

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

A few cups of coffee a day — even lightly sweetened — is linked to living longer.

每天喝几杯咖啡——哪怕加一点糖——都与更长寿相关。

171,616 adults · over 7 years, moderate coffee drinkers (1.5–3.5 cups/day) were **16–31%** less likely to die than non-drinkers — plain or with a little sugar | 171,616名成年人；7年间，适量喝咖啡者（每天1.5–3.5杯）的死亡风险比不喝者低16–31%——无论清咖还是加一点糖

Good news for coffee lovers: in a large UK study, people who drank a moderate amount of coffee — roughly two to three and a half cups a day — were meaningfully less likely to die over the next seven years than non-drinkers, and the benefit held whether they took it black or with a spoon of sugar. (Artificial sweeteners were less clear.) The practical point: if you enjoy coffee, a few cups a day fits comfortably in a healthy routine — just keep added sugar to about a teaspoon rather than the syrup-laden specialty drinks, and go easy in the late afternoon so it doesn't cost you sleep.

咖啡爱好者的好消息：在英国一项大型研究中，适量喝咖啡的人——大约每天两到三杯半——在随后七年里的死亡风险明显低于不喝咖啡的人；无论是喝清咖，还是加一勺糖，这一益处都成立（人工甜味剂的结果则不太明确）。实用要点：如果你喜欢咖啡，每天几杯完全可以算是健康作息的一部分——只要把加糖控制在一茶匙左右，而不是那些糖浆满满的花式咖啡，并在下午晚些时候少喝，以免影响睡眠。

SOURCE | 来源: Annals of Internal Medicine · Peer-reviewed cohort study · 31 May 2022 · n = 171,616 (UK Biobank, 7 years) · Dan Liu, Chen Mao and colleagues, Southern Medical University · "Association of Sugar-Sweetened, Artificially Sweetened, and Unsweetened Coffee Consumption With All-Cause and Cause-Specific Mortality" · Original study

02

Loneliness and isolation raise the risk of an early death — on the scale of major health risks.

孤独和社交隔离会提高过早死亡的风险——其影响堪比一些主要健康风险因素。

90 studies · 2.2 million people · socially isolated adults had a **32%** higher risk of dying from any cause; lonely adults, **14%** higher | 90项研究、220万人；社交隔离者全因死亡风险高出32%；感到孤独者高出14%

Pooling 90 studies covering more than two million people, researchers found that being socially isolated (few contacts) or lonely (feeling disconnected) meaningfully raised the risk of dying early — isolation by about a third — and the effect was even stronger in people already living with heart disease or cancer. Connection, it turns out, is a health behaviour. The practical point: treat your social life like your diet or exercise — protect regular, real contact with people you care about; a standing weekly call, a walk with a friend, or a class or club all count, and reaching out matters most for anyone recovering from illness.

研究者汇总了覆盖两百多万人的90项研究，发现社交隔离（与人接触很少）或孤独（感到与人疏离）会明显提高过早死亡的风险——隔离使风险升高约三分之一——而且对本已患有心脏病或癌症的人影响更大。原来，“与人连接”也是一种健康行为。实用要点：像对待饮食和运动一样对待你的社交生活——保持与在乎的人规律、真实的联系；每周固定的一通电话、和朋友散个步、或参加一个课程或社团，都算数；而对正在病后康复的人，主动联系尤为重要。

SOURCE | 来源: Nature Human Behaviour · Peer-reviewed meta-analysis · 2023 · 90 studies / 2,205,199 people · Fan Wang, Yashuang Zhao and colleagues, Harbin Medical University · "Social Isolation, Loneliness and Mortality: A Systematic Review and Meta-analysis of 90 Cohort Studies" · Original study

03

The shingles vaccine may come with a surprising bonus: a lower risk of dementia.

带状疱疹疫苗可能带来一个意外的额外好处：降低患痴呆的风险。

A "natural experiment" in Wales · people just eligible for the shot had about **20% lower** risk of a dementia diagnosis over the next 7 years | 威尔士的一场“自然实验”；刚好符合接种资格的人，未来7年内被诊断为痴呆的风险低约20%

Because of an age cutoff in Wales' vaccine rollout, people born just after a certain date could get the shingles vaccine while those born just before couldn't — creating an accidental, almost coin-flip experiment. Those who were eligible turned out about 20% less likely to be diagnosed with dementia over the following seven years, hinting that viruses in the nervous system may play a role. The practical point: if you're in the age range for the shingles vaccine, it's already worth getting just to avoid a painful rash — and this possible brain benefit is one more reason to ask your doctor about it.

由于威尔士疫苗推广时设了一个年龄分界线，出生日期刚好在某一天之后的人可以接种带状疱疹疫苗，而刚好在之前的人则不能——这无意中制造了一场近乎“抛硬币”的实验。结果，符合接种资格的人在随后七年里被诊断为痴呆的可能性低了约20%，提示神经系统中的病毒可能参与其中。实用要点：如果你在带状疱疹疫苗的适龄范围内，仅为避免那种疼痛的皮疹就已值得接种——而这个可能的“护脑”好处，是你向医生咨询的又一个理由。

SOURCE | 来源: Nature · Peer-reviewed natural-experiment study · 2025 · population-wide (Wales) · Markus Eyting, Pascal Geldsetzer and colleagues, Stanford Medicine · "A Natural Experiment on the Effect of Herpes Zoster Vaccination on Dementia" · Original study

04 · NEW IN TREATMENT · 治疗新进展

A single dose of psilocybin is showing promise for depression that won't lift.

单次剂量的裸盖菇素（psilocybin），在难治性抑郁症中显示出希望。

233 patients with hard-to-treat depression · a single 25 mg dose (with therapy) put about **29%** into remission at 3 weeks — but it's investigational, given under supervision | 233名难治性抑郁患者；单次25毫克剂量（配合心理治疗）使约29%在3周时达到缓解——但它仍属研究阶段、须在专业监督下使用

Psilocybin, the active compound in “magic mushrooms,” is being seriously studied for depression that hasn't responded to standard treatment. In the largest trial so far, a single supervised dose alongside psychological support helped about a third of people reach remission within three weeks. It's early, still experimental, not approved, and had side effects — so this is a research avenue, not a home remedy. The practical point: don't self-experiment with mushrooms — doses and purity are unpredictable and it can be harmful. If your depression isn't improving, keep working with a mental health professional and ask about properly run clinical trials.

裸盖菇素（“神奇蘑菇”中的活性成分）正被认真研究，用于治疗对常规治疗无效的抑郁症。在迄今最大的一项试验中，单次在专业监督下给药、并配合心理支持，帮助约三分之一的人在三周内达到缓解。它仍处于早期、属于试验性、尚未获批，且有副作用——所以这是一条研究路径，而非居

家偏方。实用要点：切勿自行用蘑菇做实验——剂量和纯度都无法预料，可能造成伤害。如果你的抑郁一直不见好转，请继续与心理健康专业人士合作，并咨询是否有规范开展的临床试验。

SOURCE | 来源: The New England Journal of Medicine · Peer-reviewed phase 2 trial · 2022 · n = 233 (treatment-resistant depression) · Guy Goodwin and colleagues (COMPASS Pathways) · "Single-Dose Psilocybin for a Treatment-Resistant Episode of Major Depression" · Original study

Forward if useful · 如果你想到某个人，把这一期转给他。