

01

Swapping your regular salt for a low-sodium version cut strokes and early deaths.

把普通食盐换成低钠盐，能减少中风和过早死亡。

20,995 adults · replacing regular salt with a potassium-enriched "low-sodium salt" cut strokes **14%**, heart attacks & strokes combined **13%**, and early deaths **12%** over ~5 years | 20,995名成年人；用富含钾的“低钠盐”替代普通食盐，约5年内中风减少14%，心脑血管事件减少13%，过早死亡减少12%

Most of us eat far too much sodium, which pushes up blood pressure — the biggest driver of stroke. In a large trial across rural China, people simply switched their regular salt for a "low-sodium salt," where a quarter of the sodium is swapped for potassium (which itself helps lower blood pressure). Over about five years, strokes, heart attacks and deaths all dropped — from one cheap change at the table. The practical point: if your blood pressure runs high, try a potassium salt substitute (labels say "low-sodium" or "potassium salt") for everyday cooking — but check with your doctor first if you have kidney disease or take blood-pressure drugs that can raise potassium. 我们大多数人钠吃得太多，而钠会推高血压——中风最主要的推手。在中国农村的一项大型试验中，人们只是把普通食盐换成“低钠盐”（其中四分之一的钠被钾替代，而钾本身也有助于降血压）。约五年间，中风、心梗和死亡都随之下降——只靠餐桌上一个便宜的改变。实用要点：如果你血压偏高，做饭时可改用钾盐（包装上标“低钠盐”或“含钾盐”）——但如果你有肾病，或在服用可能升高血钾的降压药，请先咨询医生。

SOURCE | 来源: The New England Journal of Medicine · Peer-reviewed randomized trial · 2021 · n = 20,995 (rural China, ~5 years) · Bruce Neal and colleagues, The George Institute for Global Health · "Effect of Salt Substitution on Cardiovascular Events and Death" · Original study

02

For low mood, getting active can work about as well as medication.

对付情绪低落，动起来的效果可与吃药相当。

97 reviews · 128,119 people · across the board, exercise eased depression and anxiety about as well as medication or therapy — and short, higher-effort bursts helped most | 汇总97篇综述、128,119人；总体而言，运动缓解抑郁和焦虑的效果与药物或心理治疗相当——且短时、较高强度的运动效果最好

Pulling together nearly a hundred research reviews covering more than 128,000 people, scientists found that exercise reliably eased depression, anxiety and stress — roughly on par with medication or talking therapy for mild-to-moderate symptoms. Interestingly, shorter, more vigorous programmes (under about 12 weeks) worked better than long, gentle ones. The practical point: you don't need a gym — even a brisk 20–30 minutes a few times a week can lift your mood, and it works alongside any treatment you're already on, not instead of it.

研究者汇总了近百篇、覆盖超过12.8万人的研究综述，发现运动能稳定地缓解抑郁、焦虑和压力——对轻中度症状而言，大致与药物或心理治疗相当。有意思的是，时间更短、强度更高的方案（约12周以内）比长时间、低强度的更有效。实用要点：你不需要健身房——每周几次、每次快走20到30分钟就能提升情绪；它可以与你正在接受的任何治疗并用，而不是取而代之。

SOURCE | 来源: British Journal of Sports Medicine · Peer-reviewed umbrella review · 16 February 2023 · 97 reviews / 1,039 trials / 128,119 participants · Ben Singh and colleagues, University of South Australia · "Effectiveness of physical activity interventions for improving depression, anxiety and distress" · Original study

03

Treating hearing loss with hearing aids may help protect your memory.

用助听器改善听力，或许有助于保护记忆力。

977 adults aged 70–84 · among those at higher risk of decline, hearing aids slowed cognitive decline by about **48%** over 3 years | 977名70至84岁成年人；在认知衰退风险较高的人群中，助听器让3年内的认知衰退减缓约48%

Hearing loss is one of the largest avoidable risk factors for dementia. In this three-year trial, older adults were given either hearing aids with support, or a comparison programme. Overall the two groups looked similar — but among people at higher risk of decline (older, with more health conditions), those who got hearing aids had about half the cognitive decline. The practical point: don't let hearing loss slide — get your hearing checked, and if you're offered hearing aids, actually wear them; it's one of the few everyday steps that may protect the brain, too.

听力下降是可预防的痴呆风险因素中最大的一个。在这项为期三年的试验中，老年人被分为“佩戴助听器并接受支持”与“对照项目”两组。整体上两组差别不大——但在衰退风险较高的人群中（年龄更大、慢病更多），佩戴助听器者的认知衰退大约只有一半。实用要点：别让听力问题拖着——去做个听力检查，如果建议配助听器，就真正戴上；这是少数可能同时保护大脑的日常做法之一。

SOURCE | 来源: The Lancet · Peer-reviewed randomized trial · 2023 · n = 977 (ages 70–84, over 3 years) · Frank Lin and colleagues, Johns Hopkins University · "Hearing intervention versus health education control to reduce cognitive decline (ACHIEVE)" · Original study

04 · NEW IN TREATMENT · 治疗新进展

Gene therapy let children born deaf hear — and speak — for the first time.

基因疗法让天生失聪的孩子第一次听见声音——并开口说话。

5 of 6 children with an inherited form of deafness regained hearing after a single gene-therapy injection — several could soon hold a normal conversation | 6名患有某种遗传性耳聋的儿童中，有5名在接受单次基因治疗注射后恢复了听力——其中几名很快便能进行正常对话

Some children are born profoundly deaf because of a single faulty gene (called OTOF) that stops the inner ear from sending sound to the brain. In this trial, doctors delivered a working copy of that gene into the inner ear with a one-time injection — and five of six children began to hear within weeks, with several regaining speech and the ability to converse. It only works for this specific genetic cause and is still early, but it's a landmark: the first gene therapy to restore hearing. The practical point: if a child in your family has unexplained deafness, genetic testing matters more than ever — it can pinpoint the cause and, increasingly, reveal whether emerging treatments might help.

有些孩子天生重度失聪，是因为单个基因（名为OTOF）出了问题，使内耳无法把声音传给大脑。在这项试验中，医生通过一次性注射，把这个基因的正常版本送入内耳——六名儿童中有五名在数周内开始听见声音，其中几名还恢复了言语、能够对话。它只对这一特定的遗传病因有效，且仍处于早期，但意义非凡：这是首个能恢复听力的基因疗法。实用要点：如果你家里的孩子出现不明原因的耳聋，基因检测比以往任何时候都更重要——它能查明病因，并越来越多地揭示新兴疗法是否可能带来帮助。

Forward if useful · 如果你想到某个人，把这一期转给他。