

The logo for BMJ (British Medical Journal) in white text on a blue background.

BMJ in the News is a weekly digest of national and international news coverage in English for BMJ, The BMJ, and BMJ Journals.

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Coverage for 23rd January - 29th January 2023

[BMJ](#)

PRESS RELEASES

[The BMJ](#)
[BMJ Open](#)
[Journal of Neurology Neurosurgery & Psychiatry](#)
[Journal of Epidemiology & Community Health](#)

EXTERNAL PRESS RELEASES

[BMJ Open](#)
[BMJ Open Ophthalmology](#)
[BMJ Quality & Safety](#)
[British Journal of Ophthalmology](#)
[General Psychiatry](#)
[Gut](#)
[Journal for ImmunoTherapy of Cancer](#)

OTHER COVERAGE

[The BMJ | Annals of the Rheumatic Diseases](#)
[Archives of Disease in Childhood | BMJ Case Reports | BMJ Global Health](#)
[BMJ Nutrition Prevention & Health | BMJ Open | BMJ Open Diabetes Research & Care](#)
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[RMD Open](#)

INFLUENCE

BMJ

Corporate announcement: [BMJ Best Practice Comorbidities Manager now available across NHS Wales](#)

[BMJ Best Practice Comorbidities Manager now available across NHS Wales](#) Mirage News AU

[BMJ and Overton launch research impact tool](#) Research Information 29/1/23 (**Previous Corporate Announcement**)

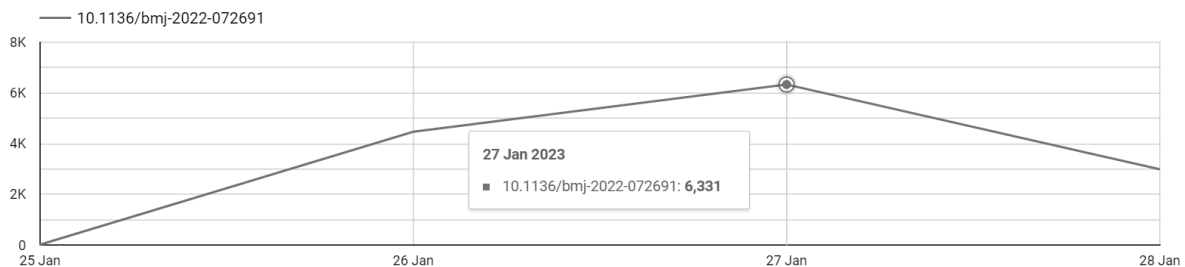
The BMJ press release coverage

Research: [Association between healthy lifestyle and memory decline in older adults: 10 year, population based, prospective cohort study \(PR\)](#)

[Eat properly, go to parties and play cards to ward off dementia, scientists say](#) Irish Independent 26/1/23

[Six lifestyle choices to slow memory decline named in 10-year study](#)The Guardian + [Friday Briefings](#) newsletter (see [Influence](#)) 26/1/23

[New study finds 6 ways to slow memory decline and lower dementia risk](#) The Washington Post 26/1/23



Also in: The Daily Mail + MailOnline, The Daily Telegraph, Evening Standard, The Independent, The National Scot, East London Advertiser + widespread UK regional coverage, Irish News, Yahoo UK, Asian Image, Ireland Live, AOL UK, MSN UK, Echo Live (IE), Yahoo UK, The Irish Times, BBC Radio Coventry & Warwickshire broadcast + widespread BBC UK regional coverage, Business Times

International: Fortune, The National (UAE), Medical Dialogues IN, Asia Newsday, MSN Malaysia, Mirage News AU, China News, Singapore Star, ThePrint IN, Ottawa Sun, The Missoulian + widespread North American coverage, The Seattle Times, INDIA TV, 10News, Tajikistan News.net, Beijing Bulletin, China News, Beijing News, Indian Economic Observer, AniNews.in

Other: Medically Prime, HealthDay, Medscape, MedPage Today, TopologyPro, Medical Xpress, Knowledia, Scienmag, News-Medical.Net, Big News Network, Devdiscourse, Latestly, News Azi, Drugs.com, Physician's Weekly, Alzheimer's Research UK, Healthgrades, MSN Health & Fitness, Pulse Headlines, Diabetes.co.uk, Latestly

Further coverage for gestational age at birth and cognitive ability (PR):

[Low grades in high school may be linked to being born prematurely -study](#) Jerusalem Post 23/1/23

Also in: Fresh Society Info

Oily fish and chronic kidney disease (PR):

[Eating oily fish lowers twice a week lowers chronic kidney disease risk](#) Diabetes.co.uk

23/1/23

Also in: Killeen Daily Herald, Drugs.com, Medical News Today, Health Grades, Knowledia

Other notable coverage

[The NHS is wasting money hand over fist](#) The Daily Telegraph on [medical imaging](#) 23/1/23

[Does Covid reinfection bring more health risks – or make you ‘super immune’?](#) The

Guardian 24/1/23 (**Previous PR on long covid**)

Also in: American College of Physicians, i News

[Antidepressants are over-prescribed, but genuinely help some patients](#) The Economist

24/1/23

[You've been walking wrong all your life - you'll burn more calories this 'silly' way](#) New York

Post 24/1/23

[How US gun culture stacks up with the world](#) CNN 24/1/23 (**Previous PR**)

[On the Picket Lines of Britain's Shattered National Health Service](#) The New Yorker 24/1/23

[How Big Pharma feeds off the NHS](#) UnHerd 24/1/23 (**Previous PR**)

[BBC Parliament broadcast](#) House of Commons debate on Health and Social Care 24/1/23

(see [Influence](#) for further details)

[Ketamine is being sold as a depression wonder drug. For some, it's making everything](#)

[worse.](#) Business Insider 26/1/23

[Skip breakfast to lose weight](#) The Daily Mail + Irish edition + Mail Online 28/1/23

[Dr Michael Mosley's 7 best science-backed tips to improve your health](#) BBC Science Focus

29/1/23

JOURNALS

BMJ Open

Research: [Body mass index, waist circumference and pre-frailty/frailty: the Tromsø study 1994–2016](#) (PR)

[Middle-age spread linked to frailty risk](#) The Times + Scottish + Irish edition 24/1/23

[A midlife 'muffin top' makes old-age frailty twice as likely](#) The Daily Telegraph 24/1/23

[Midriff bulge linked to later physical decline. study says](#) CNN + CNN International 24/1/23

Also in: i Newspaper, Daily Mail, Daily Express, The Independent, Yahoo UK, Eastern Eye, FOX News Channel, MSN Malaysia, Mirage News Australia, ABC News, KTVZ-TV + widespread regional US coverage, Portugal Posts English, Vietnam Explorer, AniNews.in, ThePrint (IN), Lokmat Times (IN), Medical Dialogues IN, Asian Times, NewsPages.co.za, India News Network, Scienmag, Study Finds, Knowledia, HealthDay, News-Medical.Net, Newswise, Headlines Mania, Newsmax.com, WebMD, Physician's Weekly, Latestly, Devdiscourse, Drugs.com, News Azi, IMPACT, Health Line, Complete Nutrition, Everyday Health

[Diabetes pill helps stave off knee op](#) The Daily Mail (print) 24/1/23

Research: [Relationship between ethnicity and stage at diagnosis in England: a national analysis of six cancer sites](#) (External PR)

[Caribbean and African Women Twice as Likely to Get Late-stage Cancer Diagnosis](#)
Medscape 29/1/23

Also in: Cancer Research UK, Knowledia, Englemed Health News

[People with Covid symptoms are largely behaving as normal - and we may have to get used to it](#) i News 27/1/23

Also in: Head Topics

[Forget a morning after pill... this is a morning before app](#) The Independent + App edition (misattributed to The BMJ) 29/1/23

[Newer design of knee replacements not superior to older models, study finds](#) Medical Dialogues IN 29/1/23

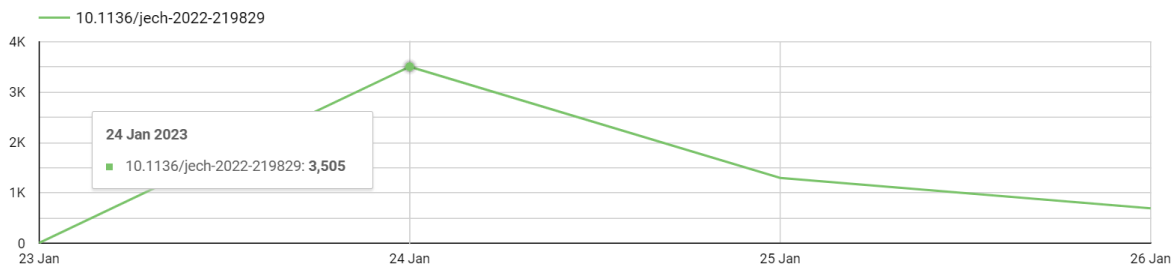
Journal of Epidemiology & Community Health

Research: [Exploring the associations of daily movement behaviours and mid-life cognition: a compositional analysis of the 1970 British Cohort Study \(PR\)](#)

[Six minutes of exercise can sharpen your mind](#) The Daily Mail + Irish edition + Mail Plus 23/1/23

[One type of physical activity protects the brain more than others, study finds](#) CNN + CNN Philippines 24/1/23

[Not Just The Elderly: Intense Physical Activity In Middle Age Improves Cognitive Skills, Study Finds](#) Forbes 24/1/23



Also in: The Times + Irish + Scottish edition, The Daily Telegraph (print), The Daily Express, The British Club, Business Times, MSN UK + Malaysia + South Africa, MSN UK, Yahoo UK NBC News, ctvnews.ca, TODAY Online - NBC, WKBT-TV + widespread US regional coverage, Portugal Posts English, Geo TV, Mirage News Australia, Manila News, News Explorer, Medically Prime, Knowledia, MSN Health & Fitness, MedPage Today, Medical Xpress, News Break, Scienmag, Head Topics, Tech and Science Post, Newsbeezer, ReachMD, Health Digest, Vaaju, Headlines Mania, Medscape

Journal of Neurology, Neurosurgery & Psychiatry

Research: [Insufficient sleep during adolescence and risk of multiple sclerosis: results from a Swedish case control study \(PR\)](#)

[Getting less than seven hours sleep in your teens 'can lead to a higher MS risk'](#) The Independent 24/1/23

[Poor sleep quality linked with multiple sclerosis risk in teens Study](#) The Week IN 24/1/23
[Poor sleep in adolescence may increase risk of developing MS later](#) UPI 26/1/23

Also in: The Sun + Irish Sun, Mirage News Australia, Economic Times India, Press Trust of India, Pro Kerala, Ajit Weekly (EN) , MSN South Africa, Indiana Gazette + widespread US regional coverage, Medical Dialogues IN, India TV, Health Day, Medical Xpress, News Break, Scienmag, Tech and Science Post, Knowledia, News-Medical.Net, Social News XYZ, Latestly, Health Digest, Medically Prime, 365x News, MedPage Today, Techno Charger, Physician's Briefing, Health Grades, Physician's Weekly, News Break, Health Cast, MedicineNet.com, Medical News Today

[Researchers develop AI-based prognosis technology capable of predicting heart disease for stroke patients](#) AJU Business 28/1/23

Annals of the Rheumatic Diseases

[Ustekinumab, TNF inhibitors exhibit comparable 3-year persistence in psoriatic arthritis](#) Healio 26/1/23

Archives of Disease in Childhood

[Programme to use magnesium sulfate for prevention of cerebral palsy among premature babies found effective](#) Medical Dialogues 23/1/23

Also in: Knowledia, MedicalBrief South Africa

[Expert tips for choosing the best white noise devices for babies](#) The Daily Mail (misattributed to The BMJ) 28/1/23

BMJ Case Reports

[Buffalo Crushes Man on Fence Causing Throat Puncture](#) Newsweek 27/1/23

BMJ Global Health

[Study finds high prevalence of depression and anxiety in children and adolescents during COVID-19 pandemic](#) News Medical Net 24/1/23

Also in: Head Topics (UK)

[COVID-19 at Any Time During Pregnancy Boosts Mother's Risk of Death](#) Real Health Mag 26/1/23 (**Previous PR**)

Also in: [Nation Africa](#)

[Did You Know?](#) The Week IN on young people potentially at risk of hearing loss from loud music 28/1/23 (**Previous PR**)

BMJ Nutrition Prevention & Health

[Voice of Islam Radio broadcast on nutrition and mental health](#) 26/1/23 (**Previous PR**)

BMJ Open Diabetes Research & Care

[Cancer death risk higher in people with type 2 diabetes – how to prevent it](#) The Independent 26/1/23 (**Previous PR**)

Also in: Ireland Live, MSN NZ

BMJ Open Ophthalmology

Research: [Predicting the future development of diabetic retinopathy using a deep learning algorithm for the analysis of non-invasive retinal imaging](#) (External PR, misattributed to The BMJ)

[AEYE Health announces best-in-class results, proving AI software is capable of predicting the future development of diabetic retinopathy in patients before diagnosable symptoms manifest](#) TickerTech 24/1/23

Also in: TMCnet.com, BioSpace, StreetInsider.com, News Blaze, Quertle, Tech Social Net, WICZ-TV, Medindia.com

BMJ Open Sports & Exercise Medicine

[Low Energy Availability Means You're Not Eating Enough](#) Bicycling 24/1/23

BMJ Quality & Safety

Research: [Predictors and population health outcomes of persistent high GP turnover in English general practices: a retrospective observational study](#) (External PR)

[Why it's important to see the SAME GP: Patients at surgeries with high turnover of staff are more likely to need emergency hospital treatment, finds study](#) The Daily Mail 24/1/23

Also in: Mirage News Australia, Nationaltribune.com.au, Health medicine Network, Medical Xpress, About Manchester

British Journal of Ophthalmology

Research: [Biotissue stent for supraciliary outflow in open-angle glaucoma patients: surgical procedure and first clinical results of an aqueous drainage biostent](#) (External PR)

[12-month clinical results of a novel micro-interventional bio-stenting procedure published in the British Journal of Ophthalmology](#) HTV 10 24/1/23

Also in: BioSpace, Yahoo! Finance, StreetInsider.com

British Journal of Sports Medicine

[Shoulder exercises promise to improve both your posture and strength - 5 to add to your next workout](#) Marie Claire 24/1/23

Also in: MSN South Africa + UK

['Astronaut scales' and other ways to improve your balance](#) The Times 24/1/23 (Previous PR)

Also in: Times Radio broadcast

[In France, "the future of women's football depends on the quality of its broadcast"](#) Teller Report 24/1/23

Also in: France 24

[World Athletics considering stricter rules for biological men competing as women](#) Christian Post 24/1/23

Also in: BBC Radio Ulster + widespread regional BBC radio coverage

[Women, here are five tips to keep in mind when lifting weights, according to an expert | Fitness tips of the day](#) Fitness Health Yoga 28/1/23

[16 best walking shoes for women to buy in Australia in 2023](#) News.com.au 29/1/23

Drug and Therapeutics Bulletin

[13 things to do if you find out you're pregnant in 2023](#) Which? 29/1/23

Emergency Medicine Journal

[A&Es will only improve if 'hideous' bed shortages are tackled after 'worst ever December'](#) i

News 24/1/23 (**Previous PR**)

And

[BBC 2 live broadcast](#) from House of Commons debate on Health and Social Care 24/1/23

Also in: LBC radio broadcast, Business Fast, TalkTV

General Psychiatry

Further coverage for meditation and gut microbiome (PR):

[Meditation could improve your gut health, says study](#) Metro 24/1/23

Also in: Press24 (UK), Before its News, Diabetes.co.uk

Research: [Improved lifestyle is associated with improved depression, anxiety and well-being over time in UK healthcare professionals during the COVID-19 pandemic: insights from the CoPE-HCP cohort study](#) (**External PR**)

[Health care policies are needed to support health care professionals' mental health, says study](#) Medical Xpress 24/1/23

Also in: News-Medical.Net

[Why taking a nap in the afternoon might improve your mental agility](#) Knowledia 26/1/23

(Previous PR)

Also in: MSN South Africa

Gut

Research: [Hepatic plgR-mediated secretion of IgA limits bacterial translocation and prevents ethanol-induced liver disease in mice](#) (**External PR**)

[Researchers begin the development of a new liver disease treatment](#) Health Europa 24/1/23

Also in: LABIOTECH.eu, Medical Xpress

[Frequent antibiotics use can cause bowel disease among those above 40 years: Study, Health News](#) Economic Times 28/1/23 (**Previous PR**)

Also in: Knowledia

Heart

[Fact Check-No evidence COVID-19 mRNA vaccines are significant contributing factor to UK's 30,000 excess cardiovascular deaths](#) Reuters 24/1/23

[What Really Happens To Your Body When You Eat Eggs Every Day](#) Health Digest 24/1/23

[Why eating more cheese — and other 'bad' foods — could be good for you](#) New York Post 24/1/23 (**Previous PR**)

Also in: MSN Health & Fitness, Fitness Health Yoga

Journal for ImmunoTherapy of Cancer

[Lung Cancer Warning Signs You Should Never Dismiss](#) Health Central 26/1/23

Research: [Human soft tissue sarcomas harbor an intratumoral viral microbiome which is linked with natural killer cell infiltrate and prognosis](#) (**External PR**)

[Tumor microbiome linked to immunotherapy success in sarcoma patients](#) Medical Xpress 26/1/23

Occupational & Environmental Medicine

Further coverage for visits to green space and lower use of prescription meds (PR)
[Green space visits associated with less frequent use of certain prescription medicines](#)

Medical Dialogues 24/1/23

Also in: The Guardian (print), Fortune, Tek Deeps, Portugal Posts English, Newswise

Practical Neurology

[Parkinson's: Using exercise to turn the table on disease](#) BBC News (misattributed to The BMJ) 26/1/23

RMD Open

[First-Degree Relatives Have High Perceived Risk for Rheumatoid Arthritis](#) Health Day 24/1/23

Also in: Medical Xpress, Physician's Weekly, Healthgrades, Drugs.com

INFLUENCE

Maria Caulfield The Parliamentary Under-Secretary for Health and Social Care, Parliamentary Under-Secretary (Department for International Trade) (Minister for Women) mentioned **The BMJ** in a House of Commons debate on Health and Social Care [Excess Deaths: Policy Implications](#) 24 January 2023: "The BMJ has ranked the UK mid-table in Europe for mortality figures, which makes it comparable with Italy. In fact, Germany has higher excess deaths, at 15.6%, as do Finland, at 20.5%, and Poland, at 13.3%. However, if the hon. Gentleman wants to hear about what is happening in Labour-run Wales, the statistics available on the gov.wales website show that Wales, in December, had the highest number of red calls ever and that only 39.5% received a response within eight minutes—the lowest figure on record. Those are clinical reasons for excess deaths, not political ones. Perhaps the hon. Gentleman needs to recognise that fact."



The article covering the press-released research published in [The BMJ](#) on healthy lifestyle and memory decline was featured in the top spot on the Guardian website's **'Most viewed'** list:




Most viewed	1	Six lifestyle choices to slow memory decline named in 10-year study	6	Treasury was aware of investigation into Nadhim Zahawi's finances, sources claim
	2	Asteroid 2023 BU about to pass Earth in one of closest ever encounters	7	🔴Nadhim, pray, blub: Rishi Sunak looks lost and bewildered at PMQs
	3	Post-Brexit farm subsidies in England revealed	8	Misophonia: how 'sound rage' destroys relationships and forces people to move home
	4	Novak Djokovic's father seen posing with flagbearing supporters of Vladimir Putin at Australian Open	9	Paul Mescal's latest role: global film star
	5	Netflix crackdown on password sharing to begin in coming months	10	'Reckless': Fury among rights groups as Facebook lifts Trump ban
	Most commented	Biden's clean energy	Most shared	Six lifestyle choices to slow memory decline

Social Media

Top posts across BMJ corporate social media channels:

- LinkedIn post sharing press released research from **Occupational & Environmental Medicine** on visits to urban green space (over 8,100 impressions, 120 reactions)
- LinkedIn post sharing the press released research from **Journal of Epidemiology & Community Health** (almost 4,500 impressions and 36 reactions)

Post Content	Total Engagements
<p>BMJ  BMJ Mon 1/23/2023 12:18 pm GMT</p> <p>Frequent visits to urban green spaces, such as parks and community gardens in Finland, rather than the amount, or views of them...</p> <p>Frequent visits to green space linked to lower use of certain prescription meds</p> 	230
<p>Reactions</p>	123
<p>Comments</p>	1
<p>Shares</p>	22

Post Content	Total Engagements
<p>BMJ  BMJ Tue 1/24/2023 4:11 pm GMT</p> <p>Mid-life moderate + vigorous physical activity quota associated with brain power</p> <p> https://bit.ly/3XxUZjD The amount ...</p> 	149
<p>Reactions</p>	40
<p>Comments</p>	0
<p>Shares</p>	6