY BE GENETIC](#) - Newsweek 20/12/17

[Sing for Joy](#) - Voice of America (blog) 21/12/17

[Are Non-Opioid Pain Relievers Effective in Managing Pain in The Hospital?](#) - Medical News Bulletin 21/12/17

[Diclofenac Inferior to Norfloxacin for UTI. May Increase Pyelonephritis Risk](#) - Infectious Disease Advisor 21/12/17

['Thank you': Folk rally round to help save Christmas for local baby Jacob after death of mum](#) - Dundee Evening Telegraph 22/12/17 [Sitting Disease – the biggest epidemic of our time?](#) - The Island (Sri Lanka) 22/12/17

[Does socializing regularly improve health?](#) - Gettysburg Times 22/12/17

[The Right Chemistry: Diagnosing disease by scent](#) - Montreal Gazette 22/12/17  
[Natural Healing: A consistent routine for sleep is vital](#) - Ruidoso News 26/12/17  
[Air Pollution Linked to Lower Birth Weight](#) - Asharq Al-awsat English 26/12/17  
[Calcium and Vitamin D Pills' Ability to Stop Bone Loss Questioned in New Study](#) - Consumer Reports 26/12/17  
[Nutrition Tip of the Week: Cold weather and heart attacks](#) - Lake News 27/12/17  
[Endometriosis Diagnosis: Is There a Symptom Pattern?](#) - Medical News Bulletin 28/12/17  
[Study shows regular use of ibuprofen tied to increased chance of heart attack](#) - WFAB and WTXL 28/12/17  
[Killed by a parcel bomb 40 years ago, Karin Grech's murder remains unsolved](#) - Malta Today 28/12/17  
[Want To Get Fit In 2018? Cannabis Can Help](#) - The Fresh Toast 28/12/17  
[The miraculous mental health benefits of writing poetry](#) - The Health Site 28/12/17  
[Do you really lose most of your body heat from your head?](#) - CBS Local 29/12/17  
[Is Dry January good for you? The facts about laying off alcohol for a month](#) - Wales Online 29/12/17  
[5 Simple Ways To Be Healthier In 2018](#) - American Council on Science and Health 29/12/17  
[Pasta Advisory Council Helps Eaters Tailor Pasta Portion Sizes](#) - Food Tank 29/12/17  
[Neustatter: There's so much to laugh about in medicine](#) - Fredericksburg Star 30/12/17  
[Drawing inspiration from fun research](#) - The Times of Malta 31/12/17  
[Social media urged to curb self-harm images](#) - The Sunday Times Scotland 31/12/17  
[The secret of dying spoons and injuries of swallows swords. The strangest medical research in the world](#) - Gazeta Wyborcza 02/01/18  
[Tremendous growth \(profile of Dr Bishal Gyawali\)](#) - Kathmandu Post 31/12/17

## JOURNALS

### BMJ Open

**Research: Death, injury and disability from kinetic impact projectiles in crowd-control settings: a systematic review**

[Rubber and plastic bullets too dangerous for crowd control, says study](#) The Guardian 19/12/17

[Rubber bullets may cause fatal injuries: study](#) Business Standard 20/12/17

[Study: Rubber bullets 'inaccurate', should not be used for 'crowd control'](#) Middle East Monitor 19/12/17

**Also covered by:** Daily Telegraph, The Times + Times Scotland, Morning Star, Irish Times, The Journal.ie, Russia Today, Borneo Post, Borneo Bulletin, Herald Sun, Greater Kashmir, Times LIVE, Press Trust of India, Pulse Nigeria, Hong Kong Standard, Daily Nation (Pakistan), HealthDay, New Vision, FirstPost, Reddit, eNCA, US News & World Report, SatPR News

[Now Monitor Diabetes With a Pain-Free Skin Patch: 5 Foods Which May Help Too](#) NDTV 27/12/17

[What Exactly Is Quality Time When Your Kids Are Under Five?](#) HuffPost 27/12/17

[How do different types of alcoholic drinks affect emotions?](#) The Journal (Ireland) 22/12/17

[GPs hand out pills to avoid being sued](#) The Times + The Times Scotland 21/12/17

[Trial to Explore If Low-dose Glucocorticoids May Improve Safety of ANCA Vasculitis Treatment](#) ANCA Vasculitis News 19/12/17

[Energy drinks in the firing line as manufacturers urged to reformulate](#) Food & Drink International 18/12/17

## **ESMO Open**

**Review: [Biology of premature ageing in survivors of cancer](#)**

[Cancer survivors age faster and die younger than those who never had the disease. major study finds](#) Daily Mail 19/12/17

[Cancer survivors age faster. die younger -Study](#) The Star, Kenya 19/12/17

[Cancer Survivors May Face Premature Aging](#) WebMD 19/12/17

**Also covered by:** The Sun, HuffPost UK, Daily Telegraph, Irish Times, Irish Independent, Wigan Today, OnMedica, News-Medical.net, HealthDay, Medscape, Medical Xpress, Health Desk, Philly.com, US News & World Report, KVOA Tucson News, WRIC, Brinkwire, Renal & Urology News, HuffPost Brasil

[Do enough data exist to properly screen and monitor patients for toxicities associated with immunotherapies?](#) Healio 28/12/17

## **Stroke & Vascular Neurology**

**Research: [Ginkgo biloba extract improved cognitive and neurological functions of acute ischaemic stroke: a randomised controlled](#)**

[Herbal remedy ginkgo biloba 'can help stroke recovery'](#) BBC News 19/12/17

[Stroke: This herbal extract could improve brain function](#) Medical News Today 19/12/17

[Herbal supplement found on High Street boosts memory in stroke survivors](#) Daily Mail 19/12/17

**Also covered by:** Daily Express, NHS Choices, Nursing Times, OnMedica, MedPage Today, Medscape, Medical Xpress, Monthly Prescribing Reference, WebMD, Mendon Journal, News on the hour, BT.com, infosurhoy, Popular Science Italia, Top Sante, Sigma Live, Cardiology Advisor

## **Vet Record**

**Research: [Heightened risk of canine chocolate exposure at Christmas and Easter](#)**

[Chocolate poisoning risk to dogs at Christmas](#) - BBC News online 21/12/17

[Why you should resist those puppy eyes this Christmas: Chocolate poisonings in dogs is](#)

[expected to peak during the holidays, experts warn](#) - Daily Mail 21/12/17  
[It's Christmastime, and that means dogs are now at peak risk of chocolate poisoning](#) - Los Angeles Times 21/12/17

**Also covered by:** ITV News, Sky News, STV (Scottish TV) News, Metro, CBS News, TIME, Washington Times, Forbes, SBS, The Guardian, The Irish Times, The Sunday Post, The Conversation UK, Yorkshire Evening Post, Leicester Mercury, Lincolnshire Live, The Conversation AU, AFP, KLAS-TV, Global News (Canada), Stuff.co.nz, Newshub, Patch.com, ZME Science, American Council on Science and Health, Newsweek Pakistan, Great Kashmir.com, Indiablooms, TIMES Now, Deccan Chronicle, South China Morning Post, MENAFN.com, Belfast Telegraph, Birmingham Mail, TAPinto.net, Norfolk Reflector, HealthDay, Vet Times, BT.com, GMA News, Game 360 (blog), Brinkwire, Phys.org, 9Honey, Illawarra Mercury, ZEIT ONLINE, Central Western Daily, Popular Science, Tech Times, Atlanta Journal Constitution, AOL, Eagle-Tribune, The Weather Channel, News18, Free Malaysia Today, The Cairns Post, eNCA, Tech Times, Ballarat Courier

**Research:** [Study of ingredients and nutrient composition of commercially available treats for dogs](#)

[Dog treat WARNING: Pets at risk of getting FAT with worrying levels of sugar](#) - The Express 20/12/17

[Most dog treats exceed recommended daily energy allowance](#) - Phys.org  
[Science has some bad news about your dog treats](#) Today.com 21/12/17

**Also covered by:** The Times, Science Daily, American Council on Science and Health

**Research:** [Quantitative analysis of antimicrobial use on British dairy farms](#)  
**Research comment:** [Antimicrobial use in dairy cattle: 'What gets measured gets improved'](#)

[Free antibiotics calculator launched for dairy farmers](#) Farmers Weekly 21/12/17  
[A small number of farms are responsible for the majority of antibiotic use](#) - The Guardian 21/12/17  
[New tool to help vets monitor and reduce antibiotic use on dairy farms](#) VetSurgeon News 21/12/17

**Also covered by:** Farming UK, AgWeb, Phys.org, Science Daily, Brinkwire, Science Codex, FG Insight

[First Genetically Engineered Super Horses Could Be Born In 2019](#) The Inquistr 27/12/17

## **Annals of the Rheumatic Diseases**

[Biologics decreases total joint replacements in patients with rheumatoid arthritis](#) Becker's Spine Review + MedPage Today 26/12/17

[Who Gets What Biologic in RA?](#) MedPage Today 26/12/17

[Leflunomide Exposure During Pregnancy Not Associated With Increased Risk for Adverse](#)

[Outcomes](#) Rheumatology Advisor 21/12/17

[Psychological Distress in Rheumatoid Arthritis: Efficacy of Fear Assessment Questionnaire](#)  
Psychiatry Advisor 20/12/17

[Characterization of Rheumatic Disorders Associated With Immune Checkpoint Inhibitor Use](#)  
Rheumatology Advisor 20/12/17

[Clinical Outcomes With MTX Monotherapy vs TNFi-MTX Combination Therapy for Early RA](#)  
Rheumatoid Arthritis Advisor 20/12/17

[Effect of bDMARD Discontinuation on Remission, Radiographic Progression in RA](#)  
Rheumatoid Arthritis Advisor 19/12/17

[For Myositis: An Old, Costly Drug?](#) MedPage Today 18/12/17

[5 ways to save your knees and joints](#) Health24 17/12/17

### **Archives of Disease in Childhood**

[Children Who Eat More Restaurant or Take-Away Foods, Have Extra Body Fat and Heart Risk: Study](#) NDTV 01/02/18

[Regular carry-out meals linked to higher body and blood fats](#) Reuters 01/01/18

[Children who eat at restaurants have extra body fat, risk of heart disease: study](#) Deccan Chronicle 02/01/18

### **BMJ Case Reports**

[Ultra-marathon runner, 41, who ran between 50 and 100 miles each day developed anaemia](#)  
Daily Mail 18/12/17 + Infosurhoy

[YOU SILLY ARSE!](#) Sunday Sport 17/12/17 (print only)

[These are the toys that could send your child to the ER](#) - CTV (Canada) News 21/12/17

[What is Cat Scratch Disease? The infection from kittens that can ...](#) Brinkwire 23/12/17

[Footstrike Hemolysis: How Running Changed One Man's Blood Cells](#) Live Science  
26/12/17

[Medical Mystery: What caused mass in man's lungs?](#) Philly.com 28/12/17

[British woman, 97, becomes the oldest person ever to have chickenpox - despite already suffering the highly contagious bug as a child](#) Daily Mail + Scottish Daily Mail 28/12/17  
[UK's oldest chickenpox patient died from complications despite previously contracting disease](#) The Independent 28/12/17

[Woman, 97, dies after her doctors miss chickenpox](#) The Times 29/12/17

**Also in:** Infosurhoy, The Sun, Daily Telegraph + Daily Telegraph Scotland (misattrib to The

BMJ)

[The bizarre reason for a man's worsening anxiety](#) Live Science 30/12/17

### **BMJ Supportive & Palliative Care**

[Superficial touch therapy eases pain, reduces opioid dependency](#) Reuters 22/12/17

### **BMJ Quality & Safety**

[Patient Engagement Technology, Value-Based Care Key 2018 Trends](#) Patient Engagement HIT 18/12/17

[Medication errors for admitted patients drop when pharmacy staff take drug histories in ER](#) Brinkwire 20/12/17

### **BMJ Innovations**

[Mandira Bedi Awarded Health Icon of The Year at 4th Edition of Indian Health and Wellness Summit and Awards 2017](#) MENAFN 19/12/17

### **British Journal of Ophthalmology**

*Follow on coverage*

[Can a Cup of Hot Tea a Day Help Preserve Eyesight?](#) New York Times 20/12/17

[Drinking hot tea every day can help your eyes from developing this common issue, according to research](#) Bustle 20/12/17

[Can a daily cup of tea help prevent glaucoma?](#) NHS Choices 18/12/17

**Also in:** Optometry Today, Optician Online, Clinical Advisor, New Telegraph (Nigeria), Pakistan Observer, The Nation, The Hans India, Sci-News, Business Insider, Daily Mail + Irish Daily Mail, LA Times, TheChronicleHerald (California), Beacon Herald, TopSante, Watertown Daily Times, Cooking Light, The Global Health News, ProHealth, Reuters, Citizen TV, Newsgram, Sarasota Herald Tribune, Gulf Digital News

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

[Brief Bouts of Exercise Can Spark Big Bursts of Brain Power](#) Psychology Today 01/01/18

[Research: Sitting for Too Long Can Harm You](#) NetralNews (Indonesia) 30/12/17

[Burn 1,200 Calories Before and After Christmas Dinner](#) Cape Cod Today 25/12/17

[Addiction to TV may halt sperm production by 35%](#) News Patrolling 22/12/17

[A year in review: the most popular medical stories of 2017](#) Brinkwire 22/12/17



[A year in review: The most popular medical research of 2017](#) Medical News Today  
20/12/17

[Totality of evidence fails to support dietary guidelines for fat: researchers](#) FoodNavigator  
USA 20/12/17

[Will Eagles' Carson Wentz be ready for next season after ACL surgery?](#) Philly.com  
19/12/17

[Bundy man takes helm of global association](#) Bundaberg News-Mail (Australia) 19/12/17

[Don't call my book a 'celeb diet' – it's a lifestyle medicine plan](#) The Spectator 18/12/17

[The weird cold sleeve that got the 'Star Wars' cast in shape](#) New York Post 18/12/17 +  
News.com.au

[Mark Noble is the latest West Ham player to pick up a hamstring muscle strain](#) Brace the  
Hammer 18/12/17

[Cherry juice for muscle pain](#) Star (Malaysia) 17/12/17 (print only)

### **Injury Prevention**

[The CDC should call a timeout on its partnership with the NFL](#) STAT 21/12/17

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

[Why s\\*x is good for your health!](#) Nigerian Tribune 28/12/17

### **Occupational & Environmental Medicine**

[Cellphone Guidelines Won't Harm, But They Probably Won't Help Either](#) Live Science  
20/12/17

[Particulate Air Pollution Exposure Associated With Lower Sperm Quality, Study Finds](#)  
Clean Technica 21/12/17

### **Tobacco Control**

[Top Universities Reject Big Tobacco's Research Funding](#) The Wire 24/12/17

[Trends in trucking](#) American Trucker Magazine 21/12/17