

01

Gentle tai chi lowered blood pressure more than brisk aerobic exercise.

舒缓的太极，降血压的效果比快节奏的有氧运动还要好。

342 adults with slightly high blood pressure · after 12 months, tai chi lowered systolic (top-number) blood pressure more than aerobic exercise, including overnight | 342名血压偏高的成年人；坚持12个月后，太极对收缩压（高压）的降低幅度超过有氧运动，夜间血压也更低

Tai chi — the slow, flowing "moving meditation" — went head-to-head with conventional aerobic exercise in adults whose blood pressure was creeping up. After a year, the tai chi group saw a bigger drop in their top blood-pressure number, and notably lower readings overnight (when high pressure is especially risky). For a gentle, low-impact practice, that's a striking result. The practical point: if high-intensity workouts feel out of reach or hard on your joints, a gentle practice like tai chi (or yoga) is a legitimate way to protect your heart — aim for regular sessions most weeks, and count it as real exercise.

太极——那种缓慢、连绵的“动态冥想”——与传统有氧运动，在一群血压正在悄悄上升的成年人身上正面较量。一年之后，太极组的高压（收缩压）下降得更多，夜间读数也明显更低（而夜间高血压尤其危险）。对于一项温和、低冲击的运动来说，这个结果相当亮眼。实用要点：如果高强度锻炼让你望而却步、或对关节负担太大，像太极（或瑜伽）这样温和的练习，是保护心脏的正当之选——尽量每周多练几次，把它当作真正的运动。

SOURCE | 来源: JAMA Network Open · Peer-reviewed randomized trial · 9 February 2024 · n = 342 (adults with prehypertension, 12 months) · Xinye Li, Yanwei Xing and colleagues, China Academy of Chinese Medical Sciences · "Effect of Tai Chi vs Aerobic Exercise on Blood Pressure in Patients With Prehypertension" · Original study

02

Taking acid-reflux pills for years is linked to a higher risk of dementia.

长期服用抗胃酸药（质子泵抑制剂），与更高的痴呆风险相关。

5,712 older adults · those who took proton-pump-inhibitor reflux drugs for more than **4.4 years** had a **33%** higher risk of developing dementia; shorter use showed no clear link | 5,712名老年人；服用质子泵抑制剂类抗胃酸药超过4.4年者，患痴呆的风险高33%；短期使用未见明显关联

Proton pump inhibitors (PPIs) — common reflux drugs like omeprazole and esomeprazole — are among the most-prescribed medicines in the world, and many people stay on them for years. In this study, those who'd taken them for more than about four and a half years had a 33% higher risk of developing dementia; shorter courses showed no clear link. It doesn't prove the pills cause dementia, but long-term use has also been tied to bone fractures and kidney problems. The practical point: PPIs are genuinely useful short-term — but if you've been on one for years out of habit, ask your doctor whether you still need it, or could step down to a lower dose or a simpler antacid.

质子泵抑制剂（PPI）——像奥美拉唑、埃索美拉唑这类常见的抗胃酸药——是全世界处方量最大的药物之一，很多人一吃就是好几年。在这项研究中，服用超过约四年半的人，患痴呆的风险高出33%；而短期服用则未见明显关联。这并不能证明是药物“导致”了痴呆，但长期使用也与骨折和肾脏问题有关。实用要点：PPI在短期内确实有用——但如果你只是出于习惯已经吃了很多年，不妨问问医生你是否仍然需要，或能否减到更低剂量、换用更简单的抗酸剂。

SOURCE | 来源: Neurology (American Academy of Neurology) · Peer-reviewed cohort study · 9 August 2023 · n = 5,712 (older US adults) · Carin Northuis, Kamakshi Lakshminarayan and colleagues, University of Minnesota · "Cumulative Use of Proton Pump Inhibitors and Risk of Dementia" · Original study

03

The HPV vaccine is so effective that a generation of vaccinated women has had zero cervical cancer.

HPV疫苗效果之好，以至于接种过的一代女性中，宫颈癌零发生。

Scotland, all women born 1988–1996 · **zero** cases of cervical cancer among those fully vaccinated at age 12–13 — after up to 12 years of follow-up | 苏格兰1988–1996年出生的全部女性；在12–13岁完成接种者中，宫颈癌零发生——随访长达12年

Cervical cancer is caused almost entirely by HPV, a common virus — which is exactly why a vaccine can prevent it. Tracking every woman in Scotland born between 1988 and 1996, researchers found not a single case of cervical cancer among those fully vaccinated at age 12–13, and sharply lower rates in those vaccinated a bit older. It's real-world proof that this cancer can be pushed toward elimination. The practical point: if your child is offered the HPV vaccine (usually around age 11–13), it's one of the clearest cancer-prevention wins there is — and adults who missed it can still ask about catch-up. Keep up screening, though, since the vaccine doesn't cover every type. 宫颈癌几乎全部由常见病毒HPV引起——这正是疫苗能够预防它的原因。研究者追踪了苏格兰1988至1996年间出生的每一位女性，发现在12–13岁完成接种的人当中，宫颈癌零发生；在稍大年龄接种者中，发病率也大幅降低。这是“这种癌症可被推向消除”的现实世界证据。实用要点：如果学校为你的孩子提供HPV疫苗（通常在11–13岁左右），这是最明确的防癌之举之一——错过接种的成年人也可以咨询补种。不过由于疫苗并不覆盖所有型别，定期筛查仍然重要。

SOURCE | 来源: Journal of the National Cancer Institute · Peer-reviewed population study · 22 January 2024 · all women born 1988–1996 (Scotland) · Tim Palmer, Kimberley Kavanagh and colleagues, Public Health Scotland · "Invasive Cervical Cancer Incidence Following Bivalent HPV Vaccination" · Original study

04 · NEW IN TREATMENT · 治疗新进展

The first pill for postpartum depression works in days, not weeks.

首款治疗产后抑郁的口服药，起效以“天”计，而非“周”。

196 new mothers · a 14-day course of the pill zuranolone eased severe postpartum depression, with improvement as early as **day 3** | 196名新手妈妈；为期14天的口服药zuranolone缓解了重度产后抑郁，最早在第3天就见改善

About one in eight new mothers develops postpartum depression, and standard antidepressants can take weeks to help. Zuranolone (Zurzuva) is the first pill approved specifically for it: a 14-day course that eased symptoms in a trial of new mothers, often within days — a big deal when a mother and baby are both struggling. The practical point: postpartum depression is common, treatable and not a personal failing — if a new mum in your life seems persistently low, anxious or detached, gently encourage her to talk to a doctor early; fast-acting options now exist, alongside therapy and support.

大约每八位新手妈妈中就有一人会经历产后抑郁，而常规抗抑郁药往往要数周才起效。Zuranolone（商品名Zurzuva）是首款专门为此获批的口服药：14天一个疗程，在一项针对新手妈妈的试验中缓解了症状，且常常在几天内见效——当母亲和婴儿都在艰难时刻，这一点意义重大。实用要

点：产后抑郁很常见、可治疗，绝不是个人的失败——如果你身边的新手妈妈持续情绪低落、焦虑或与人疏离，请温柔地鼓励她尽早看医生；如今除了心理治疗和支持，还有起效更快的药物可选。

SOURCE | 来源: The American Journal of Psychiatry · Peer-reviewed phase 3 trial (SKYLARK); U.S. Food and Drug Administration approval August 2023 · 2023 · n = 196 · Kristina Deligiannidis and colleagues, Feinstein Institutes for Medical Research · "Zuranolone for the Treatment of Postpartum Depression" · Original study

Forward if useful · 如果你想到某个人，把这一期转给他。