Welcome to the Summer Special of the Elsevier Research Selection. We have captured a variety of studies related to the outdoors, travel, weather, food and health.

The Elsevier Research Selection is an email developed by the Elsevier Newsroom which spotlights interesting, topical research articles for health and science media. Research included is peer reviewed and has been publicly available for no more than 4-6 weeks (usually as article-in-press); it has not been press-released nor covered in the media and is not embargoed.

Articles included in the Research Selection are available to credentialed journalists through free access to ScienceDirect, the world's largest repository of full text, scientific information.

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Risk factors for infections in international travelers: An analysis of travel-related notifiable communicable diseases

*Travel Medicine and Infectious Disease* | DOI: 10.1016/j.tmaid.2014.05.005

56% ill-prepared for travel

When travelling, it is advisable to seek pre-travel advice and medical care. This study, published in *Travel Medicine and Infectious Disease*, looked at travel-related illness and behaviour concerning pre-travel health advice. Results showed that 56% did not receive pre-travel advice. The primary reasons for not obtaining pre-travel advice were being unaware of the need to or believing they already knew what to do. Adults, males, non-natives and those with planning time under two weeks or travel duration less than 7 days were more likely to travel without seeking pre-travel advice.
Frequency and trends in Foot & Ankle injuries within an English Premier League Football Club using a new Impact Factor of Injury to Identify a Focus for Injury Prevention

Sport Management Review | DOI: 10.1016/j.fas.2014.05.004
Identifying common injuries for Premier League Footballers

Football player injuries can cause disruption to games and sometimes to entire championships. This study, published in Sport Management Review, looked at the rate of foot and ankle injuries within an English Premier League Football Club over a four season period. Results were the first collected from a Premier League Football Club and showed that foot and ankle injury occurred at a rate of 7.2 per 1000 hours of play. Anterior Talo-Fibular Ligament (ATFL) injuries and 5th Metatarsal fractures were found to be of highest impact as they were both common and resulted in significant time periods where the player was unavailable; something for the teams in Brazil to look out for this summer.

Urban vegetation for reducing heat related mortality

Environmental Pollution | DOI: 10.1016/j.envpol.2014.05.002
More city vegetation, less summer city heat

It is a known fact that plants are good for us because they produce oxygen. Vegetation may also provide benefits to the cities we live in. This study, published in Environmental Pollution, looked at the effect of urban vegetation for reducing heat-related mortality in Melbourne. Results show that average seasonal summer temperatures can be reduced by 0.5°C to 2°C if the amount of vegetation reflected that found in suburbs. By simply doubling Melbourne city’s vegetation coverage, it is predicted that there would be a 5-28% reduction in heat-related mortality.

Shrouded in the Veil of Darkness: Machiavellians but not narcissists and psychopaths profit from darker weather in courtship

Personality and Individual Differences | DOI: 10.1016/j.paid.2014.01.020
Machiavellians are less likely to get a date in the summer

Machiavellianism, psychopathy and narcissism are all considered dark personality traits and are thus often associated with darkness in general. This study, published in Personality and Individual Differences, explored whether individuals with these dark personalities perform better in courtship during dark/cloudy weather, as opposed to bright/sunny weather. Results showed that Machiavellians, but not narcissists and psychopaths, elicited more positive reactions from women during cloudy weather.

Wilderness Medical Society Practice Guidelines for Basic Wound Management in the Austere Environment

Wilderness & Environmental Medicine | DOI: 10.1016/j.wem.2014.04.005
Caring for wounds in the wilderness

Camping is a popular holiday choice for families during the summer season, but our temporary outdoor living may increase chances of injuries and wounds. These guidelines, published in Wilderness & Environmental Medicine, provide basic advice on wound management in the wilderness. Key advice includes: grossly contaminated wounds should be left open and packed with wet to dry dressings; foreign debris should be removed, although not if there is further risk to the wound; wounds should be irrigated early with drinking water – no additive should be added to the irrigation fluid or applied to the wound; wounds should be closed within 10 hours of impact.
Egg production rates of two common copepods in the Barents Sea in summer

_Polar Science_ | DOI: 10.1016/j.polar.2014.04.001

**Summer temperatures encourage Copepods in Arctic Ocean to breed**

Small copepod species play important roles in the various food chains of the Arctic Ocean. This study in _Polar Science_ looked at the effects of water temperature on the rate of egg production for two common copepods, _Acartia longiremis_ and _Temora longicornis_. Results showed that temperature is a key factor determining reproduction rates of the two species, with their egg production counts significantly higher in 10°C than in 5 °C water.

Consumers' perception of beef burgers with different healthy attributes

_LWT - Food Science and Technology_ | DOI: 10.1016/j.lwt.2014.05.009

**Are healthier burgers less tasty?**

During the summer months, burgers are a popular BBQ food choice, but what exactly influences the type of burgers we buy? This study published in _LWT - Food Science and Technology_, looked at the associations we have with different labelling of burgers. Burgers labelled as traditional were rated as having good flavour but high in fat. The most apprehension towards flavour was for the burgers labelled as reduced fat, although these were rated the most favourable to the diet. Reduced sodium burgers were found selected as favourable to health, although reduced fat burgers scored higher overall in this category. In sum, this may lead us to conclude that consumers think fat is a bigger dietary issue that salt intake.

Air traffic management performance assessment using flight inefficiency metrics

_Transport Policy_ | DOI: 10.1016/j.tranpol.2014.02.019

**Greener flight paths**

Many of us take to the air each year to reach our holiday destinations, but those who are “green-minded” may be conscious of the environmental impact of air transportation. This study, published in _Transport Policy_, looked at the potential causes of flight inefficiency to try to address these effects. Results highlight the need to allow aircrafts to fly closer to their optimal flight paths, such as continuous climbing instead of incremental climbing during take-off, in order to reduce high fuel burn.

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