

Global Healthspan Policy Institute

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Hello,

This week we learn how Viagra may help prevent some kinds of dementia, how a chinese fruit could yield life extension benefits and how replacing TV time with sleep or exercise could help us age better. We also learn about 4 lifestyle changes that may help prevent Alzheimer's.

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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Viagra may help prevent dementia by boosting brain blood flow

More research is needed, but the current findings offer hope to reduce vascular dementia

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4 lifestyle changes may improve cognitive function, slow Alzheimer's, study finds

Learn how to change your diet and lifestyle to reduce your risk of Alzheimer's

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Can This Chinese Fruit Curb Aging? New Study Offers Clues

A Chinese fruit, jujube has been found to have life extending effects in lab testing

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Replacing TV time with light activity or sleep boosts healthy aging odds

Getting more, and better sleep increases our chances at healthy aging—and light exercise helps us sleep better, so new studies indicate that it might be time to reduce our TV time at night

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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](#)

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Upcoming Events

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