

0052 Why Do Mental Illnesses—From Depression to Schizophrenia—Raise the Risk of Dementia?

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1. Why Do Mental Illnesses —From Depression to Schizophrenia —Raise (v.) the Risk of Dementia?

Age is the single biggest **risk factor** for dementia 痴呆；精神错乱, with **the odds** (事物发生的) 可能性, 概率, 几率, 机会 **doubling** (v.) about every five years /after age 65. But many things influence (v.) those odds /for a given individual. Genetic vulnerability is a contributor 作出贡献者, as are so-called **modifiable 可更改的 risk factors** such as smoking, cardiovascular 心血管的 disease, social isolation, and impaired (a.)受损的；出毛病的 hearing and vision.

Certain **mental conditions**, particularly depression and schizophrenia 精神分裂症, have also been linked to dementia. But because depression can itself be a sign of cognitive decline, **the causality 因果关系 has been a bit muddy 含泥的；浑浊的**. Earlier this year /an analysis of data from New Zealand /**provided the most convincing 令人信服的；有说服力的 evidence** to date /**linking** many kinds of mental illness **with** dementia. That study **raises (v.) important questions about** the reasons for this increased risk /and what could be done to reduce it.

Example 1. 标题

schizophrenia

/ˌskɪtsəˈfriːniə; ˌskɪtsəˈfreniə/

[U] a mental illness in which a person becomes unable to link thought, emotion and behaviour, leading to withdrawal from reality and personal relationships 精神分裂症

→ schizo-, 分开, 分裂, -phren, 大脑, 脑部, 词源同

phrenetic, frantic, frenetic. -ia, 表疾病。引申词 义精神分裂症。

dementia

(medical 医) a serious mental disorder caused by brain disease or injury, that affects the ability to think, remember and behave normally 痴呆; 精神错乱

→ de- 去掉 + -ment- 记忆, 智力 + -ia 名词词尾

年龄是痴呆症的最大风险因素, 65 岁后, 患痴呆症的几率大约每五年翻一番。但是很多因素会影响特定个体的几率。遗传脆弱性是一个因素, 所谓的可改变风险因素, 也是一个因素, 例如吸烟、心血管疾病、社会孤立, 以及听力和视力受损。某些精神状况, 尤其是抑郁症和精神分裂症, 也与痴呆症有关。但由于抑郁症本身可能是认知能力下降的迹象, 因此因果关系有点模糊。今年早些时候, 对新西兰数据的分析, 提供了迄今为止最有说服力的证据, 证明多种精神疾病与痴呆症有关。该研究提出了有关风险增加的原因, 以及可以采取哪些措施来降低风险。

It found that /those with a diagnosed mental disorder 失调; 紊乱; 不适; 疾病 —such as anxiety disorders, depression or **bipolar 双相型障碍的; 躁狂抑郁性精神病的 disorder** —had four times **the rate of** ultimately developing dementia /**compared with** people without such a diagnosis. For those with a psychosis 精神病 **such as** schizophrenia 精神分裂症, it was six times the rate. Among people who developed dementia, those with a psychiatric disorder /were affected 5.6 years earlier, on average.

Example 2. 标题

研究发现，那些被诊断出精神障碍（例如焦虑症、抑郁症或双相情感障碍）的人最终患上痴呆症的几率是没有此类诊断的人的四倍。对于那些患有精神分裂症等精神病的人来说，这一比例是其六倍。在患有痴呆症的人中，患有精神疾病的人平均提前 5.6 年受到影响。

They suspect that /a more significant risk factor /is the chronic stress **associated with** having a psychiatric 精神病的；精神病学的 disorder, which may degrade (v.)降低，削弱（尤指质量） brain health over time. Studies in animals **as well as** human autopsy 验尸；尸体解剖 studies /have **linked** chronic stress to a loss of neural connections in the hippocampus 海马（大脑中被认为是感情和记忆中心的部分），the brain's memory center, which is where Alzheimer's **takes a heavy toll**（战争、灾难等造成的）毁坏；伤亡人数。

Evidence suggests that /stress drives (v.) inflammation 发炎；炎症 and **immune dysregulation** 调节异常 in the body and brain, impacting (v.)冲击；撞击；（对某事物）有影响，有作用 brain connectivity 连接（度）；联结（度），says Harvard University neurologist and dementia researcher Steven Arnold. “If you have fewer connections and synapses（神经元的）突触 to begin with /because of stress, then you can't afford to lose (v.) as many with aging /before it starts to show up 显露 as what we might call dementia.” In other words, people with mental illnesses /may have less “cognitive reserve 保留；贮备” — brainpower 智能；智力 that is sufficiently robust /to withstand (v.)承受；抵住；经受住 normal aging /without obvious losses of function.

Vulnerability 易损性，弱点 in this population /may also **be linked to** their finding (v.) it more difficult to lead healthy lives, physically and socially, Richmond-Rakerd says. “They might exercise (v.) less, or drink (v.) alcohol excessively, or have trouble /staying socially connected” —all of which increase (v.) the risk for dementia. People with certain psychiatric conditions /tend to **have higher-than-average rates of** smoking /and fewer years of education, which are also **risk factors**.

In an ideal world, Efforts to prevent (v.) dementia /would begin in childhood /with strong investments (n.) in education and **the inculcation** 谆谆教诲；教授 of healthy habits.

Example 3. 标题

他们怀疑一个更重要的风险因素,是**与精神疾病相关的"慢性压力"**,随着时间的**推移,这可能会降低大脑健康**。动物研究和人体解剖研究,都将"慢性压力"与"海马体神经连接的丧失"联系起来. 海马体是大脑的记忆中心,而海马体是阿尔茨海默氏症的重灾区。哈佛大学神经学家和痴呆症研究员史蒂文阿诺德说,有证据表明,**压力会导致身体和大脑发生炎症和免疫失调,从而影响大脑连接**。“如果你一开始因为压力而减少了连接和突触,那么你就无法承受在衰老开始出现我们所谓的痴呆症之前,失去那么多连接和突触。”换句话说,患有精神疾病的人,可能拥有较少的“认知储备”——足以承受"正常衰老,而不会明显丧失功能"的脑力。

这一人群的脆弱性,也可能与他们发现在身体和社交方面更难过上健康的生活有关。“他们可能运动量减少,或过度饮酒,或难以保持社交联系”——所有这些,都会增加患痴呆症的风险。患有某些精神疾病的人,往往有高于平均水平的吸烟率,和较少的受教育年限,这些也是风险因素。

在一个理想的世界中,预防痴呆症的努力,要从童年开始,大力投资于"教育"和"灌输健康"的习惯。

2. Why Do Mental Illnesses—From Depression to Schizophrenia—Raise the Risk of Dementia?

Age is the single biggest risk factor for dementia, with the odds doubling about every five years after age 65. But many things influence those odds for a given individual. Genetic vulnerability is a contributor, as are so-called modifiable risk factors such as smoking, cardiovascular disease, social isolation, and impaired hearing and vision. Certain mental conditions, particularly depression and schizophrenia, have also been linked to dementia. But because depression

can itself be a sign of cognitive decline, the causality has been a bit muddy. Earlier this year an analysis of data from New Zealand provided the most convincing evidence to date linking many kinds of mental illness with dementia. That study raises important questions about the reasons for this increased risk and what could be done to reduce it.

It found that those with a diagnosed mental disorder—such as anxiety disorders, depression or bipolar disorder—had four times the rate of ultimately developing dementia compared with people without such a diagnosis. For those with a psychosis such as schizophrenia, it was six times the rate. Among people who developed dementia, those with a psychiatric disorder were affected 5.6 years earlier, on average.

They suspect that a more significant risk factor is the chronic stress associated with having a psychiatric disorder, which may degrade brain health over time. Studies in animals as well as human autopsy studies have linked chronic stress to a loss of neural connections in the hippocampus, the brain's memory center, which is where Alzheimer's takes a heavy toll. Evidence suggests that stress drives inflammation and immune dysregulation in the body and brain, impacting brain connectivity, says Harvard University neurologist and dementia researcher Steven Arnold. "If you have fewer connections and synapses to begin with because of stress, then you can't afford to lose as many with aging before it starts to show up as what we might call dementia." In other words, people with mental illnesses may have less "cognitive reserve"—brainpower that is sufficiently robust to withstand normal aging without obvious losses of function.

Vulnerability in this population may also be linked to their finding it more difficult to lead healthy lives, physically and socially, Richmond-Rakerd says. "They might exercise less, or drink alcohol excessively, or have trouble staying socially connected"—all of which increase the risk for dementia. People with certain psychiatric conditions tend to have higher-than-average rates of smoking and fewer years of education, which are also risk factors.

In an ideal world, Langa and other researchers say, efforts to prevent dementia would begin in childhood with strong investments in education and the inculcation of healthy habits.
