

Global Healthspan Policy Institute

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Hello,

This week we learn how infections can increase dementia risk, how increased cardiorespiratory fitness can decrease that risk, and how sitting for more than 10 hours per day can increase risk of heart failure. We also learn how eating large meals at night can increase our risk for diabetes.

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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#### Infections and immune-specific proteins may increase dementia risk and brain atrophy

New research indicates that a variety of infections can increase dementia risk

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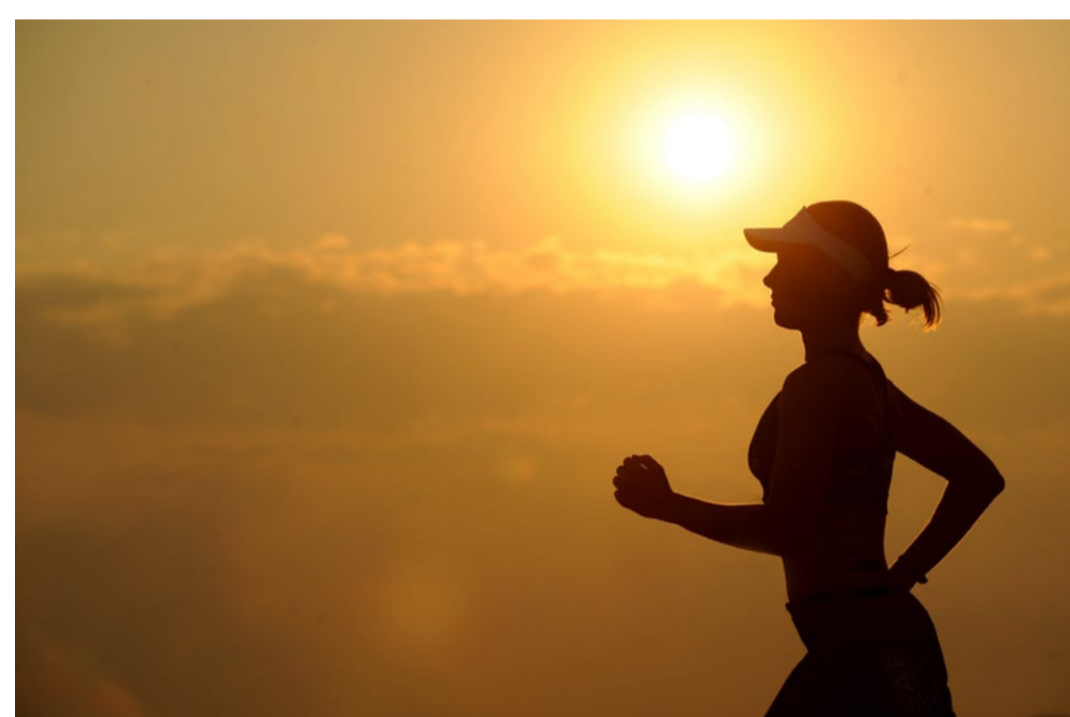
#### We're Bringing the Best Research in the World to Congress - and Your Donations Are The Fuel To Our Fire!

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](#)

[Join The Coalition Here](#)

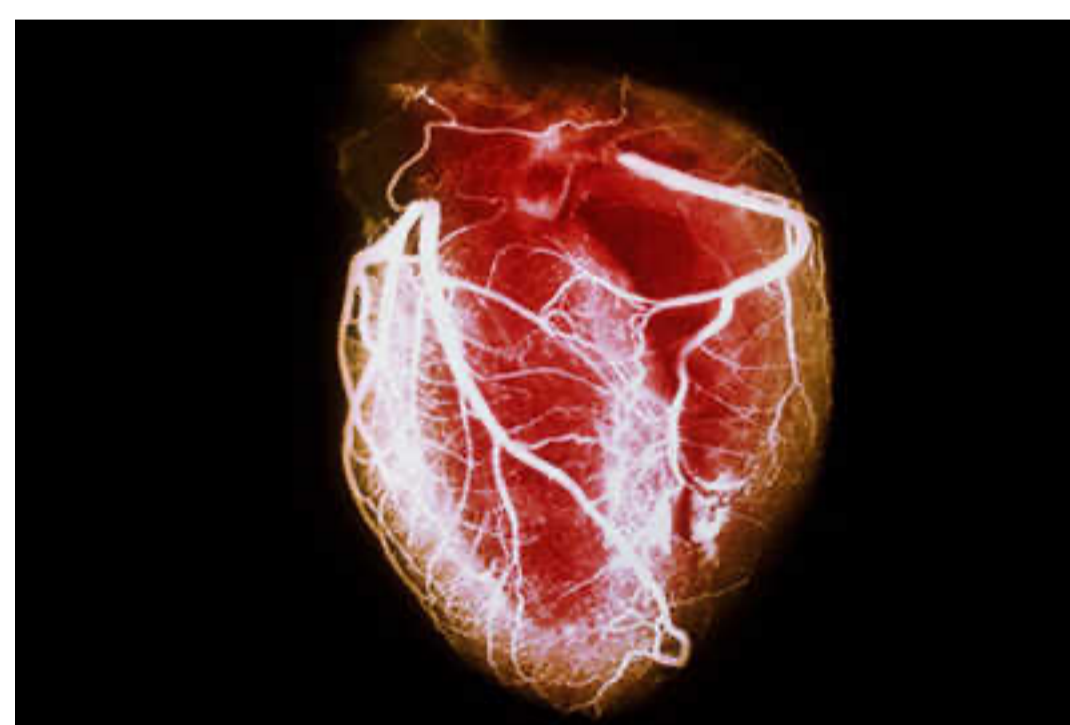
#### Upcoming Events



#### Staying fit may lower dementia risk even in those genetically predisposed

A new study finds that people with high cardiorespiratory fitness have a significantly lower dementia risk

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#### Sitting more than 10 hours a day may increase heart failure, death risk

A significant number of adults lead a sedentary lifestyle and sit for 10+ hours a day. New studies show that changing this is very important to our health.

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#### Concerning study finds 'serious consequences for health' for people who eat after 5pm

New research indicates that eating a significant portion of our daily calories at night can dramatically increase the risk of diabetes

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