

Global Healthspan Policy Institute

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Hello,

This week we learn how certain sugars may contribute to heart disease, how epigenetic factors predict aging, and learn from an 80 year old study about the factors that contribute most to happiness and healthiness. We also learn how dementia only contributes to 41% of cognitive decline, while other variables can be major contributors.

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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Epigenetic and social factors both predict aging and health – but new research suggests one might be stronger

A new study indicates that epigenetic factors better predict aging and health outcomes than other variables
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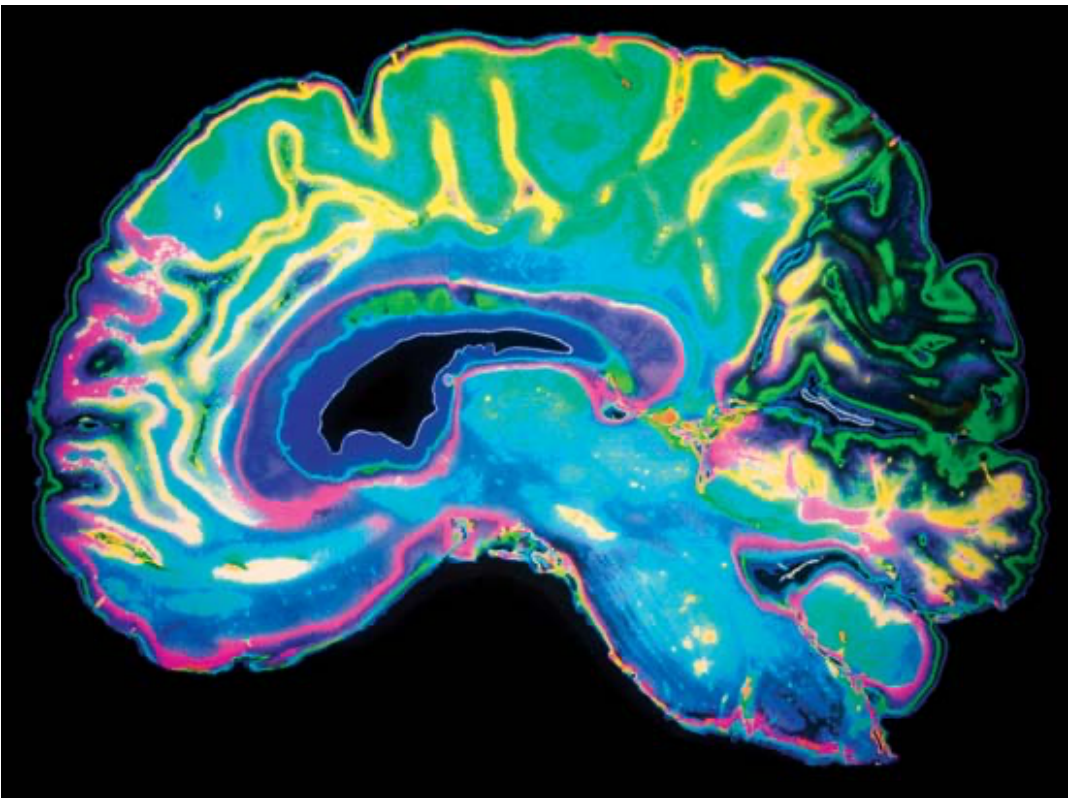
What Makes Us Happier and Healthier?

An ongoing, eight-decade old study examines a variety of factors that make us happier and healthier
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Heart Disease, Stroke Linked To Specific Kinds of Sugars: Study

A new study found that "Free sugars", those added to foods for sweetening, are linked to heart disease and stroke risk.
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Dementia only causes about 41% of cognitive decline: Study identifies other predictors

Most people associate age-related cognitive decline to dementia, but there are a variety of other factors that can be major contributors
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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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