**说明文摘要写作要点点拨**

【文本分析】

该类型文章主要说明一项研究。此类文章的典型结构及内容要点见下表:

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|  | 文本结构 | 内容要点 | 说明 |
| 第一部分 | 研究的基本信息和研究成果（Research findings) | 1. 研究成果或结论  2. 研究来源：谁/哪里的研究  3. 多久的研究  4. 研究领域/方向 | 部分基本信息也可能出现在第二部分中 |
| 第二部分 | 研究过程（Research process) | 1.研究方式[如实验(experiment)、测 试(test)等]及具体过程和结果 2.研究对象及数量 |  |
| 第三部分 | 研究的意义、影响、 评论等其他信息 | 积极/负面/谨慎的意义、影响、评论等 |  |

【概要写作步骤】

1）根据此类文章的基本结构，将文本分为三个部分。

2）圈划各个部分的内容要点。

3）撰写概要。概要由以下三个部分组成：

•第一部分：研究的基本信息和研究成果的具体内容；

•第二部分：研究过程的具体内容；

•第三部分：研究的意义、影响、评论等文本提供的其他信息。

4）用精炼的语言连接、润色每个部分。

5）认真检查。

自检标准：研究的基本信息、研究成果、研究过程、相关意义/影响/评论。

Marathons can be bad for your health, scientists have warned after a study found 80 percent of competitors suffer kidney injury because of dehydration(脱水).

Researchers said that although the kidneys of the participants in the 26.2 mile race fully recovered within two days, their findings raise questions concerning the potential long-term impact at a time when marathons are increasing in popularity.

The findings were published by the American Journal of Kidney Diseases, as thousands of people prepare for next month's London Marathon.

Previous research has shown that engaging in unusually vigorous activities - such as military training - in warm climates can damage the kidneys, but little is known about the effects of marathon running.

A team of researchers led by Professor Chirag Parikh, of Yale University in the US, studied a small group of participants in the 2015 Hartford Marathon.

They collected blood and urine (尿液) samples before and after the event. They analysed a variety of markers of kidney injury, including serum creatinine(肌酐) levels, kidney cells on microscopy, and proteins in urine.

The researchers found that 82 percent of the runners that were studied showed Stage 1 Acute Kidney Injury (AKI) soon after the race. AKI is a condition in which the kidneys fail to filter(过滤) waste from the blood.

Prof Parikh said: “The kidney responds to the physical stress of marathon running as if it's injured, in a way that's similar to what happens in hospitalised patients when the kidney is affected by medical and surgical complications(并发症).”

The researchers stated that potential causes of the marathon-related kidney damage could be the sustained rise in core body temperature, dehydration, or decreased blood flow to the kidneys that occur during a marathon.

While the measured kidney injury resolved within two days of running the marathon, the researchers said the study still raises questions about the effects of repeated strenuous(费力的) activity over time, especially in warm climates.

Write a summary according to the article in no more than 60 words.

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Research found that marathons can damage your kidney due to dehydration. As a potential long-term impact, it was published on the American Journal for people knows a little about this. So, a professor of Yale studied it by collecting the urine of runners and analyze. They found the kidneys were injured like the hospitalized patients. After that, this may cause some unconscious risks during marathons. (65)