



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 (22 - 28 Jan):

- **The BMJ** published a paper on how smoking one cigarette is linked to an increased risk of heart disease and stroke which generated global print, broadcast and online coverage, including *The Guardian*, *BBC Radio 4*, *South China Morning Post*.
- A study in **Journal of Epidemiology & Community Health** about sugar tax on soft drinks and the effect it has on alcohol consumption gained global coverage, including *Sydney Morning Herald*, *Hindustan Times* and *Men's Health*.
- **BMJ Open** published a paper about women who take probiotics during pregnancy may have lower pre-eclampsia and premature birth risk, which gained national coverage, including *Daily Mail*, *The Sun* and *Nursing Times*.

The BMJ

Research: [Just one cigarette a day carries greater risk of heart disease and stroke than expected, warn experts](#)

[Even one cigarette a day greatly raises cardiovascular risk, experts warn](#) - The Guardian 24/01/2018

[Even one cigarette a day is harmful to your heart](#) - The Times + The Times Scotland + 25/01/2018

[Smoking one cigarette a day linked to huge increased risk of heart disease and stroke](#) - iNews 24/01/2018

Other coverage included: Daily Mail + Irish Daily Mail + Scottish Daily Mail, Business Matters (BBC Radio 4), The Newsroom (BBC Radio 4), The Scotsman, WebMD, iNews, Belfast Telegraph, BBC News, ABC News, MedPage Today, ConsumerReports.org, Medical Xpress, Times LIVE, Metro (London), Tonic, BreakingNews.ie, Daily Mirror, The Sun, HuffPost UK, Pulse, KFM Radio, Albanian Times, The Independent, The Newsroom (BBC World Service Radio), BBC News, BBC 1, BBC 2, BBC Radio 2, Channel 5, Fortune, CBS News, NBCNews.com, Healio, Tech Times, The Hans India, IFLScience, Metro US, Daily Times, Atlanta Journal Constitution, LADbible, Loop Barbados, Medical News Today, Women's Health, News-Medical.net, Daily Miner and News, ZME Science, Week Facts, 10,000 Couples, Pueblo Chieftain, ETHealthworld.com, ExpressNewline, TheCable, LocalGov, NBC 7 San Diego, JOE, New Scientist, WLTZ 38 NBC, Newburgh Gazette, OzarksFirst.com, London South East (blog), National, The (UAE), Shanghai Daily, Mental Floss, CBS New York, Economic Times, KXLY Spokane, Daily Excelsior, In Depth, South China Morning Post, ClickLancashire

Also covered by:

Continued coverage for opioid misuse after surgery: Good Morning Britain (ITV)

[Do you want your physician to ask about your sexuality?](#) - CBC Radio 22/01/2018

[Hormone Replacement Safe for Women](#) - Newsmax 22/01/2018

[Apple won't solve smartphone addiction](#) - Financial Chronicle 23/01/2018 (link unavailable)

[Eight Stories That Ask – Are We Really Ready for Aadhaar, India?](#) - The Quint 23/01/2018

[Vaccine critics kill facts](#) - Deccan Chronicle 24/01/2018

[With high genetic obesity risk, healthy diet has biggest effect on weight](#) - Reuters 25/01/2018

[Commuting by bike significantly lowers risk of heart disease and cancer, says BMJ study](#) - TransportXtra 25/01/2018

[Measles epidemic warning: Deadly infection strikes 140 people across five regions as officials urge parents to vaccinate their children](#) - Daily Mail 25/01/2018

[A pollution busting Birmingham city centre congestion charge is inevitable - so stop delaying](#) - Birmingham Mail 26/01/2018

[Pradaxa vs. Xarelto: Comparing the New Class of Blood Thinners](#) - Consumersafety.org 25/01/2018

[I travelled the globe chasing a cure for an invisible illness](#) - Daily Telegraph 27/01/2018 (link unavailable)

[Muscle Oil-Injecting Gym Bro Illustrates Dangerous Bodybuilding Practice](#) - Inverse Science 26/01/2018

[Breda O'Brien: Down syndrome abortion debate must be based on facts](#) - The Irish Times 27/01/2018

[Does Avatar Therapy Reduce Auditory Hallucinations?](#) - Medical News Bulletin 26/01/2018

[Murphy: Opioid epidemic: A national, local crisis](#) - Savannah Morning News 27/01/2018

[PGI Director pays tributes to martyrs](#) - The Tribune 28/01/2018

[Is kindness the key to improving healthcare?](#) - The Daily Telegraph 29/01/2018

[The trainee doctor on a mission to solve the NHS WhatsApp problem](#) - The Independent (link unavailable)

JOURNALS

Journal of Epidemiology & Community Health

Research: [Effect of increasing the price of sugar-sweetened beverages on alcoholic beverage purchases: an economic analysis of sales](#)

[Taxing soft drink may make us drink more beer, suggests new study](#) Sydney Morning Herald 24/01/18

[Sugar tax on soft drinks consumption may increase alcohol consumption, study reveals](#) Daily Mail 24/01/18

[Adding sugar tax on soft drinks may lead to an increase in alcohol consumption](#) Hindustan Times 24/01/18

Also covered by: The Times + Ireland + Scotland, Independent, iNews, Metro, Sputnik International, Deccan Chronicle, The Tribune (India), India Today, Today Online, The New Daily, Brinkwire, Philly.com, Australia Science TV, Taxation News & Information, BeverageDaily, Foodprocessing, Consumer and Society, Lockport Press, MedPage Today

[Marijuana doesn't affect fertility for men or women](#) Men's Health 25/01/18

[Marijuana use does not lower your chances of getting pregnant](#) Times Now 23/01/18

Also in: HuffPost Canada, ScienceDaily, Ahmedabad Mirror, The Fresh Toast

BMJ Open

Research: [Timing of probiotic milk consumption during pregnancy and effects on the incidence of preeclampsia and preterm delivery: a prospective observational cohort study in Norway](#)

[Pregnant women can lower the risk of pre-eclampsia by eating probiotic yogurt. study suggests](#) The Sun 24/01/18

[Taking probiotics while pregnant may lower risk of pre-eclampsia and premature birth](#) Nursing Times 24/01/18

[Today's Top Medical News](#) OzarksFirst.com 24/01/18

Also covered by: Daily Mail, iNews, The Irish News, CBS News, WebMD, Medical Research.com, MedPage Today, Live Science, Medical Xpress, Nursing in Practice, Pharmaceutical Journal, Monthly Prescribing Reference, Romper, NutraIngredients.com, GoodtoKnow.com, Lockport Press

[Tesco to stop selling energy drinks to children under 16](#) Sky News 27/01/18

[Tesco joins Sainsbury's and Waitrose in banning energy drinks for children under 16](#) Daily Mail 26/01/18

[Tesco to stop selling energy drinks to under-16s](#) The Irish News 26/01/18

Also in: BT.com, FoodIngredients First, New Food, MENAFN.com

[Do Biologic DMARDs Affect Spinal Fracture Risk in Ankylosing Spondylitis?](#) Rheumatology Advisor 24/01/18

[Oxford University Hospitals pilots FMD compliance system](#) Securing Industry.com 24/01/18

[Can butting out help you kick drugs, too? Ottawa study says yes](#) CBC Canada 22/01/18

Also in: Science Daily

British Journal of Ophthalmology

Research: [Report on the incidence of squamous cell carcinomas affecting the eyelids in England over a 15-year period \(2000-2014\)](#)

[Steady Increase in Eyelid Cancer Found in England](#) MedPage Today 26/01/18
[Eyelid Squamous Cell Carcinoma Rate Increasing in England](#) Doctors Lounge 24/01/18
[Eyelid cancer on the rise in the UK](#) Optometry Today 24/01/18

Also covered by: The Sun, Physician Weekly

BMJ Sexual & Reproductive Health

Editorial: [Using evidence to guide abortion law reform on the Isle of Man](#)

[Use evidence to inform Isle of Man draft abortion bill debate, urge researchers](#) Medical Xpress 23/01/18

Also in: Science Newsline

Annals of the Rheumatic Diseases

[Consensus-Based Recommendations: Biosimilars to Treat Rheumatic Diseases](#)
Rheumatology Advisor 25/01/18

[Higher RA MBDA Scores Associated With Increased Heart Disease. Serious Infection Risk](#)
Rheumatology Advisor 24/01/18

[New clues to improve treatments for arthritis](#) Irish Daily Mail 23/01/18 (link unavailable)

[Biosimilar LBEC0101 Equivalent to ETN-RP for RA Unresponsive to Methotrexate](#)
Rheumatology Advisor 22/01/18

BMJ Case Reports

[Cough meds, antidepressants may trigger serotonin syndrome](#) Houston Chronicle 28/01/18

[This guy who held in his sneeze is this flu season's hero](#) Bustle 26/01/18 + further US local broadcast

[Turmeric, The Household Spice That May Hold The Key To Curing Alzheimer's Disease And Cancers](#) - Inquisitr 25/01/18 (misattributed to The BMJ)

[Skewed vision](#) Optometry Today 25/01/18

[Suppressing sneezes dangerous](#) Bangkok Post 23/01/18 (link unavailable)
[Why holding in a sneeze is bad for your health](#) Cornwall Live 22/01/18

BMJ Global Health

[What's driving people to private healthcare?](#) Research Matters 23/01/18

BMJ Quality & Safety

[Researchers urge government to rethink GP access strategy](#) Pulse 23/01/18

[Johns Hopkins researchers use big data analytics to target diagnostic errors, improve quality](#)
FierceHealthcare 23/01/18

[Health notes](#) Daily Mirror + Irish Daily Mirror 23/01/18 (Link unavailable)

British Journal of Sports Medicine

[Sports medicine experts MOVE on with evidence-based advice](#) Vancouver Sun 28/01/18
(features video of Karim Khan discussing issues)

[Naomi McMullen is Stella's picture editor, a mother of two - and a self-confessed sugar addict. She agreed to undertake an extreme low-carb, zero-sugar diet for 30 days. This is what happened...](#) The Sunday Telegraph [Stella], 28 /01/18 (link unavailable)

[The simple cholesterol test that says if you need statins — and why doctors in UK aren't using it](#) The Conversation UK 27/01/18

[The most dangerous Winter Olympic sports](#) Global News Canada 27/01/18

[Football is medicine says new study](#) Malay Mail Online 26/01/18

[High blood pressure: Women 'should play football to HALVE risk of heart attack or stroke'](#)
Express 25/01/18

[New meta-analysis: Recreational football is broad-spectrum medicine](#) Medical Xpress
24/01/18

[Andrew Bolt delays return after finding inner 'tree hugger'](#) The Guardian 25/01/18

[Statins health alert: Nine common side effects - including nosebleeds and headaches](#)
Daily Express 24/01/18

[Statins may 'do more harm than good': Experts say MILLIONS should not be taking them](#)
Daily Express + Scottish Daily Express 23/01/18

[Experts: Health issues from prolonged sitting aren't solved by standing](#) 1011 Now 23/01/18

[High-Tech Exercise Trackers Get People Moving—Sometimes](#) Psychology Today 23/01/18

[Caster Semenya and Dutee Chand run ragged by IAAF's moving goalposts](#) The Guardian
23/01/18

[Sweatband to replace finger-prick test for diabetes by transmitting data on blood sugar levels to handheld device](#) Daily Mail + Scottish Daily Mail 23/01/18

Journal of Medical Ethics

[The silence & stigma of period pain: fibroids, endometriosis can destroy a woman's life](#)
WTOP (US) 23/01/18

Journal of Neurology Neurosurgery & Psychiatry

[Data suggesting marriage wards off dementia not conclusive](#) Beatrice Daily Sun + Daily
Journal online (reader letter) 25/01/18

Vet Record

[Research exposes the veterinary gender pay gap](#) VetSurgeon.org 26/01/18

[Should you feed your pet raw meat?](#) The Conversation UK 26/01/18