
真的好！芬兰人为蒸桑拿有益健康又添一分

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论文标题：Sauna bathing is associated with reduced cardiovascular mortality and improves risk prediction in men and women: a prospective cohort study

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Medicine上的一项研究发现，50岁以上且常蒸桑拿的人，死于心血管疾病的风险更小。



真的好！芬兰人为蒸桑拿有益健康又添一分。来自东芬兰大学和芬兰于韦斯屈莱大学的研究者发现，那些每周蒸4-7次桑拿的人，心血管疾病死亡率为每1000人年中2.7人次，而每周只蒸1次桑拿的人心血管疾病死亡率为每1000人年中10.1人次。人年是指研究参与者参与年数的总和，用来衡量一个时间段内一个研究人群中新发病例的数量，如果新发病例较少就说明风险较小。

研究的通讯作者Jari Laukkanen教授说：这个研究的一个重要发现就是，规律的桑拿浴与中年女性及男性更低的心血管疾病死亡率相关。之前相关的人群研究大部分都只以男性为研究对象。

Laukkanen教授继续说道：桑拿浴可能会降低心血管疾病的死亡风险，原因可能有以下几种。我们的研究团队在之前的研究中发现多蒸桑拿的人血压较低。另外，已知桑拿可以将心率提高到低强度至中等强度运动可以达到的心率。

另外研究还发现心血管疾病死亡率随着每周桑拿浴时间的增加而降低。每周桑拿浴时间超过45分钟的人群，心血管疾病死亡率为每1000人年中5.1人次，而每周桑拿浴时间少于15分钟的人群中这个死亡率为每1000人年中9.6人次。

参与研究的1688人都生活在芬兰的库奥皮奥市或周边地区，研究人员通过自我汇报问卷收集了参与者的桑拿浴情况，从医院和保健中心病房的档案中、死亡证明以及医学法律报告中收集了参与者的死亡情况。研究开始时，参与者的平均年龄为63岁，其中51.4%是女性。这一前瞻性研究的数据均为1998-2015年间收集，平均跟踪时间为15年。

作者提醒说本研究中提供数据的病人均来自同一区域，因此想要知道研究发现是否适用于其他人群还需要进一步的研究。本研究为观察性研究，无法得出因果性结论。

摘要：

Background

Previous evidence indicates that sauna bathing is related to a reduced risk of fatal cardiovascular disease (CVD) events in men. The aim of this study was to investigate the relationship between sauna habits and CVD mortality in men and women, and whether adding information on sauna habits to conventional cardiovascular risk factors is associated with improvement in prediction of CVD mortality risk.

Methods

Sauna bathing habits were assessed at baseline in a sample of 1688 participants (mean age 63; range 53 – 74 years), of whom 51.4% were women. Multivariable-adjusted hazard ratios (HRs) were calculated to investigate the relationships of frequency and duration of sauna use with CVD mortality.

Results

A total of 181 fatal CVD events occurred during a median follow-up of 15.0 years (interquartile range, 14.1 – 15.9). The risk of CVD mortality decreased linearly with increasing sauna sessions per week with no threshold effect. In age- and sex-adjusted analysis, compared with participants who had one sauna bathing session per week, HRs (95% CIs) for CVD mortality were 0.71 (0.52 to 0.98) and 0.30 (0.14 to 0.64) for participants with two to three and four to seven sauna sessions per week, respectively. After adjustment for established CVD risk factors, potential confounders including physical activity, socioeconomic status, and incident coronary heart disease, the corresponding HRs (95% CIs) were 0.75 (0.52 to 1.08) and 0.23 (0.08 to 0.65), respectively. The duration of sauna use (minutes per week) was inversely associated with CVD mortality in a continuous manner. Addition of information on sauna bathing frequency to a CVD mortality risk prediction model containing established risk factors was associated with a C-index change (0.0091; $P = 0.010$), difference in $-2 \log$ likelihood ($P = 0.019$), and categorical net reclassification improvement (4.14%; $P = 0.004$).

Conclusions

Higher frequency and duration of sauna bathing are each strongly, inversely, and independently associated with fatal CVD events in middle-aged to elderly males and females. The frequency of sauna bathing improves the prediction of the long-term risk for CVD mortality.

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