

BMJ in the News is a weekly digest of journal stories, plus any other news about the company that has appeared in the national and a selection of English-speaking international media.

Latest highlights (10 - 16 Dec):

- Several studies in the Christmas issue of The BMJ including research on preventing Christmas weight gain, the link between intellectual engagement and mental decline, and the risk of heart attack over Christmas - were covered globally by BBC News, BBC Radio 4, The Times, The Telegraph, CNN, CBS News, Los Angeles Times, The New York Post, Times of India, The Sydney Morning Herald, The Jakarta Post and many more.
- A US study on the health costs of animal attacks in Trauma Surgery & Acute Care
 Open was picked up by CNN, COSMOS Magazine and NBC News.
- The BMJ South Asia Awards featured in The Hindu and The Himalayan Times

BMJ

And the award goes to... (BMJ South Asia Awards) The Hindu 10/12/2018 NAS wins BMJ Awards South Asia The Himalayan Times 11/12/2018

The BMJ

Research: Effectiveness of a brief behavioural intervention to prevent weight gain over the Christmas holiday period: randomised controlled trial

<u>How long does it take to work off the Christmas pudding? Longer than you think</u> Daily Telegraph 11/12/2018

<u>Maintaining your weight through the holidays</u> CNN 11/12/2018

<u>New study reveals simple ways to avoid weight gain this holiday season</u> The Jakarta Post 12/12/2018

Also in:

The Times, The Guardian, The Irish Times, BBC News, i, ITV, Daily Mail, The Independent, Yahoo News UK, MSN UK, Sky News, NHS Choices, HuffPost UK, Reuters, The Herald

International

Channel NewsAsia, CBS News, MSN Canada + South Africa, The Eagle (US), Spartanburg Herald-Journal, San Diego Union-Tribune, Bristol Herald Courier, The Miami Herald, Los Angeles Times, The Providence Journal Online, MSN IE, extensive coverage by regional US online and radio news outlets, The Daily Examiner, news.com.au, Adelaide Now, The HuffPost Canada, Free Malaysia Today, Malay Mail, Safrica 24, Herald Sun, The Queensland Times, Central Queensland News, Vietnam Net, proKerala, TimesLIVE, CTV News, The Herald (Ghana), Thomson Reuters, Wanganui Chronicle, Jordan Times, Asia

One, Japan Today

Other

Stuff.co.nz, AOL Money, Medical Xpress, Daily Press Online, Daily Commercial, ArcaMax, The Daily News, StarNews, Coach, Earth, Daily Magazine, Medical Xpress, The Doctor Will See You Now, AgHub.net, NewsCaf, Express Digest, Times Record, Mogaz News, Health Medicine Network, Review Atlas, thetimes-news.com, BT.com, Street Level Pundit, LiveScience, Daily Leader, Medical Newser, Your Wellness, My Daily News, Planet Genius, CompuServe, NewsDog, Business Insider, Yahoo Sports, Foodmate, Medical Health News, GMA News, Bodyandsoul.com.au, Health Medicine Network, Newsmax

Research: The 'use it or lose it' conjecture: An analysis of the effect of intellectual engagement on trajectories of cognitive ageing

<u>Puzzle solving 'won't stop mental decline'</u> BBC News 11/12/2018 <u>Crosswords and puzzles do not prevent mental decline, study says</u> CNN 11/12/2018 <u>Sudoku, crosswords won't prevent dementia</u> Times of India 13/12/2018

Also in: BBC1 Breakfast, BBC World Service, BBC Radio 2, BBC Radio 4 Today, BBC Radio 5 Live (plus over 50 BBC regional radio stations across the UK), Daily Mail, The Metro, Daily Record, extensive coverage by UK regional radio stations, The Conversation (UK), i, The Times (Scottish edition), UK News Desk Online, Reuters, The Herald

International

Los Angeles Times, Thomson Reuters, Deccan Chronicle, UPI, Straits Times (Malaysia), MENAFN, The Indian Express, The Star (Kenya), U.S. News & World Report, Sputnik International, numerous regional US online and radio news outlets, The Financial Express (Bangladesh), The Daily Sun (Bangladesh), Iran Daily, Yerepouni Daily News, Yahoo! India Style, Yahoo India, Can-India News India4u, India Blooms, Daijiworld, Outlook India, Vishva Times, Manoglorean, National Post, Times of Malta, The Herald (Ghana), The Leader Post, Ps4France, New Kerala, The Herald Sun, Channel NewsAsia, Telengana Today, The Asian Age, Kavi Malar, The Siasat Daily, MSN South Africa, Minn Post

Other

The Health Site, MedPage Today, Medical Health News, HealingWell.com, Doctors Lounge, MyHeadlinez, HealthDay, BriefReport, Drugs.com, Newser, MedPage Today, The Health Cast, Today's Geriatric Medicine, Medical Xpress, Follow News, OnMedica, Health Medicine Network, Care Appointments, Happiful Magazine, BT.com, ForeignAffairs, NewsMax, News Daily, Street Level Pundit, NHS Choices, Medical News Today, Express Digest, Window to News, Physician's Weekly, BullFax, Doctor NDTV, NewsCaf, Daily Magazine, Latestly, The Week, MD Alert, Att net, SF Gate, Econotimes, Starts at 60, Business Standard, Business Insider

Research: Golf habits among physicians and surgeons: observational cohort study

Golf is most common among older male surgeons - Medical XPress 11/12/2018

Doctors love golf: Fact or fiction? Medical News Today 11/12/2018

Golf is most common among older male surgeons Golfer Galore 11/12/2018

Also in: MyHeadlinez, Medscape, FierceHealthcare, NewsDog

Research: Death and readmissions after hospital discharge during the December holiday period: cohort study

The danger of holiday hospital visits: Patients discharged over Christmas are more likely to die or be readmitted Daily Mail 11/12/2018

Patients discharged from hospital at the holidays face higher risk of death, study finds CBS News 12/12/2018

<u>Hospital discharge during December holidays tied to more readmissions, deaths</u> Channel NewsAsia 12/12/2018

Also in: CNN, Reuters, Evening Standard, U.S. News & World Report, Daily Magazine, Health Breaking News Online, MSN UK, Institute for Clinical Evaluative Sciences, HealingWell.com, Doctors Lounge, MyHeadlinez Online, HealthDay, Drugs.com, Fierce Healthcare, Popular Science, UK News Desk, Evening Standard, numerous regional US online and radio news outlets, News-medical.Net, MD Alert, Medical Health News, Medical Xpress, WebMD Magazine, The Health Cast, Press From, Health on the Net Foundation, Business Insider, MSN Health US, Weekly Sauce, Medical Bag, 0 News, Practice Business, Express Digest, Health24 South Africa, MedicineNet.com, USA Shafaqna, News Dog, HealthLeaders, Health Medicine Network

Feature: Overdiagnosis and industry influence: how cow's milk protein allergy is extending the reach of infant formula manufacturers

As the industry is accused of scaring mums off breastfeeding, don't be fooled by the milk formula machine! (follow-up piece by Chris van Tulleken) - Daily Mail 10/12/2018

Also in: Express Digest, Health Medicine Network, Econotimes

UK research: (Over)eating out at major UK restaurant chains: observational study of energy content of main meals

International research: Measured energy content of frequently purchased restaurant meals: multi-country cross sectional study

Editorial: Bringing harmony to public health debates about food

Your favorite restaurant is more calorific than fast food, global study finds CNN 12/12/2018

Restaurants urged to trim portions The Times 13/12/2018

Fast food meals have fewer calories than restaurant dishes, BMJ finds The Telegraph 13/12/2018

Also in: BBC News, BBC Radio Wales, numerous BBC regional radio stations, Sky News, HuffPost UK, Daily Mail, Sunday Mirror, Yahoo News UK, Medical Xpress, Follow News, Las Vegas News, Newswise, extensive coverage by US local radio outlets, MSN UK + IE + US + Philippines, Health Breaking News, Irish Independent, Sciencemag, MyHeadlinez, MYJoyOnline, Health News Report, Blogarama, Att net, Health on the Net Foundation, Health Medici Net, Drugs.com, Healing Well, Doctors Lounge, Express Digest, Health Thoroughfare, HealthDay, Newscaf, The Grocer, The Caterer, Newsmax, Publicnow, Esquire Network, Esquire Magazine, Food & Wine Online, Food & Drink International, Longroom, ScienceDaily, The Week, Nutrition Insight, Topix, Lipstick Alley, Graffio Tech, Times of News, Foodmate, MedIndia.com, Health Medicine Network, MedPage Today, Delish + wide coverage by local UK news outlets

Research: <u>Physician mothers' experience of workplace discrimination: a qualitative analysis</u>

Editorial: Unto them a child is born

<u>Physician Mothers Face 'Insidious, Persistent' Discrimination</u> Medscape 12/12/2018 <u>Women Doctors Say They're Penalized for Motherhood</u> U.S. News & World Report 13/12/2018

Women doctors penalized for motherhood, survey says UPI 14/12/2018

Also in: Medical Xpress, MyHeadlinez, Free Vice, Doctors Lounge, Healing Well, Health on the Net Foundation, Drugs.com, FierceHealthcare, Medical Bag

Research: Christmas, national holidays, sport events, and time factors as triggers of acute myocardial infarction: SWEDEHEART observational study 1998-2013

<u>Christmas Is a Peak Time for Heart Attacks</u> The New York Post 12/12/2018

<u>Risk of having a heart attack peaks at 10pm on Christmas Eve: study</u> The Sydney Morning Herald 13/12/2018

<u>Heart attack risk peaks at 10pm on Christmas Eve</u> The Times (+ Scottish edition) 13/12/2018

Also in: BBC Radio 4 Today, BBC Radio Devon, Jeremy Vine Channel 4, i, The Independent, Daily Mail, The Sun, The Irish Times, Yahoo News UK, Daily Mirror, Irish Independent, MSN UK, The Telegraph, Dublin Live, irishhealth.com, Irish Times, Extra (IE)

International

UPI, CBS News, Fox News, Miami Herald, Los Angeles Times, San Francisco Chronicle, Brisbane Times, WAToday.com.au, Canberra Times, The Age Australia, U.S. & News World Report, Signs of the Times, The Daily Telegraph (AU), news.com.au, Daily Magazine, Herald Sun, DW (Germany), The Cairns Post, The Hans India, Times of India, IOL South Africa, Yahoo India, Vishva Times, Des Pardes Times, Daijiworld, webIndia123, MedIndia.com, TIMES NOW, The New Indian Express, ProKerala, New Kerala, California Healthline, India.com, Parda Phash, Niagara Falls Review, Outlook India, Deccan Chronicle, CTV news, Tawan News, The News Amed, Daily Pakistan, Millennium Post, TodayChan, New Zealand Herald, Sada El Balad, Health 24 South Africa, Africa News, Arab Youm, Russia Today, New Telegraph (Nigeria), Latest Nigerian News, LatestLY, The Morning Call, Free Malaysia Today, Yerepouni Daily News + widespread coverage by US local online news and radio outlets

Other

Web MD Magazine, Medical Xpress, Science Alert, AD HOC NEWS, trading-house.net, Earth.com, direktbroker.de, News One Place, MyHeadlinez, Longroom, A Closer Look, Health News Report, The Health Site, NEJM Journal Watch, MarketWatch, Follow News, Cardiovascular Business Online, The Mind Unleashed, Windows to News, Newscaf, The Health Cast, Health on the Net Foundation, ArcaMax, Healing Well, Health Day, Doctors Lounge, The Olympian, The Week, Newsmax, Business Standard, Weekly Sauce, Live Trading News, Medibulletin, SF Gate, DevDiscourse, News Heads, NewsDog, Journal-News Online, Diesel Gasoil, EN-CPHI.cn, The Smart Techie, Tech Times, w24, Mid-day.com, Drugs.com, The Week

Other coverage for The BMJ:

<u>Is this proof pill-popping Britain should stop taking the tablets? In the first of a two-part investigation, we reveal how medication is being massively over-prescribed — and may do</u>

more harm than good Daily Mail 10/12/2018

Also in: Medical Health News, Express Digest

STATIN SAGA: Medical ethics question 'miracle' of statins to cut cholesterol DNA India 10/12/2018

The gene-edited Chinese twins represent a multi-generational ethical quandary From Press 10/12/2018

Also in: MSN UK + Philippines + South Africa

<u>James Bond is a raging alcoholic</u> (reference to previous Christmas study) Maxim 10/12/2018 <u>Shaken not slurred: James Bond had 'a severe chronic alcohol problem,' public health experts say</u> Washington Post 11/12/2018

Also in: RazzleTazzle, Chicago Tribune, The Gazette, Orlando Sentinel, The Morning Call, Mercury News, East Bay Times, South China Morning Post

<u>Prescriptions — and overdoses — are skyrocketing for anti-anxiety drugs that make opioids even more lethal</u> Philly.com 10/12/2018

<u>You Shouldn't Offer Your Seat To Older People On Public Transport Anymore</u> (reference to Sir Muir Gray on benefits of physical activity in older people) - Gentside UK 10/12/2018 Further coverage for DIY smear tests

<u>Women may soon be offered DIY at-home smear test kits</u> 10/12/2018 YOU Magazine <u>Getting Your Omega-3 to Omega-6 Ratio Right Is Essential for Optimal Health</u> Mercola 10/12/2018

Q) So can you REALLY massage the pain away? A) It all depends if the gadget's any good - or just a gimmick Daily Mail 10/12/2018

Is fish oil good or bad for you? Mumbai Mirror 11/12/2018

Also in: Ahmedabad Mirror

<u>Don't ignore incidental findings on MRIs, it may be cancer: BMJ study</u> Specialty Medical Dialogues 11/12/2018

Abortionist who cuts 'cords' admits babies in womb are 'human beings' Live Action 11/12/2018

Release Active Drugs – Homeopathy By Another Name Science-Based Medicine 12/12/2018

7 big health myths that were debunked in 2018 Techflier 12/12/2018

Also in: INSIDER, Business Insider Nordic, Uncova, Pulse, Latest Nigerian News Modi inaugurates Partners' Forum 2018 Business Standard 12/12/2018

Also in: The Hans India, Mangalorean.com, Can-India News, Statesman India, Belle Vision, Vishva Times, Windows to News, NewKerala

Why Your Doctor is Wrong About Cholesterol Mercola 12/12/2018

How to Eat for a Heart-Healthy Holiday Yahoo Finance 12/12/2018

Time to Ditch the Fish Oil Pills? Good Times 12/12/2018

"Graveyard shift" is even more ominous than it sounds The Outline 12/12/2018

Your gout, your fault? Science-Based Medicine 13/12/2018

NHMRC to Fund Major Phase 2 Clinical Trial of Cynata's Cymerus™ MSCs in Patients with Osteoarthritis Marketplace 13/12/2018

Also in: Bezinga, Market Insider, numerous local US news outlets, Spoke, Globenewswire, Beware 'Unrealistic' Claims Around Tech Saving Money For The NHS Forbes 13/12/2018 Study 'Proves' Parachutes Don't Save People Who Fall Out of Airplanes Live Science 14/12/2018

Parachutes don't save people who fall out of airplanes Tech Explorist 15/12/2018

Also in: Digital Journal, Longroom

1.000 Calorie Meals; Gut Bacteria and Oral Diabetes Agents; VR for Hot Flashes? MedPage Today 14/12/2018

People over 65 actually read faster than those in their 20s, and it could be because of

'computer vision syndrome' Business Insider 14/12/2018

Also in: GhanaNation, News of the Day, Uncova, INSIDER, USA Online Journal

Santa in skinny jeans? Here's what people think a 'rebranded' Santa should look like The

Telegraph 14/12/2018

Also in: The Herald + numerous US local news outlets

Malawi shines at global forum The Nation 14/12/2018

How Soccer Players Can Get Injured Less Often STACK 14/12/2018

Slow demise of smoking cessation services Practice Business 14/12/2018

'THEY TOOK THEIR TOLL' Fitness blogger claims breast implants 'caused body odour,

acne, hair loss and weight gain' The Sun 14/12/2018

When doctors prescribed clothes for women's health The Irish Times 14/12/2018

Uncovering the implants scandal: 'the lack of transparency is shocking' The Guardian

15/12/2018

Also in: Yahoo News

<u>Danish research reveals areas of the brain responsible for Christmas spirit</u> The Boar 15/12/2018

Are the holidays really the hardest time of year? The stats are surprising The Guardian 15/12/2018

<u>Dr Miriam Stoppard - 'Become a specialist in lifestyle medicine'</u> Mirror + Irish Mirror

16/12/2018

Also in: WS Tale

Toymakers urged to help fight stigma of disability The Times 15/12/2018

Also in: The Irish Times

JOURNALS

Heart

Research: Association of occupational exposures with cardiovascular disease among US Hispanics/Latinos (US Focus)

Occupational exposure to pesticides increases risk for cardiovascular disease among Latinos News-Medical.net 12/12/18

<u>Pesticides exposure at workplace doubles risk of coronary artery disease</u> Specialty Medical Dialogues 13/12/18

Also in: Medical Xpress, Science Daily, HealthDay

Trauma Surgery & Acute Care Open

Research: Mortality, hospital admission, and healthcare cost due to injury from venomous and non-venomous animal encounters in the USA: 5-year analysis of the National Emergency Department Sample (US Focus)

Animal attacks cost us more than \$1 billion a year, and they're becoming more common CNN 11/12/2018

<u>Doctors cite climate change for rise in animal bites, U.S. health care costs</u> NBC News 12/12/2018

Animal attacks cost the US billions COSMOS Magazine 13/12/2018

Also in: HealthDay, KVOA Tucson News + numerous US local broadcast outlets, Doctors

Lounge, Earth.com, Las Vegas News, HealingWell.com, US News & World Report, Scope, Medical Xpress, Medical Health News, The HealthCast, Medical Newser, Eurasia Review, Health Breaking News, Health On the Net Foundation, MinnPost, Fierce EHR, UVA Today, WebMD, Drugs.com, Weekly Sauce, Tech Times, Fierce Healthcare, Physician's Weekly, Sask News Now, Infosurhoy, CBS Baltimore, MyHighPlains.com, ScienceDaily

Annals of the Rheumatic Diseases

Vertebral fracture prevalence, incidence low in axial SpA Healio 10/12/2018

<u>DAPSA-based remission better detects patient-perceived remission in PsA</u> Medical Health News 11/12/2018

At High Risk of Developing Rheumatoid Arthritis? A Dose of Rituximab May Help Slow Down the Onset Creaky Joints 13/12/2018

Archives of Disease in Childhood

Screen Time: Obesity, Low-Self Esteem and Other Side Effects of Screen Exposure in Children Parents Didn't Know Of (misattributed to The BMJ) LatesLY 11/12/2018

Swapping tablets for trainers Khmer Times 14/12/2018

BMJ Case Reports

Man, 51, is nailed to the ground after being impaled by a 36-inch crowbar that perforated his bowel after falling off a shed Daily Mail 10/12/2018

<u>SEW AMAZING Doctors STITCH man's severed forearm back on – and he can still use it</u> The Sun + Scottish Sun + Irish Sun 10/12/2018

Man, 67, has his arm RESEWN after he accidentally cut it off while operating heavy machinery at work - and he can still use his hand Daily Mail 12/12/2018

Also in: The Stars Post, Health Breaking News, The Amed Post

BITTER PILL Man, 33, left 'paralysed' for two days after taking common weight loss supplements The Scottish Sun 14/12/2018

Also in: Times of News, The Amed Post, Stars Post, Fox News Channel, TodayChan, F3 NWS, WCSI

Woman, 94, went to hospital after a fall only for doctors to discover acupuncture needles had been buried along her spine for 30 YEARS Daily Mail 14/12/2018

Also in: Armenian News-NEWS.am information-analytical agency

The teenager has a heart attack after having torn an artery in the neck on a water slide Armenian News-NEWS.am information-analytical agency 15/12/18

BMJ Evidence-Based Medicine

Russian Homeopathy, Hiding In Plain Sight Forbes 10/12/2018

Further coverage for US gun violence

Reduced life expectancy is the real 'American carnage' (no link available) Bangor Daily News 10/12/2018

Gun violence has cut more than four years from the average life expectancy of African Americans, study says Daily Mail 10/12/2018

Also in: Blavity, Vibe

BMJ Global Health

Ten reasons people stop attending HIV care in Zambia Nam Aidsmap 10/12/2018

Zika has unborn victims in Madhya Pradesh Down to Earth 12/12/2018

Gottlieb Slams Manufacturers of Insulin Managed Care 12/12/2018

BMJ Open

Is this proof pill-popping Britain should stop taking the tablets? Daily Mail 10/12/2018

Also in: Health Medicine Network

Cigarettes: self-screwdriver more at the Dump News Articles Insider 10/12/2018

Why alcohol makes some people violent GVS Wales 10/12/2018

Smokers who roll their own less inclined to guit: Study India Blooms 10/12/2018

Also in: Journey Line

Key signs and symptoms to recognise when terminally ill patients are close to death Medical Xpress 11/12/2018

Does 'cupping' work, or is it a fashionable fad? A doctor weighs in JOE 12/12/2018

Study: Those who smoke during pregnancy show 'serious dietary inadequacies' Irish Examiner 12/12/2018

<u>Death by sitting or the secret fat loss technique that is just sitting around</u> Red Deer Express 12/12/2018

<u>Heart health of shift workers under test in meal shift trial</u> (no link available) Herald Sun 15/12/2018

<u>Powerful devices in the 5G era: Do mobile phones cause cancer?</u> The Sydney Morning Herald 16/12/2018

Also in: WAToday.com.au, Brisbane Times, The Age Australia

BMJ Quality & Safety

Further coverage for lower RN staffing

<u>Lower RN staffing linked to increased in-hospital mortality</u> NewsDog 10/12/2018 <u>Shortage of trained nurses in hospital wards linked to rise in patient death risk</u> Irish Medical

Times 12/12/2018

Also in: Medical Brief South Africa

British Journal of Sports Medicine

The myth of the running shoe The Globe & Mail 10/12/2018

Also in: Medical Health News, Triathlete

Avoid dementia, take a walk The Filipino 11/12/2018

What Are Plyometrics & How Good Are They For Getting Fitter? Men's Health 12/12/2018

<u>DNA-based diet and exercise plans offer little more than self-fulfilling prophecy, study</u> The Next Web 13/12/2018

Also in: F3 News

Can the design of a running shoe help prevent injury? A B.C. researcher says he has the answer Newsclock 15/12/2018

Also in: Medical Health News, Times of News, CBC News Network

ESMO Open

Escalating Axitinib Dose After Disease Progression Improves Outcomes in Metastatic RCC Oncology Learning Network 12/12/2018

Injury Prevention

New child passenger safety law takes effect in 2019 MyWebTimes 10/12/18

<u>Journal of Epidemiology & Community Health</u>

How the media aids in the rise of suicide rates The Reflector (Student newspaper, University of Minneapolis) 12/12/18

Women a leading cause of men's 'untimely' deaths East Africa Standard 14/12/2018

Journal of Medical Ethics

<u>Euthanasia deaths in Quebec rising rapidly</u> Mercatornet 10/12/2018

<u>Euthanasia Is Becoming First Resort in Quebec</u> Evolution News & Science Today
10/12/2018

Also in: LifeNews.com, National Review, Discovery Institute, LifeSiteNews, Canada Free Press

Journal of NeuroInterventional Surgery

BNP in silent stenosis, arterial inflammation, wireless clot passage MedPage Today 14/12/18

Favourable revascularisation rates for first-in-man results of the Versi Retriever in acute ischaemic stroke NeuroNews 14/12/2018

Journal of Neurology, Neurosurgery, and Psychiatry

What to know about marijuana and multiple sclerosis Medical News Today 10/12/2018

10 surprising ways sex affects your brain Business Insider Australia 11/12/2018 Also in: INSIDER

MS stem cell treatment breakthrough in Australian trial The Australian 12/12/2018

ALS Patients' Sexuality, Intimacy Issues Should Be Addressed by Healthcare Pros, Study Suggests ALS News Today 15/12/2018

Occupational & Environmental Medicine

This is the ideal office setup for low stress and better physical health Men's Journal 14/12/18 (link unavailable)

RMD Open

Mesirow Financial Investment Management Us Value Equity Trimmed Its Supernus
Pharmaceuticals (SUPN) Holding: Dermira (DERM) Sellers Increased By 11.77% Their
Shorts The FinReviewer 12/12/18

Tobacco Control

Canadian Study Indicates 'Worrisome' Increase in Teen Vaping Vaping Post 12/12/2018