



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 (12 Feb - 18 Feb):

- A research paper published in **The BMJ** on highly processed foods and the possible link to cancer gained global print, online and broadcast coverage, including *CNN, Al Jazeera, The Times and Sky News*.
- A study published in **BMJ Open** on the effect of slow eating and weight loss generated global headlines, including *Forbes, South Morning China Post, TIME and New York Post*.
- A **BMJ Case Report** on cold open-water swimming providing instant pain relief was covered by national and international outlets, including, *BBC News, New Zealand Herald and Daily Mail*.

The BMJ

Research: [Study suggests possible link between highly processed foods and cancer](#)

[Ultra-processed foods may be linked to cancer, says study](#) - The Guardian 14/02/2018

[Ready meals and cereals linked with rise in cancer](#) - The Times +The Times Scotland + The Times Ireland 14/02/2018

[Ultra-processed foods linked to increased cancer risk](#) - CNN 14/02/2018

Also covered by:

UK and Ireland

Sunday Express, Diabetes.co.uk, Herald Scotland, The Week, Coventry Telegraph, British Baker, The Grocer, The Register, IFLScience, Esquire, BBC World Service Radio, Daily Telegraph, BBC News Breakfast, iNews, WDTV, Irish Times, STV News, Cornwall Live, Scottish Daily Record, ITV News, Irish Post, The Scotsman, Medical Xpress, Sky News, HuffPost UK, Aberdeen Evening Express, The Independent, BBC News, BBC Radio 4 Today, Daily Mail + Irish Daily Mail + Scottish Daily Mail, BBC Radio 5 Live, Daily Mirror, Daily Express, Independent i, Metro (London), The Sun + The Scottish Sun + The Sun Northern Ireland + The Irish Sun,

International

Atlanta Black Star, Down To Earth Magazine, WND.com, GoodFood.com.au, Al Jazeera, PM News, The Times of India, Daily Beast, The Inquistr, CBN News, The Japan Times, Loop Jamaica, AOL, New York Post, Tech Times, Week Facts, Sputnik International, NCB

News.com, New York Daily News, The Borneo Post, The Daily Meal, The Standard, HealthNewsReview.org, Deutsche Welle, RT, Deccan Chronicle, SAMAA TV News Pakistan, SBS, India TV, AsiaOne, KSL.com, Quartz, KVOA Tuscan News, American Cancer Society, New Zealand Herald, Newsweek, Business Insider, USA Today, Business Standard, The Australian, NDTV, Infosurhoy, HealthDay, TIME, CNBC,

Other

Express Newslines, The Weekly Observer, Bustle, News-Medical.net

Other coverage included:

Further coverage on drugs, alcohol and suicides contributing to drop in US life expectancy: Omaha World Herald,

Further coverage on child-obesity programmes: Nursing Times,

Further coverage on assisted dying: Daily Mail + Scottish Daily Mail, The Times + The Times Ireland + The Times Scotland, The Spectator

[Midwives are now banned from saying these everyday phrases to mothers to avoid sexism](#) - Cambridge News 15/02/2018

[This is why midwives are now banned from saying 'good girl', 'big baby' and 'delivered'](#) - Birmingham Live 14/02/2018

[Midwives banned from saying phrases including 'good girl' and 'delivered' by experts](#) - Gazette Live 14/02/2018

Also covered by: Nursing Notes, Stoke Sentinel, Grimsby Telegraph, LincolnshireLive, Huddersfield Examiner, ChronicleLive, Plymouth Herald, Essex Live

[We women may be wrong on 'man flu'](#) - Daily Mirror + Irish Daily Mirror 12/02/2018

[Group appointments for shared illnesses](#) - The Times 12/02/2018

[THE DOCTOR WILL SEE YOU ALL NOW](#) - Daily Star 13/02/2018 (link unavailable)

[From spotty skin to shedding pounds: The eye-opening truth of what REALLY happens when you go from carnivore to vegan](#) - Daily Mail + Scottish Daily Mail 13/02/2018

[Leading quality improvement in healthcare](#) - Irish Medical Times 12/02/2018

[Does Stopping Antidepressant Medications Increase the Risk of Relapse?](#) - Medical News Bulletin 12/02/2018

[Why vapers go back to smoking](#) - stuff.co.nz 13/02/2018

[Parkin: Pros and Cons of College Dating](#) - The Daily Utah Chronicle 12/02/2018

[Talking to patients](#) - Daily Telegraph 14/02/2018 (link unavailable)

[Oxfam scandal and the need for regulation](#) - The Times 14/02/2018

[Talking Point: Green light for sense of wellbeing](#) - The Mercury 13/02/2018

[It lasts a lifetime](#) - The Sealy News 13/02/2018

[Doomed to a Life of Pain by Uncle Sam](#) - New York Post 14/02/2018 (link unavailable)

[Blood-thinning drugs designed to cut stroke risk may actually increase it](#) - The Guardian 15/02/2018

[THE GREAT PFI HEIST](#) - Independent i 17/02/2018

[Battle of the sexes when it comes to man flu](#) - The Royal Gazette 16/02/2018

[Anticoagulants may increase stroke risk in over-65s with chronic kidney disease](#) - EPM 16/02/2018

[Valverde's balancing act drags Barcelona from floor](#) - The Guardian 17/02/2018

[The Sports Hour](#) - BBC World Service Radio

JOURNALS

BMJ Case Reports

Report: Cold forced open-water swimming: a natural intervention to improve postoperative pain and mobilisation outcomes?

[Cold open water plunge may provide instant pain relief](#) BBC News 13/02/18

[Why swimming in cold water may be good for pain relief](#) TIME 12/02/18

[A bracing dip could be just the tonic](#) The Times 15/02/18

Also covered by: Daily Mail + Scottish Daily Mail, iNews, Daily Express, The Sun, The Independent, Business Standard, OnMedica, WebMD, Medscape, Science Daily, Medical Xpress, Health Thoroughfare, Pharmacy News, Doctor NDTV, India Today, Zee News, Deccan Chronicle, The Asian Age, New Zealand Herald, Courier Mail Australia, Infosurhoy, KWA Tucson News, WLTZ 38 NBC, Discover Magazine, Deluth News Tribune, Tech Times, Press KS, The Bobr Times, Good News Network, Brinkwire, 6 Minutes, Immortal News

[Dr. Oz: Sneezers shouldn't share](#) OK News.com 13/02/18

[Why glitter is so TOXIC some scientists want it banned](#) Irish Daily Mail 13/02/18 (link unavailable)

[Ultrasound footage of tapeworm moving inside woman's eye](#) Optometry Today 14/02/18

['Blister' Turns Out to Be a Snail Living Under Boy's Skin](#) Newsweek 16/02/18

Also in: IFLScience, UPI.com, NetralNews, Zee News, Brinkwire

BMJ Open

Research: Effects of changes in eating speed on obesity in patients with diabetes: a secondary analysis of longitudinal health check-up data

[Eating more slowly may help with weight loss, study finds](#) Forbes 12/02/18

[Why eating quickly could accelerate weight gain](#) CBC Canada 12/02/18

[Why you should eat slowly if you want to lose weight – to give your stomach time to signal to the brain that it's full](#) South China Morning Post 16/02/18

Also covered by:

UK and Ireland

The Guardian x 2, The Times, Metro, Daily Telegraph, Daily Mail, Mirror + Irish Daily Mirror, Daily Express + Scottish Daily Express, Daily Star, HuffPost UK, Scotsman, Belfast Telegraph, The Journal.ie, BT.com, This Morning, Northern Echo, Dorset Echo, Yahoo News UK, Birmingham Live, Click Lancashire, NHS Choices, OnMedica, Business Standard

International

The Business Times, International Business Times Singapore, Malay Mail, Star2.com, Sunday Times Sri Lanka, Hindustan Times, Deccan Herald, Deccan Chronicle, NDTV, India Today, India Tribune, India TV, Urdu Point News, Dunya News Pakistan, SAMAA News Pakistan, Siasat Daily, Japan Times, Australian Financial Review, ABC News, Channel News Asia, Albanian Times, Sputnik International, Saudi Gazette, TIME, Newsweek, New York Daily News, New York Post, CBS News, extensive local US broadcast, Metro US, Atlanta Journal Constitution, MinnPost, Men's Health, Women's Health, Infosurhoy, Pulse Live Kenya, The Africon

Other

Medical News Today, Medical Daily, ZME Science, Sci-news.com, HealthDay, Doctors Lounge, News-Medical.net, eMax Health, Everyday Health, Healio, Body and Soul, Endocrinology Advisor, Tech Times, Economic Times, NewsMax, RS-Tech, Hi-Tech Caller, Happiful Magazine, Press KS, Apex Tribune, Times LIVE, Starts at 60, Study Finds, ValueWalk, 9Honey, Hugo Observer, The Bobr Times, Express Newslite, Gazette Live, Brinkwire, Treehugger, Daily Meal, Newshub, Researchgate, Times Now, The Westside Story, 10,000 couples, Insider Car News

[People with learning disabilities suffer from a far greater number of illnesses than previously known](#) Medical Xpress 12/02/18

[WA study finds 89% of children in detention have severe cognitive impairment](#) The Guardian 13/02/18

[Almost every young person in WA detention has a severe brain impairment](#) The Conversation AU 13/02/18

[Nine out of 10 Banksia Hill youth detainees have severe brain impairment](#) ABC Online 13/02/18

Also in: Sydney Morning Herald, SBS, PerthNow, WA Today. The Australian, The Townsville Bulletin, Yahoo7, ABC Local, InDaily, Brisbane Times

[Diabetics Who Lost Weight Owe It to These 3 Habits](#) EMax Health 13/02/18

[Two-thirds of Irish people taking statins do so for prevention](#) The Irish Times 15/02/18

[Pharmacist-led review improves key care processes uptake](#) The Diabetes Times 18/02/18

Vet Record

Editorial: [Non-stun slaughter: the elephant in the room](#)

[Britons are unknowingly eating Halal meat that is being sold without a label, says top vet](#) Daily Mail 16/02/18

[Curb animal slaughter without prior stunning, says editor of veterinary publication](#) Rochdale Online 16/02/18

Annals of the Rheumatic Diseases

[Could THIS end the pain for millions of arthritis sufferers? New jab can delay progression of the condition and may save the NHS up to £1 billion each year](#) Daily Mail 12/02/18

[Large Vessel Vasculitis Imaging: Recommendations for Clinical Practice](#) Rheumatology Advisor 12/02/18

[Synovitis on Baseline Ultrasound Predicts Relapse in JIA](#) Medscape 12/02/18

[Risk for Second Cancer Not Linked to bDMARD Treatment in RA](#) Rheumatology Advisor 12/02/18

[What kind of rheumatoid arthritis patient are you?](#) Everyday Health 14/02/18

[Salivary Gland Ultrasound Scores Improved With Rituximab in Primary Sjogren's Syndrome](#) Rheumatology Advisor 14/02/18

[Apremilast effective among biological-naive patients with PsA](#) Healio 15/02/18

[Juvenile Idiopathic Arthritis: Baseline Ultrasound Abnormalities May Predict Relapse](#) Rheumatology Advisor 15/02/18

[The surprising anti-ageing benefits of fiber](#) Consumer Reports 15/02/18

[Christchurch researcher easing the pain of gout](#) Scoop.co.nz 16/02/18

[IS RCGD 423 AN ARTHRITIS DISEASE MODIFIER?](#) Orthopedics this week 16/02/18

BMJ Global Health

[Multiple chronic diseases leading to more out-of-pocket expenditure, healthcare systems need to rise up to this challenge](#) Biotechnin.Asia 13/02/18

BMJ Open Gastroenterology

[The Vitamin Supplement that May Help Treat Irritable Bowel Syndrome](#) Care2.com 15/02/18

BMJ Quality & Safety

[Leading quality improvement in healthcare](#) Irish Medical Times 12/02/18

British Journal of Ophthalmology

[Drink tea to protect your eyes](#) Newsmax health 15/02/18

British Journal of Sports Medicine

[To train or not to train while sick](#) Team USA 12/02/18

[Should you work flexibly?](#) Channel News Asia 13/02/18

[Claims protein supplementation adds more whey more muscle disputed](#)
NutraIngredients.com 13/02/18

[Injections of corticosteroids vs local anaesthetic for rotator cuff related shoulder pain](#)
Pharmacy Today 13/02/18

[Pump iron and eat more protein, especially if you are older than 40](#) The Business Times
13/02/18

[Pump Iron and Eat More Protein](#) New York Times 13/02/18 (print only)

[Protein augments weight-lifting effects](#) International New York Times, 16/02/18 (link
unavailable)

[Here's why Olympic athletes are wearing strange tape that looks like a tattoo — and what we know about how it works](#) Business Insider 13/02/18

[Gut Reaction: Does Intense Training Affect Olympic Athletes' Poop?](#) Live Science 13/02/18

[Noriaki Kasai, the Japanese Ski-Jumping Legend Going for Gold at Forty-Five](#) The New Yorker 14/02/18

[How does intense training affect Olympic athletes' gut health?](#) Today.com 15/02/18

[The freedom to swim](#) Lexology 16/02/18

[Russian Curler Is Suspected Of Doping At Pyeongchang Winter Olympics](#) NPR (US)
18/02/18

Also in: Newburgh Gazette, WAMU.88.5, Idaho Statesman, TRT World

Injury Prevention

[Do one third of Floridians own guns?](#) Politifact Florida 14/02/18

Journal of Epidemiology & Community Health

[Dog bites more common in anxious people](#) Health24 12/02/18

[Human behaviors may increase dog bite risk, study finds](#) Veterinary Practice News 13/02/18

[Japan's average adult height declining for those born in 1980 or later](#) Kyodo News 12/02/18
[Average height of Japanese born in 1980 or later is declining, study finds](#) The Japan Times 12/02/18

[Surprising revelations about high risk of premature death for single fathers](#) Blasting News 17/02/18

[Single fathers more likely to die early](#) Newburgh Gazette 18/02/18

[Want to look younger than your age? It's largely up to you](#) Star2.com (Malaysia) 17/02/18

Journal of Neurology Neurosurgery & Psychiatry

[Intrathecal Baclofen More Effective Than Oral Antispasmodics for Generalized Poststroke Spasticity](#) Neurology Advisor 12/02/18

[Motor, Cognitive Rehabilitation Program May Improve Quality of Life in Parkinson Disease](#) Neurology Advisor 15/02/18

[Is wedded bliss the secret to good health?](#) Infosurhoy + Brinkwire 15/02/18

[The Secret Behind What Actually Causes Dementia, Revealed](#) The Cheat Sheet 17/02/18

Tobacco Control

[Raise smoking, vaping age to 21 and save lives](#) The Seattle Times 13/02/18

[Hiking tobacco sales ages could help save many lives](#) Herald and News 18/02/18