http://cn.nytstyle.com/health/20160421/tc21well-loneliness/

孤独可能会让人致病.

Researchers, [writing in the journal Heart](http://heart.bmj.com/lookup/doi/10.1136/heartjnl-2015-308790), pooled data from 23 studies and found that social isolation or feelings of loneliness were tied to an increased risk for coronary heart disease and stroke.

据一篇发表在心脏杂志上的研究所说，研究者经过23份数据的合并研究发现，社交孤立或孤独症会导致冠心病和中风的患病几率增加。

The studies included data from 181,006 men and women 18 and older. There were 4,628 coronary events and 3,002 strokes in follow-up periods ranging from three to 21 years. Three of the papers measured loneliness, 18 looked at social isolation and two included both. Social isolation and loneliness were determined with questionnaires; the researchers depended on medical records and death certificates for determining coronary events and stroke.

研究追踪了181,006个人，年龄从18岁起。在研究开始的3至21年间，发生了4,628起冠心病和3,002起中风。三分之一是孤独症，18起社交孤立和2起两个症状都有。社交孤立和孤独症是根据调查问卷确定的。研究者的依据是医疗记录以及冠状动脉事件和中风的确定死亡证明。

The scientists found that loneliness and social isolation increased the relative risk of having a heart attack, angina or a death from heart disease by 29 percent, and the risk of stroke by 32 percent. There were no differences between men and women.

科学家发现孤独症和社交孤立可以增加约29%~32%与心脏病相关的致病率，比如心绞痛或心脏疾病致死，而这与性别无关。

“People have tended to focus from a policy point of view at targeting lonely people to make them more connected,” said the lead author, Nicole K. Valtorta, a research fellow at the University of York in England. “Our study shows that if this is a risk factor, then we should be trying to prevent the risk factor in the first place.”

“人们往往注重从政策角度针对孤独的人使他们更紧密，”主要作者Nicole K. Valtorta说，一位英国约克大学的研究员。“我们的研究表明，如果这是一个风险因素，那么我们应该尝试从开始的地方来防止风险。”

The authors acknowledge that this was a review of observational studies and did not establish cause and effect.

作者承认，这是一个观察性研究的，并没有建立因果证明。