

《长达20年跟踪研究证明：常蒸桑拿可预防痴呆症》

导读:英国科学家研究发现，常蒸桑拿居然可降低痴呆症风险。大家伙儿有事没事都蒸蒸吧！



Visiting the sauna regularly could reduce the risk of dementia, a new study has found.

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Scientists at the University of East Finland followed more than 2,000 middle-aged men for 20 years to find out what factors influenced how many developed cognitive problems in later life.

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They found that those who used the sauna between four and seven times a week were 66 per cent less likely to be diagnosed with dementia during the study period compared with those taking a sauna just once a week or less.

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It is the first time that anyone has found a link between sauna use and dementia although previous studies have shown that regular use reduces the risk of dying from all causes and seems to improve heart health.

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Professor Jari Laukkaben, the study leader, said that sauna bathing may protect both the heart and memory in similar ways.

???????Jari Laukkaben????????????????????????????

"It is known that cardiovascular health affects the brain as well," he said. "The sense of well-being and relaxation experience during sauna-bathing may also play a role."

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Dementia charities said saunas might work by reducing blood pressure and improving circulation.

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Dr Clare Walton, Research Manager at the Alzheimer's Society said: "With dementia now the biggest killer across England and Wales, finding ways to reduce the risk of developing the condition is a top priority.

????????????????Clare Walton????“??”

"Saunas are thought to improve circulation and reduce blood pressure, both of which could go some way to reducing your risk of getting dementia.

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"Currently the best evidence to reduce the risk of dementia is to exercise regularly, eat a healthy, balanced diet and avoid smoking."

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Dr Rosa Sancho, Head of Research at Alzheimer's Research UK, added: "Although sauna bathing isn't a common hobby for men in the UK, this study suggests men who use saunas several times a week may also have a lower dementia risk.

????????????????????Rosa Sancho????“??”

"These kinds of studies can't unpick cause and effect, but they are important for highlighting trends in how lifestyle factors may influence our risk of dementia for more detailed follow-up."

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