



Hello,

Happy Holidays! This week we learn how reclassifying aging could lead to easier drug approvals, how a focus on reproductive longevity research could benefit women's health and how using AI tools in primary care could lead to early detection of Alzheimer's and other related dementias. We also learn how redefining what successful aging looks like is changing the views on longevity.

Are you part of a health or life extension research organization? Our coalition has grown to over 90 member groups, including 25 major US organizations and 16 major international groups. We hope your organization will be next! Check below to find a link to join our coalition quickly and easily.



All this and more this week. Join us as we move forward into another exciting month of incredible opportunities in this burgeoning and revolutionary field.

Edwina Rogers, CEO  
Global Healthspan Policy Institute

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### Fluid thickener linked to lower blood sugar after eating, study says

Researchers in Japan have found that xanthan gum-based fluid thickener could lower blood sugar after meals, which could lead to relief for people with heart disease or diabetes.

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### Good hydration linked to healthy aging

Research shows that adults who stay well-hydrated develop fewer chronic conditions, like heart and lung disease and live longer than those who don't get enough fluids

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### The start-ups seeking a cure for old age

GHPI fellow Dr. Nir Barzilai discusses aging research with the Financial Times

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### Researchers discover new cellular mechanism that regulates aging and fertility

Scientists have found that preserving the integrity and function of an aging cell's nucleus promotes longevity

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### GHPI Coalition Grows to Over 90 Members

Our coalition includes 25 major US organizations and 16 major international organizations. Will yours be next?

By joining the coalition you get access to the GHPI fellows, top experts in aging research. You gain more influence over national and world events. You are invited to our pilot projects. You get access to healthspan investment funds and our ability to promote your achievements. You get news updates, and can join our weekly coordinating call that steers the future of the healthspan movement.

[Join The Coalition Here](#)

### We're Bringing the Best Research in the World to Congress - and Your Donations Are The Fuel To Our Fire!

With your help, we're bringing the vision of a world without the spectre of diseases like cancer, heart disease, and Alzheimer's one step closer to reality each and every day. Our team works closely with industry leaders from sectors as far-reaching as biotechnology to gene therapy to pharmaceuticals and beyond – uniting our members under a common, core mission to benefit the public trust.

[Help us bring new preventions and therapeutics for the benefit of all generations, today](#)

### Upcoming Events

Due to the ongoing COVID-19 Pandemic events are very limited. As new ones are publicized, we will include them here.

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