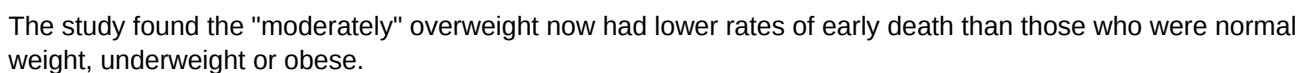


导读:据丹麦的一项研究表明,和四十年前相比,现在肥胖的人可能要比其他体重的人更健康。



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The work, published in JAMA, looked at many thousands of people's height, weight and death rates at three different time periods since the 1970s.

????????JAMA????????????????????????????70????????????????????????

A UK doctor said it did not mean being overweight was healthy or desirable.

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And advice about preventing obesity should remain.

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In the mid-1970s, those with the lowest death rates were a normal weight and the obese faced a 30% higher risk of early death, the doctors, from Copenhagen University, found.

????????????????70????????????????????????????????????30%?

But now the threat to people's survival from being obese was now almost negligible

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The authors say the most likely explanation is that health systems are now much better at treating obesity-linked conditions, such as high cholesterol and blood pressure.

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Lead investigator Prof Borge Nordestgaard said: "Our results should not be interpreted as suggesting that now people can eat as much as they like, or that so-called normal-weight individuals should eat more to become overweight.

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"That said, maybe overweight people need not be quite as worried about their weight as before."

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The Danish researchers say their work shows a need to update the global categories that define excess weight, which are now two decades old.

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But that idea was rejected by a British expert in metabolic medicine.

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Prof Naveed Sattar, from the University of Glasgow, said: "These data are of interest, but they do not change advice we have been giving on obesity and its treatment and prevention.

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"The current findings do not mean that being overweight is protecting you from death, far from it.

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"Obesity and overweight categories also signal risks for many diseases - such as type-2 diabetes, liver disease, cancers, sleeping problems, multiple pregnancy complications, to name but a few.

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"Although we can manage many of those much better these days, such complications also impair quality of life and self-esteem, as well as increase health costs for societies."

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