

01

Sleeping five hours or less in your 50s is linked to more chronic disease later.

五十多岁时每晚只睡五小时或更少，与日后更多慢性病相关。

7,864 adults tracked 25 years · sleeping ≤ 5 hours at 50 was tied to a **30%** higher risk of developing two or more chronic diseases — rising to **40%** by age 70 | 7,864名成年人、随访25年；50岁时每晚 ≤ 5 小时，与罹患两种及以上慢性病的风险升高30%相关——到70岁升至40%

In a study that followed nearly 8,000 people from age 50 for a quarter-century, those who regularly slept five hours or less were markedly more likely to pile up multiple chronic conditions — heart disease, diabetes, cancer and more — than seven-hour sleepers. Short sleep in midlife wasn't just tiredness; it tracked with worse long-term health. The practical point: treat sleep as a pillar of health, not a luxury — protect a consistent ~7 hours and a regular bed and wake time, and if you routinely can't sleep, ask your doctor about insomnia rather than pushing through.

在一项对近8,000人从50岁起随访四分之一世纪的研究中，长期每晚只睡五小时或更少的人，比每晚睡七小时的人更容易积累多种慢性病——心脏病、糖尿病、癌症等等。中年时睡得少不只是“累”，它与更差的长期健康相关。实用要点：把睡眠当作健康的支柱，而不是奢侈品——尽量保证规律的约7小时、固定上床和起床时间；如果你长期睡不好，别硬扛，去看医生评估是否为失眠。

SOURCE | 来源: PLOS Medicine · Peer-reviewed cohort study · 18 October 2022 · n = 7,864 (Whitehall II, 25-year follow-up) · Séverine Sabia and colleagues, University College London and Université Paris Cité · "Association of Sleep Duration at Age 50, 60, and 70 Years with Risk of Multimorbidity in the UK" · Original study

02

Can't balance on one leg for 10 seconds? It predicts how well you'll age.

单脚站不满**10秒**？它能预示你日后老得好不好。

1,702 adults (51-75) · those who couldn't hold a 10-second one-leg stand had about **84%** higher risk of death over the next ~7 years | 1,702名成年人（51-75岁）；无法完成10秒单脚站立者，未来约7年内的死亡风险高出约84%

Balance quietly fades with age, and it turns out to be a surprisingly strong health signal. In this study, adults who couldn't stand on one leg for ten seconds were far more likely to die over the following years — a link that held even after accounting for age, weight and illness. The good news: balance is trainable. The practical point: try it as a quick self-check (stand on one leg, no support, 10 seconds) — and if it's shaky, practise daily, like standing on one leg while you brush your teeth; steadier balance also means fewer dangerous falls.

平衡能力会随年龄悄悄下降，而它竟是一个相当强的健康信号。在这项研究中，无法单脚站立十秒的成年人，在随后几年里死亡的可能性要高得多——即使在校正年龄、体重和疾病后，这一关联依然成立。好消息是：平衡是可以练的。实用要点：把它当作一个快速自测（不扶任何东西、单脚站10秒）——如果站不稳，就每天练习，比如刷牙时单脚站；更稳的平衡也意味着更少危险的跌倒。

SOURCE | 来源: British Journal of Sports Medicine · Peer-reviewed cohort study · 21 June 2022 · n = 1,702 (ages 51-75, ~7 years) · Claudio Gil Araújo and colleagues, CLINIMEX Exercise cohort, Brazil · "Successful 10-Second One-Legged Stance Performance Predicts Survival in Middle-Aged and Older Individuals" · Original study

03

Eat the same dinner four hours later and your body stores more of it as fat.

同样一顿晚餐，晚吃四小时，你的身体会把更多热量存成脂肪。

16 adults · tightly controlled crossover trial · eating ~4 hours later **doubled hunger**, cut daily calories burned by **~59**, and shifted fat cells toward storage — on identical food | 16名成年人；严格对照的交叉试验；晚吃约4小时使饥饿感翻倍、每日消耗热量减少约59千卡，并让脂肪细胞更倾向储存——而所吃食物完全相同

Researchers fed people the exact same meals, then shifted everything four hours later and measured what changed. Late eating made them hungrier (less of the "full" hormone leptin), slightly lowered how many calories they burned, and nudged fat tissue toward storing rather than releasing fat — all pushing toward weight gain, on identical food. The practical point: when you eat matters, not just what — try to front-load your day (a real breakfast, an earlier dinner) and keep a lighter, earlier evening meal rather than a big late-night one.

研究者给受试者吃完全相同的饭菜，然后把进食时间整体推迟四小时，观察会发生什么变化。晚吃让人更饿（提示“吃饱”的瘦素减少）、消耗的热量略有下降，并让脂肪组织更倾向于储存而非释放脂肪——在食物完全相同的情况下，全都朝着增重的方向。实用要点：“什么时候吃”也很重要，不只是“吃什么”——尽量把一天的重心前移（好好吃早餐、早点吃晚餐），晚上吃得清淡、提早，而不是深夜大餐。

SOURCE | 来源: Cell Metabolism · Peer-reviewed randomized crossover trial · 4 October 2022 · n = 16 (adults with overweight or obesity) · Nina Vujović, Frank Scheer and colleagues, Brigham and Women's Hospital and Harvard Medical School · "Late Isocaloric Eating Increases Hunger, Decreases Energy Expenditure, and Modifies Metabolic Pathways" · Original study

04 · NEW IN TREATMENT · 治疗新进展

The first drugs that actually slow Alzheimer's have arrived.

首批真正能延缓阿尔茨海默病的药物问世了。

1,795 patients · in early Alzheimer's, the antibody drug lecanemab slowed cognitive decline by **27%** over 18 months by clearing a sticky brain protein (amyloid) | 1,795名患者；在早期阿尔茨海默病中，抗体药物lecanemab通过清除大脑中的黏性蛋白（淀粉样蛋白），在18个月内使认知衰退减缓27%

For decades there was nothing that changed the course of Alzheimer's. That's begun to change: lecanemab (and a similar drug, donanemab) are antibodies that clear amyloid — the sticky protein that builds up in the brain — and in trials they modestly slowed the loss of memory and thinking in people with early disease. They aren't a cure: the benefit is real but small, and they carry a risk of brain swelling or small bleeds, so patients need regular scans. The practical point: if you or a family member has very early memory loss, act quickly — ask a doctor about getting an early, confirmed diagnosis, because these new treatments only work in the earliest stages.

几十年来，没有任何药物能改变阿尔茨海默病的病程。如今这开始改变：lecanemab（以及类似的donanemab）是清除淀粉样蛋白（在大脑中堆积的黏性蛋白）的抗体药物，在试验中，它们能在早期患者中适度延缓记忆和思维的衰退。它们不是治愈手段——获益真实但有限，且有脑水肿或

小出血的风险，患者需要定期做脑部扫描。实用要点：如果你或家人出现很早期的记忆减退，尽早行动很重要——去看医生、争取一个明确的早期诊断，因为这些新疗法只在最早阶段才有效。

SOURCE | 来源: The New England Journal of Medicine · Peer-reviewed phase 3 trial (CLARITY AD); U.S. Food and Drug Administration approval 2023 · January 2023 · n = 1,795 · Christopher van Dyck and colleagues (CLARITY AD Investigators), Yale School of Medicine · "Lecanemab in Early Alzheimer's Disease" · Original study

Forward if useful · 如果你想到某个人，把这一期转给他。