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Fake News - Case Studies

網路食藥謠言 - 案例

美15年研究：喝酒和略胖的人更長壽 比運動還有效



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留言



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2018-10-29 09:00 元氣網 綜合報導

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日前著名醫學期刊《刺胳針》（The Lancet）刊出一則文章，指無論攝入多少酒精，對人體都是不安全的（[相關文章請點我](#)）。但美國卻有一項長達**15**年的研究，指喝酒有助**長壽**，在降低早死風險上比**運動**還顯著。

美國加州大學爾灣分校（University of California, Irvine）**神經內科**專家克勞蒂亞（Claudia Kawas），從2003年開始、耗時**15**年針對**1700**名 **90～99**歲的老人進行研究，發現每天喝**1～2**杯啤酒或**葡萄酒**的人，早死機率降低**18%**，相較之下每天運動**15～45**分鐘的人，早死機率僅降低**11%**。

克勞蒂亞表示，適量飲酒對長壽很有幫助；此研究也發現每天進行**2**小時做有興趣的事，死亡風險可降低**21%**。另外還有一項較為顛覆的研究結果，身材略為**肥胖**的人，早死機率比標準或略輕的人降低**3%**。

Source/來源

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UCI MIND faculty investigator, Dr. Claudia Kawas, presented findings from The 90+ Study at the American Association for the Advancement of Science's annual conference this past weekend, highlighting the link between moderate alcohol consumption and longevity. In an observational study of participants age 90 and older, Dr. Kawas and her team found that consuming about two glasses of beer or wine daily was associated with 18% reduced risk of premature death. Findings also suggest regular exercise, social and cognitive engagement, and a few extra pounds in older age are associated with longevity.

To learn more about The 90+ Study, click [HERE](#) or contact 949.768.3635 or study90@uci.edu.

[Live Science](#) > [Health](#)

No, Drinking Alcohol Won't Make You Live Past 90

By [Brandon Specktor, Senior Writer](#) | February 21, 2018 01:14pm ET



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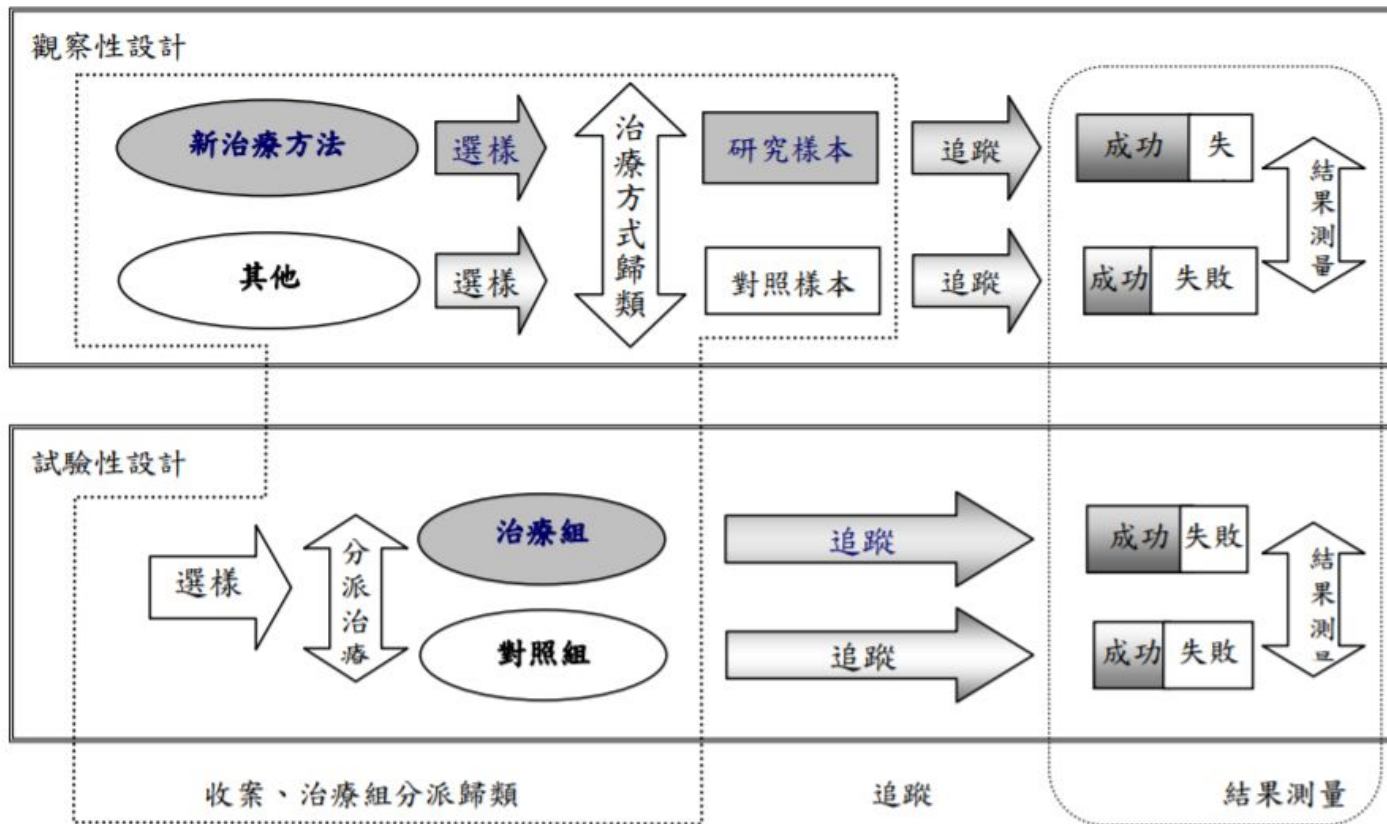
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Kawas is not alone in her thinking — various other studies have [linked moderate drinking to reduced risk of heart attack](#), stroke, and other conditions. Findings like these come with significant caveats, however — which Kawas quickly pointed out to the AAAS audience. "Keep in mind that I start studying people when they're 90," Kawas said. "I think it's very likely that individuals who have very excessive alcohol intake at younger ages don't even make it to their 90s."



Maybe these study subjects are quite rich so they have access to better healthcare

Clinical Trial / 臨床實驗



圖一、研究進行過程

相關性 vs 因果性 correlation vs causation

觀察性研究無法作為醫療行為「安全性、有效性或是效果」(safety, efficacy, or effectiveness)的可靠來源

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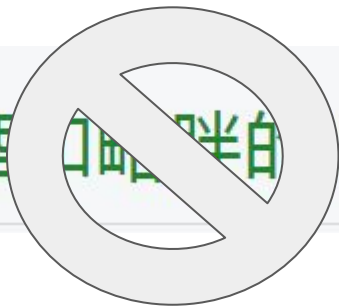
結論 Conclusion:

美15年研究：喝酒和略胖的人更長壽 比運動還有效

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北市電視辯論》吳萼洋推銷蜂蜜檸檬水 結尾還唱「愛江山更愛美人」

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相關影音



北市電視辯論》吳萼洋推銷蜂蜜檸檬水 結尾還唱「愛江山更愛美人」

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相關影音



吳萼洋在第一階段開場申論時，就以2010年他左眼下方長一顆大瘤開場，3個月內越來越大，同時他的手掌長了汗斑疹，擦了好久的類固醇的藥都治不好，甚至擦到手指的指紋都不見了。他說，這顆瘤讓他感到害怕，而且越來越嚴重，但他不服輸，想著自己先治療看看，如果治不好，再去找醫生。

接著，他發願吃素一個月，並試著喝「蜂蜜檸檬水」，沒想到在第10天瘤就變痛，慢慢化膿，擠掉膿後，半年瘤就消失了，同時竟然連手上的汗斑疹也都好了，他直呼「不可思議，我竟然能治好醫院治不好的病。」他因此得到了一個啟示，人不能執著在所認知的知識裡，人應該去了解真相。吳萼洋表示，從那時起他對於事物的看法經常與一般人不同，不再執著或者相信所謂專家、學者、名嘴、媒體，甚至是總統、政府官員等等人所講的話。

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1. 吳先生沒有去看醫生

- 並沒有確診為惡性腫瘤(癌症)
- 說不定這個瘤只是一般的良性皮膚增生
- 也有可能是疔瘡, 瘰癧

2. 汗斑疹為皮屑芽孢菌感染

- 擦類固醇只會讓皮屑芽孢菌加速生長
- 症狀惡化 [火上加油]

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1. 已知的變因

- 吃素食
- 蜂蜜檸檬水
- 無法確定哪個變因有效

2. 因為沒看醫生 不確定皮膚科醫生是不是真的治不好

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1. 不敢說專家/學者永遠一定正確，不過還是有一點參考價值

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蜂蜜中的肉毒桿菌孢子

Medical doctors: Infant botulism is a rare but serious gastrointestinal condition caused by exposure to *Clostridium botulinum* (*C. botulinum*) spores. Bacteria from the spores can grow and multiply in a baby's intestines, producing a dangerous toxin. The condition can occur in infants up to age 12 months.

Questions?