

01

A common "sugar-free" sweetener, erythritol, is linked to more heart attacks and strokes.

一种常见的"无糖"甜味剂——赤藓糖醇，与更多心梗和中风相关。

4,000+ adults · those with the highest blood erythritol had about **2×** the risk of heart attack, stroke or death within 3 years; lab tests showed it makes blood more prone to clot | 4,000多名成年人；血中赤藓糖醇最高者，3年内发生心梗、中风或死亡的风险约为2倍；实验显示它会让血液更易凝结

Erythritol is one of the most common sugar substitutes in "keto," sugar-free and stevia- or monk-fruit-blend products. In this study of over 4,000 people, those with the highest blood levels were about twice as likely to have a heart attack or stroke within three years — and lab experiments showed erythritol makes platelets (the cells that form clots) clump more readily. The practical point: you don't need to fear a trace in a stevia packet, but it's worth scanning labels on "sugar-free" sweets, protein bars and drinks — if erythritol is near the top of the list, consider going easy, especially if you already have heart risk.

赤藓糖醇是"生酮"、无糖以及甜叶菊、罗汉果复配产品中最常见的代糖之一。在这项4,000多人的研究中，血中赤藓糖醇水平最高的人，三年内发生心梗或中风的可能性约为两倍——而实验显示，赤藓糖醇会让血小板（参与凝血的细胞）更容易聚集。实用要点：一小包甜叶菊里的微量成分无需担心，但值得看看那些"无糖"糖果、蛋白棒和饮料的配料表——如果赤藓糖醇排在前面，尤其是你本就有心脏风险，不妨少吃一些。

SOURCE | 来源: Nature Medicine · Peer-reviewed study · 27 February 2023 · n = 4,000+ (US and Europe) · Stanley Hazen and colleagues, Cleveland Clinic · "The Artificial Sweetener Erythritol and Cardiovascular Event Risk" · Original study

02

Half a tablespoon of olive oil a day is linked to a lower risk of dying from dementia.

每天半汤匙橄榄油，与因痴呆去世的风险更低相关。

92,383 adults tracked 28 years · those who had ~½ **tablespoon** (7 g) of olive oil daily had a **28% lower** risk of dementia-related death — even accounting for overall diet and genes | 92,383名成年人、随访28年；每天约半汤匙（7克）橄榄油者，因痴呆去世的风险低28%——即使在校正整体饮食和基因后依然成立

Olive oil is already known to help the heart; this large Harvard study is the first to tie it to the brain. Following more than 92,000 adults for nearly three decades, researchers found that those who used at least half a tablespoon of olive oil a day were meaningfully less likely to die from dementia — and the link held regardless of how healthy their diet was otherwise, or their genetic risk. Swapping a little margarine or mayonnaise for olive oil helped too. The practical point: make olive oil your default fat for cooking and dressings — drizzle it on vegetables, salads and bread in place of butter, margarine or mayo; even half a tablespoon a day counts.

橄榄油有益心脏早已为人所知；这项哈佛大型研究首次把它与大脑联系起来。研究者对九万两千多名成年人随访近三十年，发现每天使用至少半汤匙橄榄油的人，因痴呆去世的可能性明显更低——而且无论其整体饮食是否健康、基因风险如何，这一关联都成立。用一点橄榄油替换人造黄油或蛋黄酱，也有帮助。实用要点：把橄榄油作为你烹饪和调味的默认用油——用它淋在蔬菜、沙拉和面包上，代替黄油、人造黄油或蛋黄酱；哪怕每天半汤匙也算数。

SOURCE | 来源: JAMA Network Open · Peer-reviewed cohort study · 6 May 2024 · n = 92,383 (US, 28-year follow-up) · Anne-Julie Tessier, Marta Guasch-Ferré and colleagues, Harvard T.H. Chan School of Public Health · "Consumption of Olive Oil and Diet Quality and Risk of Dementia-Related Death" · Original study

03

Frequent daytime napping is linked to higher blood pressure and stroke risk.

经常白天打盹，与更高的血压和中风风险相关。

358,451 adults · people who "usually" napped had a **12%** higher risk of high blood pressure and a **24%** higher risk of stroke than those who never or rarely did | 358,451名成年人；"经常"午睡的人比"从不/很少"午睡者，高血压风险高12%、中风风险高24%

A short nap isn't the problem — but a regular need for one may be a red flag. In a study of over 350,000 adults, those who usually napped during the day were more likely to develop high blood pressure and stroke, and genetic analysis suggested frequent napping may actually help drive high blood pressure, not just accompany it. Often, heavy daytime napping is a sign the night's sleep isn't doing its job. The practical point: an occasional 20-minute nap is fine, but if you feel you need to nap most days, treat it as a signal — look at your nighttime sleep, get your blood pressure checked, and mention persistent daytime sleepiness to your doctor.

偶尔小睡一下并不是问题——但"经常离不开"午睡，可能是个警示信号。在一项超过35万成年人的研究中，白天经常午睡的人更容易患上高血压和中风；基因分析还提示，频繁午睡可能确实在"推高"血压，而不只是与之相伴。很多时候，白天大睡是夜间睡眠没睡好的信号。实用要点：偶尔睡个20分钟的午觉没关系，但如果你几乎每天都得靠午睡撑着，就把它当作一个信号——检查一下你的夜间睡眠、量一量血压，并把持续的白天嗜睡告诉医生。

SOURCE | 来源: Hypertension (American Heart Association) · Peer-reviewed cohort study with Mendelian randomization · 25 July 2022 · n = 358,451 (UK Biobank) · E Wang and colleagues, Central South University · "Association of Nap Frequency With Hypertension or Ischemic Stroke" · Original study

04 · NEW IN TREATMENT · 治疗新进展

A personalized mRNA vaccine cut the return of melanoma by nearly half.

一款个性化mRNA疫苗，将黑色素瘤的复发风险降低了近一半。

157 patients with high-risk melanoma · adding a custom mRNA cancer vaccine to immunotherapy cut the risk of the cancer returning or death by **44%** | 157名高危黑色素瘤患者；在免疫治疗基础上加用定制mRNA癌症疫苗，使癌症复发或死亡的风险降低44%

The same mRNA technology behind Covid vaccines is being turned against cancer. Researchers read the unique genetic "fingerprint" of each patient's tumour and built a personalized vaccine to train the immune system to hunt those exact cancer cells. Added to standard immunotherapy after melanoma surgery, it cut the risk of the cancer coming back — the first time a personalized mRNA cancer vaccine has worked in a randomized trial. The practical point: it's still in trials (now expanding to lung and other cancers), but it points to a future of truly tailor-made cancer treatment — and a reason for anyone facing cancer to ask their oncologist about clinical trials.

新冠疫苗背后的同一种mRNA技术，如今正被用来对抗癌症。研究者读取每位患者肿瘤独特的基因“指纹”，为其量身定制一款疫苗，训练免疫系统去追杀这些特定的癌细胞。在黑色素瘤手术后、于标准免疫治疗基础上加用它，显著降低了癌症复发的风险——这是个性化mRNA癌症疫苗首次在

随机试验中见效。实用要点：它仍在试验阶段（正扩展到肺癌等其他癌症），但预示着真正“量身定制”的癌症治疗未来——也是每一位面对癌症的人向肿瘤科医生咨询临床试验的理由。

SOURCE | 来源: The Lancet · Peer-reviewed phase 2b trial (KEYNOTE-942) · 2024 · n = 157 (high-risk melanoma) · Jeffrey Weber and colleagues, NYU Langone Perlmutter Cancer Center · "Individualised Neoantigen Therapy mRNA-4157 (V940) plus Pembrolizumab in Resected Melanoma" · Original study

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