

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

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~3 MIN READ · 约3分钟

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

01

You don't need 10,000 steps — the big health gains kick in far sooner.

其实你不需要每天一万步——健康益处很早就开始显现。

16,741 women (avg age 72) · about **4,400 steps/day** was tied to much lower death rates than ~2,700; the benefit kept rising, then leveled off around **7,500** — and walking faster added nothing extra | 16,741名女性（平均72岁）；每天约4,400步的死亡率就远低于约2,700步；益处持续上升，约在7,500步趋于平稳——而走得更快并未带来额外好处

The "10,000 steps" target was never based on science — it came from a 1960s Japanese pedometer slogan. When researchers actually measured it, older women who walked about 4,400 steps a day had far lower death rates than the least active; the benefit climbed with more steps but flattened out around 7,500, and speed didn't matter once total steps were counted. The practical point: forget the magic 10,000 — if you're barely moving, adding even a couple of thousand steps a day is where the real payoff is, then build up toward roughly 7,000–8,000.

"一万步"这个目标其实从来没有科学依据——它源自上世纪60年代日本一款计步器的广告口号。当研究者真正去测量时，发现每天约走4,400步的老年女性，死亡率就远低于最不爱动的人；步数越多益处越大，但约在7,500步趋于平稳，而在计入总步数后，走多快并不重要。实用要点：别再纠结那个"一万步"——如果你平时几乎不动，每天多走哪怕两三千步，回报就已经很可观，之后再逐步向大约7,000到8,000步迈进。

SOURCE | 来源: JAMA Internal Medicine · Peer-reviewed cohort study · 2019 · n = 16,741 (older women, ~4.3 years) · I-Min Lee, Eric Shiroma and colleagues, Harvard Medical School and Brigham and Women's Hospital · "Association of Step Volume and Intensity With All-Cause Mortality in Older Women" · Original study

02

A daily multivitamin won't help you live longer, a 390,000-person study finds.

一项涉及**39万**人的研究发现：每天吃复合维生素并不会让你更长寿。

390,124 adults · over **20+ years**, daily multivitamin users were no less likely to die than non-users — and no better off for heart disease, cancer or stroke | 390,124名成年人；在20多年的随访中，每天服用复合维生素者的死亡风险并不比不服用者更低——对心脏病、癌症或中风也没有益处

About one in three adults takes a daily multivitamin hoping to stay healthy. This large government analysis followed nearly 400,000 healthy adults for over two decades and found daily users were no less likely to die than non-users, with no edge against heart disease, cancer or stroke. The practical point: for a generally healthy adult, a daily multivitamin isn't buying you longevity — your money and effort do more in the produce aisle (vegetables, fruit, beans, whole grains); save supplements for a specific deficiency your doctor has flagged.

大约每三名成年人中就有一人每天服用复合维生素，希望以此保持健康。这项由政府机构主导的大型分析，对近40万名健康成年人随访了二十多年，发现每天服用者的死亡风险并不比不服用者更低，对心脏病、癌症或中风也没有优势。实用要点：对总体健康的成年人来说，每天一粒复合维生素并不能换来长寿——把钱和精力花在蔬果区更值得（蔬菜、水果、豆类、全谷物）；补充剂则留给医生明确指出的某种缺乏时再用。

SOURCE | 来源: JAMA Network Open · Peer-reviewed cohort study · 26 June 2024 · n = 390,124 (3 US cohorts, 20+ years) · Erikka Loftfield and colleagues, National Cancer Institute (National Institutes of Health) · "Multivitamin Use and Mortality Risk in 3 Prospective US Cohorts" · Original study

03

The more ultra-processed your food, the higher your risk across dozens of conditions.

你吃的超加工食品越多，几十种健康问题的风险就越高。

~10 million people · 45 pooled analyses linked higher ultra-processed food intake to 32 health problems — including **~50% higher heart-related death**, **~12% more type 2 diabetes**, and more anxiety | 约1,000万人；45项汇总分析显示，超加工食品吃得越多，与32种健康问题相关——包括心脏相关死亡风险约升高50%、2型糖尿病约升高12%，以及更多焦虑

"Ultra-processed" means industrially made foods with ingredients you wouldn't find in a home kitchen — packaged snacks, sugary drinks, instant noodles, many breakfast cereals, reconstituted meats. Pooling studies of nearly ten million people, researchers found that the more of these foods people ate, the higher their risk across 32 health outcomes — most convincingly heart disease, type 2 diabetes and mental-health problems. The practical point: you don't have to be perfect — just shift the balance toward foods that look like food (whole or lightly processed), and cut back on the packaged items you lean on most.

"超加工食品"指工业化生产、含有你厨房里不会有的配料的食物——包装零食、含糖饮料、方便面、许多早餐麦片、重组肉类。研究者汇总了近千万人的数据，发现这类食物吃得越多，32种健康问题的风险就越高——其中证据最有力的是心脏病、2型糖尿病和心理健康问题。实用要点：你不必做到完美——只要把饮食向"看得出原样的食物"（未加工或轻加工）倾斜，并减少你最常吃的那几样包装食品即可。

SOURCE | 来源: The BMJ · Peer-reviewed umbrella review · 28 February 2024 · 45 analyses, ~9.9 million participants · Melissa Lane and colleagues, Deakin University · "Ultra-processed food exposure and adverse health outcomes" · Original study

04 · NEW IN TREATMENT · 治疗新进展

Doctors can now ease Parkinson's through the skull — no incision, no anesthesia.

医生如今能“隔着头骨”缓解帕金森病——无需开刀、无需麻醉。

94 patients · a focused-ultrasound procedure (patient awake, no cut) improved movement or reduced involuntary movements in **69%** vs 32% with a sham | 94名患者；一种聚焦超声治疗（患者清醒、无切口）使69%的人改善了运动或减少了不自主动作（对照组为32%）

For people whose Parkinson's tremor or drug-related jerky movements no longer respond well to medication, a new option skips the operating theatre entirely. The patient lies awake in an MRI scanner wearing a helmet that focuses ultrasound waves through the skull to precisely "switch off" a tiny misfiring spot deep in the brain — no incision, no anesthesia. In this trial it improved symptoms in about two-thirds of patients, with benefits lasting to a year. The practical point: it treats one side of the body and the change is permanent, so it isn't for everyone — but if Parkinson's symptoms are hard to control, ask a movement-disorder neurologist about focused ultrasound and deep brain stimulation.

对于帕金森病的震颤或与药物相关的自主抖动已难以靠药物控制的人来说，一种新选择完全绕开了手术室。患者清醒地躺在核磁共振扫描仪中，戴上一个头盔，让聚焦的超声波穿过头骨，精准地“关掉”大脑深处一个异常放电的小点——无切口、无麻醉。在这项试验中，约三分之二的患者症

状得到改善，疗效可维持约一年。实用要点：它只治疗身体的一侧、且改变是永久性的，因此并非人人适用——但如果帕金森症状难以控制，可以向运动障碍专科神经科医生咨询聚焦超声和脑深部电刺激（DBS）。

SOURCE | 来源: The New England Journal of Medicine · Peer-reviewed randomized trial · 2023 · n = 94 (Parkinson's disease) · Vibhor Krishna and colleagues, University of North Carolina at Chapel Hill · "Trial of Globus Pallidus Focused Ultrasound Ablation in Parkinson's Disease" · Original study

Forward if useful · 如果你想到某个人，把这一期转给他。