

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

Air pollution may be a bigger cancer story than the lungs alone.

空气污染与癌症的关系，可能远不止肺癌。

109 million cancer cases · 952 locations · every 10 $\mu\text{g}/\text{m}^3$ more fine-particle pollution (PM2.5) was tied to **16%** higher all-cancer risk, with women hit hardest | 1.09亿癌症病例 · 952个地区 · 细颗粒物 (PM2.5) 每增加10 $\mu\text{g}/\text{m}^3$ ，与全癌症风险升高16%相关，女性受影响最大

We usually think of dirty air as a lung problem. This global analysis, spanning 2000–2020, links long-term exposure to fine-particle pollution (PM2.5), nitrogen dioxide and ozone with higher rates of cancer overall — not just lung cancer — and ties millions of cases to each pollutant. The practical point: clean air is something you can act on — check your local air-quality index, keep windows shut and run a HEPA purifier indoors on smoggy days, and wear a well-fitted mask outside when levels spike.

我们通常把脏空气当成肺的问题。这项覆盖2000至2020年的全球分析发现，长期暴露于细颗粒物 (PM2.5)、二氧化氮和臭氧，与整体癌症发病率升高相关——不只是肺癌——并把数以百万计的病例归因于每种污染物。实用要点：清洁空气是你行动的事——留意本地空气质量指数，在雾霾天关好门窗、室内开启HEPA净化器，空气变差时外出戴上贴合的口罩。

SOURCE | 来源: Nature Health · Peer-reviewed article · 24 August 2026 · 109 million cancer cases across 952 locations (2000–2020) · Gaoxin Zhang, Yingming Li and colleagues, Chinese Academy of Sciences · "Global cancer burden associated with long-term exposure to ambient air pollution" · Original study

02

A new diabetes sensor now tracks blood sugar and a second danger signal at once.

一款新的糖尿病传感器，现在能同时盯住血糖和第二个危险信号。

Ages 2+ · tracks glucose and ketones every minute for 10 days · cleared after 6 studies of **600+** people | 2岁以上 · 每分钟同时监测血糖和酮体、连续10天 · 基于6项研究、600多人获批

The U.S. Food and Drug Administration cleared the Libre Duo 10 Day, the first wearable anywhere to track both glucose and ketones in a single sensor. Rising ketones warn of diabetic ketoacidosis — a fast-moving, dangerous complication that doesn't always show up in blood-sugar numbers — and the device sends trends and alerts to a phone for an earlier heads-up. The practical point: if you or your child has type 1 (or insulin-treated type 2) diabetes, ask your diabetes team whether continuous ketone monitoring could catch trouble sooner — especially during illness, when ketoacidosis often strikes.

美国食品药品监督管理局批准了 Libre Duo 10 Day——全球首个在同一个传感器里同时监测血糖和酮体的穿戴设备。酮体升高预示着糖尿病酮症酸中毒（一种发展迅速、危险，且未必能从血糖读数看出的并发症），设备会把趋势和警报发送到手机，从而更早预警。实用要点：如果你或你的孩子患有1型（或需要胰岛素的2型）糖尿病，可以问问你的糖尿病团队，连续酮体监测能否帮助更早发现危险——尤其是在生病期间，酮症酸中毒常在此时发作。

SOURCE | 来源: U.S. Food and Drug Administration · De Novo authorization · 25 August 2026 · 6 clinical studies / 600+ participants · Abbott · "Libre Duo 10 Day Continuous Dual Glucose Ketone Monitoring System" · FDA authorization

03

A daily pill nearly doubled survival in pancreatic cancer, one of the hardest to treat.

一种每日口服药，在最难治疗的癌症之一——胰腺癌中把生存期几乎翻倍。

500 patients · phase 3 trial · median survival **13.2 vs 6.7 months** against chemotherapy · FDA-approved 26 Aug | 500人 · III期随机试验 · 中位生存13.2个月 vs 化疗6.7个月 · 8月26日获FDA批准

Pancreatic cancer is notoriously deadly, with few options once the first treatment fails; more than 90% of cases are driven by faulty "RAS" signaling that had long resisted drugs. In a 500-patient trial, the new pill daraxonrasib — the first approved RAS-targeted therapy — nearly doubled median survival versus chemotherapy (13.2 vs 6.7 months) and roughly doubled the time before the cancer worsened. The practical point: it's not a cure and it's for advanced, previously treated disease — but if you or a loved one faces pancreatic cancer, ask the oncologist about RAS-targeted options and tumor genetic testing, which now open a door that didn't exist before.

胰腺癌以凶险著称，一线治疗失败后可选方案寥寥；超过90%的病例由长期难以成药的异常“RAS”信号驱动。在一项500人的试验中，新型口服药 daraxonrasib——首个获批的RAS靶向疗法——将中位生存期较化疗几乎翻倍（13.2个月对6.7个月），并使肿瘤恶化前的时间大约翻倍。实用要点：它们不是治愈手段，且适用于晚期、已接受过治疗的患者——但如果你或家人面临胰腺癌，可以向肿瘤科医生询问RAS靶向药物和肿瘤基因检测；它们如今打开了扇门。

SOURCE | 来源: The New England Journal of Medicine · Peer-reviewed randomized phase 3 trial (RASolute 302); U.S. Food and Drug Administration approval · 26 August 2026 · n = 500 · Eileen O'Reilly, Zev Wainberg and colleagues (RASolute 302 investigators; Dana-Farber Cancer Institute) · "Daraxonrasib or Chemotherapy in Previously Treated Metastatic Pancreatic Cancer" · Original trial

04 · NEW IN TREATMENT · 治疗新进展

An “artificial pancreas” now runs diabetes on autopilot — even for toddlers.

“人工胰腺”如今能让糖尿病管理进入“自动驾驶”——连幼儿也能用。

In young children with type 1 diabetes, an automated insulin system kept blood sugar in the healthy range about **2 more hours a day** — and did much of the work overnight | 在患1型糖尿病的幼儿中，自动胰岛素系统让血糖每天多约2小时处于健康范围——并在夜间承担了大量工作

Managing type 1 diabetes means constantly checking blood sugar and dosing insulin — exhausting, and risky if you get it wrong overnight. The “artificial pancreas” (an automated insulin-delivery system) links a glucose sensor to an insulin pump, with an algorithm that adjusts the insulin for you, minute by minute. In trials — including in toddlers — it kept blood sugar in the safe range far more of the time, especially while sleeping, and lifted a huge mental load from families. The practical point: if you or your child has type 1 diabetes and you're still dosing manually, ask your diabetes team about automated insulin delivery (hybrid closed-loop) systems — they improve control and reduce the round-the-clock burden.

管理1型糖尿病意味着不停地测血糖、打胰岛素——既累人，夜里一旦出错还很危险。“人工胰腺”（自动胰岛素输注系统）把血糖传感器和胰岛素泵连在一起，由算法替你分分钟调整胰岛素用量。在多项试验中——包括在幼儿身上——它让血糖处于安全范围的时间大大增加，尤其是在睡眠期间，并为家庭卸下了巨大的心理负担。实用要点：如果你或你的孩子患有1型糖尿病、目前仍在手动给药，可以向你的糖尿病团队咨询自动胰岛素输注（混合闭环）系统——它能改善血糖控制、减轻全天候的照护负担。

Forward if useful · 如果你想到某个人，把这一期转给他。