

IMMUNITY SOCIETY WEEKLY

Immunity · Science · Well-being

4 health stories worth your time this week · 本周四件值得你花时间知道的健康事

ISSUE NO. 002 · WEEK OF 1-7 AUG 2026

~3 MIN READ · 约3分钟

PEER-REVIEWED PRIMARY SOURCES · 同行评审原始研究

01

One course of antibiotics can leave its mark on your gut for years — not just weeks.

一个疗程的抗生素，可能在你的肠道里留下长达数年的痕迹，而不只是几周。

14,979 adults · a single course reshaped the gut's bacterial mix, with fingerprints still visible up to **8 years** later — one course of clindamycin was tied to losing ~47 species | 14,979名成年人；单个疗程就改变了肠道菌群，痕迹在长达8年后仍可见——一个疗程的克林霉素与减少约47种细菌相关

Antibiotics can be lifesavers — but this large study is a reminder that they aren't free of after-effects. Linking prescription records to gut samples from nearly 15,000 people, researchers found that certain antibiotics reshape your gut bacteria long after you finish the course, with traces detectable up to eight years later. The practical point: take them when you truly need them, and skip them for things they can't treat, like a common cold.

抗生素有时能救命——但这项大型研究提醒我们，它并非没有“后遗症”。研究者把近1.5万人的处方记录与肠道样本对照，发现某些抗生素会在疗程结束后很久，仍在改变你的肠道菌群，痕迹最长可在8年后被检出。实用要点：真正需要时该用就用，但对它治不了的病（比如普通感冒）就不必用。

SOURCE | 来源: Nature Medicine · Peer-reviewed article (open access) · 11 March 2026 · n = 14,979 (Swedish population cohorts) · Gabriel Baldanzi, Tove Fall and colleagues, Uppsala University · "Antibiotic use and gut microbiome composition links from individual-level prescription data of 14,979 individuals" · Original study

02

Tiny plastic particles are turning up inside artery plaque — and they track with far more heart attacks and strokes.

微塑料颗粒正出现在动脉斑块里——而且与心梗、中风的风险大幅升高相关。

58% of patients had micro- and nanoplastics in their artery plaque; those patients had **~4.5×** the risk of heart attack, stroke or death over ~34 months | 58%的患者动脉斑块中检出微塑料/纳米塑料；这些人在约34个月内发生心梗、中风或死亡的风险约为4.5倍

Surgeons removed fatty plaque from the neck arteries of patients and examined it. In more than half, they found fragments of common plastics such as polyethylene (shopping bags, packaging). Over the next three years, patients with plastic in their plaque were about four and a half times more likely to have a heart attack, stroke, or die. The practical point: a few easy swaps cut how much plastic you take in — skip microwaving food in plastic, use glass or steel for hot food and drinks, and cut back on bottled water.

医生取出患者颈动脉中的脂肪斑块进行检测。超过一半的样本里发现了聚乙烯等常见塑料的碎片（购物袋、包装用的那种）。此后三年，斑块中含塑料的患者发生心梗、中风或死亡的风险约为4.5倍。实用要点：几个简单的替换就能减少你摄入的塑料——别用塑料容器微波加热食物，热食热饮改用玻璃或不锈钢，并少喝瓶装水。

SOURCE | 来源: The New England Journal of Medicine · Peer-reviewed article · 7 March 2024 · n = 257 (followed ~34 months) · Raffaele Marfella and colleagues, University of Campania "Luigi Vanvitelli" · "Microplastics and Nanoplastics in Atheromas and Cardiovascular Events" · Original study

03

That nightly glass of wine? It was never really protecting your heart.

每晚那杯红酒？其实它从来没有真正保护你的心脏。

107 studies · **4.8 million people** · after accounting for who quits drinking and why, moderate drinking showed no survival benefit; risk rose from about 2 drinks/day (women) and 3 (men) | 107项研究、480万人；在校正“谁戒酒、为何戒酒”等因素后，适量饮酒并无长寿益处；风险约从每天2杯（女性）、3杯（男性）起上升

For decades, studies hinted that light drinkers outlived non-drinkers — the famous "J-curve." This big re-analysis shows why that was misleading: many "non-drinkers" had actually stopped because they were already unwell, which made drinkers look healthier by comparison. Once researchers corrected for that across 107 studies and 4.8 million people, the supposed benefit of moderate drinking disappeared, while risk rose at higher amounts. The practical point: don't drink for your health — there's no protective "sweet spot" to aim for, so if you drink, less is genuinely better, and none is perfectly fine.

几十年来，已经研究似乎显示“小酌者比不喝酒的人更长寿”——也就是著名的“J型曲线”。这项大型再分析揭示了其中的误导：很多“不喝酒的人”其实是因为已经生病才戒酒，于是让喝酒的人显得更健康。当研究者在107项研究、480万人中校正这一点后，适量饮酒的所谓益处便消失了，而喝得越多风险越高。实用要点：不要为了健康去喝酒——并不存在一个“有益的最佳量”，所以如果你喝，越少越好，滴酒不沾也完全没问题。

SOURCE | 来源: JAMA Network Open · Peer-reviewed systematic review and meta-analysis · March 2023 · 107 studies, ~4.8 million people · Jinhui Zhao, Tim Stockwell, Tim Naimi and colleagues, University of Victoria · "Association Between Daily Alcohol Intake and Risk of All-Cause Mortality" · Original study

04 · NEW IN TREATMENT · 治疗新进展

Reprogrammed immune cells “cured” the first leukemia patients — still cancer-free a decade later.

经过重新编程的免疫细胞，“治愈”了首批白血病患者——十多年后依然无癌。

The first 2 patients given CAR-T therapy for leukemia in 2010 remained in remission **10+ years** later, with the engineered cells still on patrol | 2010年首批接受CAR-T治疗的2名白血病患者，十多年后仍处于缓解状态，那些经过改造的细胞仍在体内“巡逻”

CAR-T therapy removes a patient's own immune cells (T cells), reprograms them in a lab to recognise cancer, and infuses them back as a "living drug." Following the first two people treated for a blood cancer (leukaemia) in 2010, researchers found both were still cancer-free more than a decade later — and the engineered cells were still detectable, standing guard. Their doctors called it a cure. The practical point: CAR-T is now standard treatment for several hard-to-treat blood cancers (certain leukaemias, lymphomas and myeloma) — if you or someone you love faces one, ask the cancer team whether cell therapy or a specialist referral is an option.

CAR-T疗法先取出患者自身的免疫细胞（T细胞），在实验室里重新编程，让它们能识别癌症，再作为一种“活药”回输体内。研究者追踪了2010年首批接受这种治疗的两名血癌（白血病）患者，发现十多年后两人依然无癌——而且那些经过改造的细胞仍可被检测到、仍在“站岗”。他们的医生称之为治愈。实用要点：CAR-T如今已是多种难治性血癌（某些白血病、淋巴瘤和骨髓瘤）的标准疗法之一——如果你或你所爱的人面对这类疾病，可以向诊疗团队询问细胞疗法，或转诊到专科中心。

Forward if useful · 如果你想到某个人，把这一期转给他。