



Snow Dancers Leah Dorion

Hello everyone,

It's That Time Of The Year again and the BMJ Christmas Issue is available [HERE](#)

Handy for those of us needing a little CME top up, a laugh or both! There are articles for all interests. Links below.

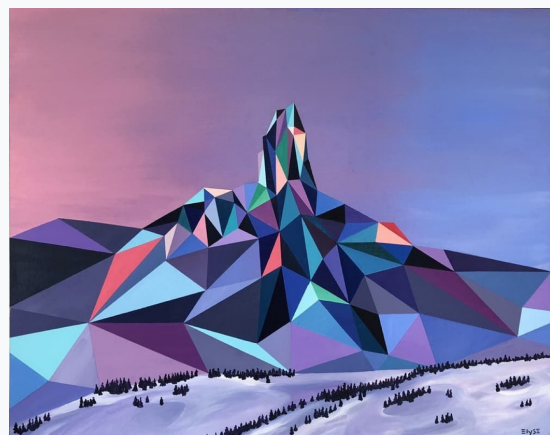
Anticipating the ageing trajectories of superheroes in the Marvel cinematic universe [HERE](#)

Ghost in the machine or monkey with a typewriter—generating titles for Christmas research articles in The BMJ using artificial intelligence: observational study [HERE](#)

And my personal favorite because "the findings of this study show that both aerospace engineers and neurosurgeons have similar levels of intelligence to those in the general population"

It's not rocket science" and "It's not brain surgery"—"It's a walk in the park": prospective comparative study [HERE](#)

I know many Sue's News readers head straight for the comics so there are infographics on the next page for you visual learners!



Tusk Elyse Dodge



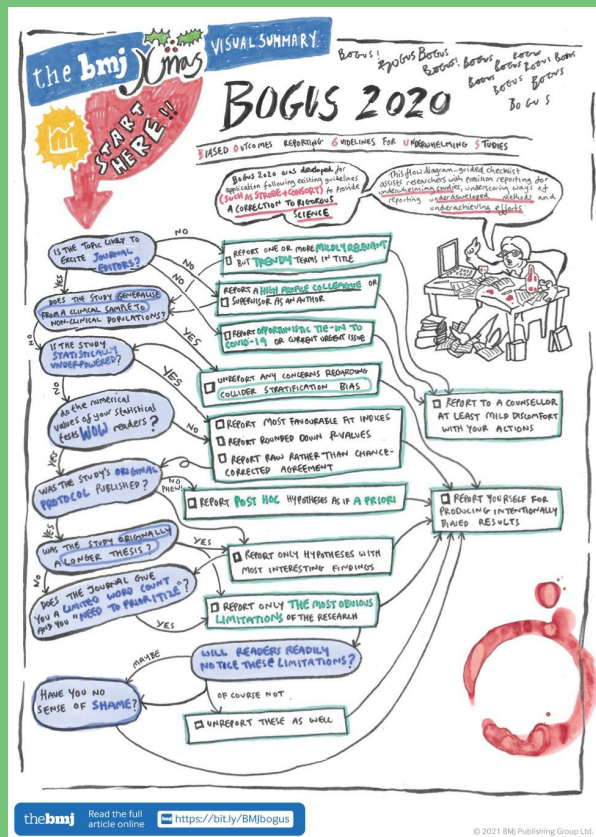
THE BMJ APPEAL 2021-22
 A new utopia after the pandemic? p 464
 Plants that can foul up festivities p 468
 Prognosis for ageing superheroes p 474
 The covid twist to my career path p 482
 Ideal stocking filler: an ICU lexicon p 496

The holly and the ivy: a festive platter of plant hazards.

[HERE](#)

Biased Outcome reporting Guidelines for Underwhelming Studies (BOGUS) statement and checklist

[HERE](#)



Retaining trial participants takes more than a Christmas card.

[HERE](#)

Plant hazards at Christmas
 Dangers of selected flora traditionally associated with the winter holidays

Key

- L** Low risk: Ingestion is unlikely to require medical attention
- M** Moderate risk: Potentially harmful, but with mitigating factors such as poor absorption
- H** High risk: Caution is advised, and ingestion not recommended

Holly (L): Berries contain saponins which may produce gastrointestinal upset, although not easily absorbed by the body.

Mistletoe (H): All parts of *Viscum album* are poisonous, containing viscotoxins.

Christmas rose (H): Contains cardiac glycosides which may produce sinus bradycardia and atrioventricular block, as well as gastrointestinal and renal problems.

Ivy (L): *Hedera helix* is a low risk plant with no documented human poisonings.

Pears (L): Seeds contain amygdalin, which is metabolised to cyanide in the gastrointestinal tract, although there are no reports of human poisoning.

Wreaths (H): Ingestion of bitterness may produce unpleasant abdominal cramps. All parts of the yew tree contain taxines and cardiac glycosides, which produce cardiac dysrhythmias through blockade of myocyte channels.

Mulling spices (M): Cinnamon is a noxious powder that is bioresistant in the lungs, and forms granulomas on inhalation in animal models. Nutmeg may produce hallucinations and anticholinergic symptoms at remarkably low doses.

Roast potatoes (L): A nightshade relation, with low concentrations of solanine glycoalkaloids, but these are poorly absorbed and rapidly excreted.

Winter plants (L): Most exposures to cyclamen species, Christmas cactus, and poinsettia do not require medical attention.

Sprouts (L): Sadly, these do not seem to be poisonous and will have to be endured.

Rosemary (M): A hepatic abscess has been reported following bowel perforation caused by a rosemary twig foreign body.

Parsnips (M): Poisonous water hemlock has been mistaken for parsnips by foragers, leading to seizures, rhabdomyolysis and renal failure.

Jerusalem cherry (H): Contains toxic solanine glycoalkaloids, and should the alluring berries be eaten, presentations of gastrointestinal symptoms and anticholinergic atropine effects may ensue.

<https://bit.ly/BMJplants>

Season's greetings!
 Does a Christmas card increase retention?

Summary (X): No evidence was found to suggest that sending participants a Christmas card would encourage them to complete their next follow-up, or that they would complete it sooner.

Study design (B): Two arm randomised study within a trial (SWAT) | Embedded within eight host trials | Participants not aware of the SWAT

Population (P): 1469 participants included in analysis, due a follow-up after Christmas 2019 | Mean age 54 years old | Sex 70% female

Comparison (C):
Intervention: Sent a Christmas card thanking them for their participation in the trial (n=749)
Control: Did not receive a card; received all other trial information as usual (n=720)

Outcomes (O):
 Completed next follow-up: Pooled odds ratio 0.7 (95% CI 0.5-1.1) | 85.3% (Intervention) vs 85.4% (Control)
 Time to completion (from due date): Pooled hazard ratio 0.7 (95% CI 0.5-1.1) | 26.1 days (Intervention) vs 26.4 days (Control)

The true cost of spreading joy to the world: Cost per card was estimated to be £0.76 | Approximately 140 g CO₂ equivalent per card

<http://bit.ly/BMJxmascd> © 2021 BMJ Publishing group Ltd.



December chill Annie Soudain

**Can you hear the sound of
life**

in the roaring of the creek

in the blowing of the wind

**That is all I want to say
that is all**

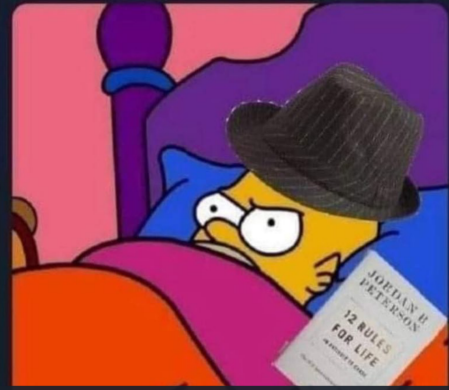
Nils-Aslak Valkeapää





Snowpy

men's rights activists every year when they remember there's a christmas eve but no christmas adam

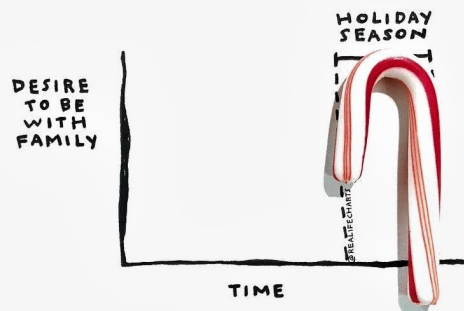
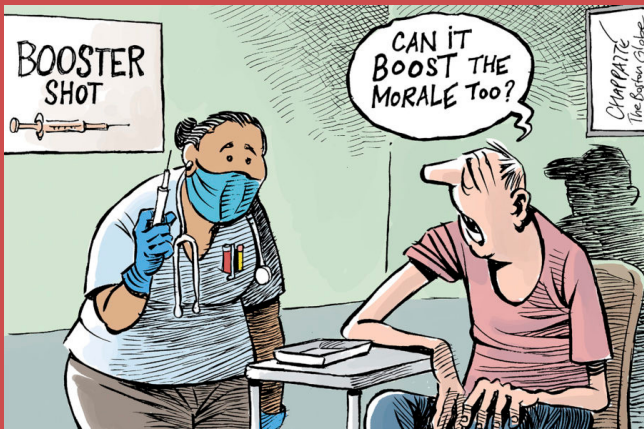


Very British Problems Christmas Bingo 2021

All ready for Christmas?	I can't believe it's next week!	I'm isolating	What the hell is Plan C?	If I don't see you before have a good...
I haven't even started!	Oh just get me anything	When do you finish?	Town was a nightmare	Town was empty
Where's the sellotape?	Your parcel is with a neighbour	@soverybritish	Have you had your booster?	Have you got a tree yet?
Just having a quiet one this year	Who's this card from?	We'll have to send them one now	Plan D?! What??	Have another mince pie
Apparently it wasn't a party, it was just cheese and wine	It doesn't feel very Christmassy	Stick Bubl� on	I'm so tired	Hopefully 2022 is better

Monique M @Social_Moi

Attention all parents!
You are welcome 😊

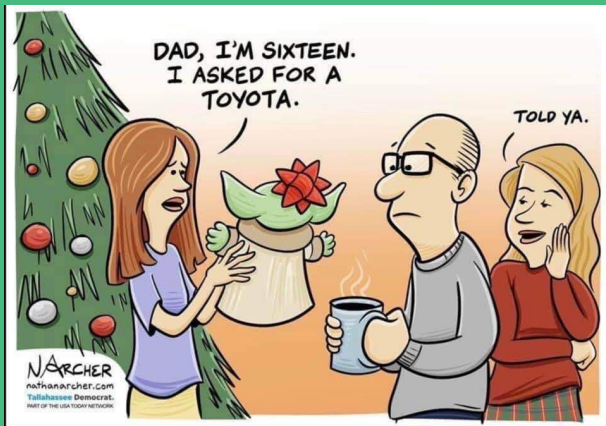


Michelle Rial



Credit to @BAShuttle for tagging us!

In other countries, they have an elf on a shelf. In Canada, we have:



<https://daisychainbook.co/>



Christmas Still Life Gabrielle Munter



Brou-Rhuddyn

the Welsh call you,
breast-burnt
 so I look in these white days
 for your small furnace:
 bring me ember and memory of red,
 let me warm my cold breath
 where you blaze
 never greying or growing old,
 sparks flying from your throat.

Pippa Little



I am greying and getting older - but I have no intention of being a Half-Assed Jingler.
 Here's to **Jingling All The Way** into retirement!

Thank you so much for reading & thank you to Dr Radke for the beautiful hearts image.
 I want to wish everyone a happy and peaceful holiday season.

Please remember if you need support the PFSP is here for us every day of the year.
1-877-767-4637 puts you in touch with a compassionate human being.
 We are not alone.
 With much love to you and yours, all good things, Sue

Sue's News will be back in the New Year!

