

Global Healthspan Policy Institute

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Hello,

This week we learn about how lifestyle factors like cannabis use can significantly impact dementia risk, the potential for hearing treatment to prevent cognitive decline, and the brain-boosting benefits of short bursts of intense activity. We also highlight a promising research effort at James Madison University aiming to improve diagnosis and treatment of age-related balance issues.

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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Heavy cannabis use could increase dementia risk by 72%

A Canadian study suggests that adults over 45 with heavy cannabis use requiring hospital care have a 72% higher risk of developing dementia within five years.

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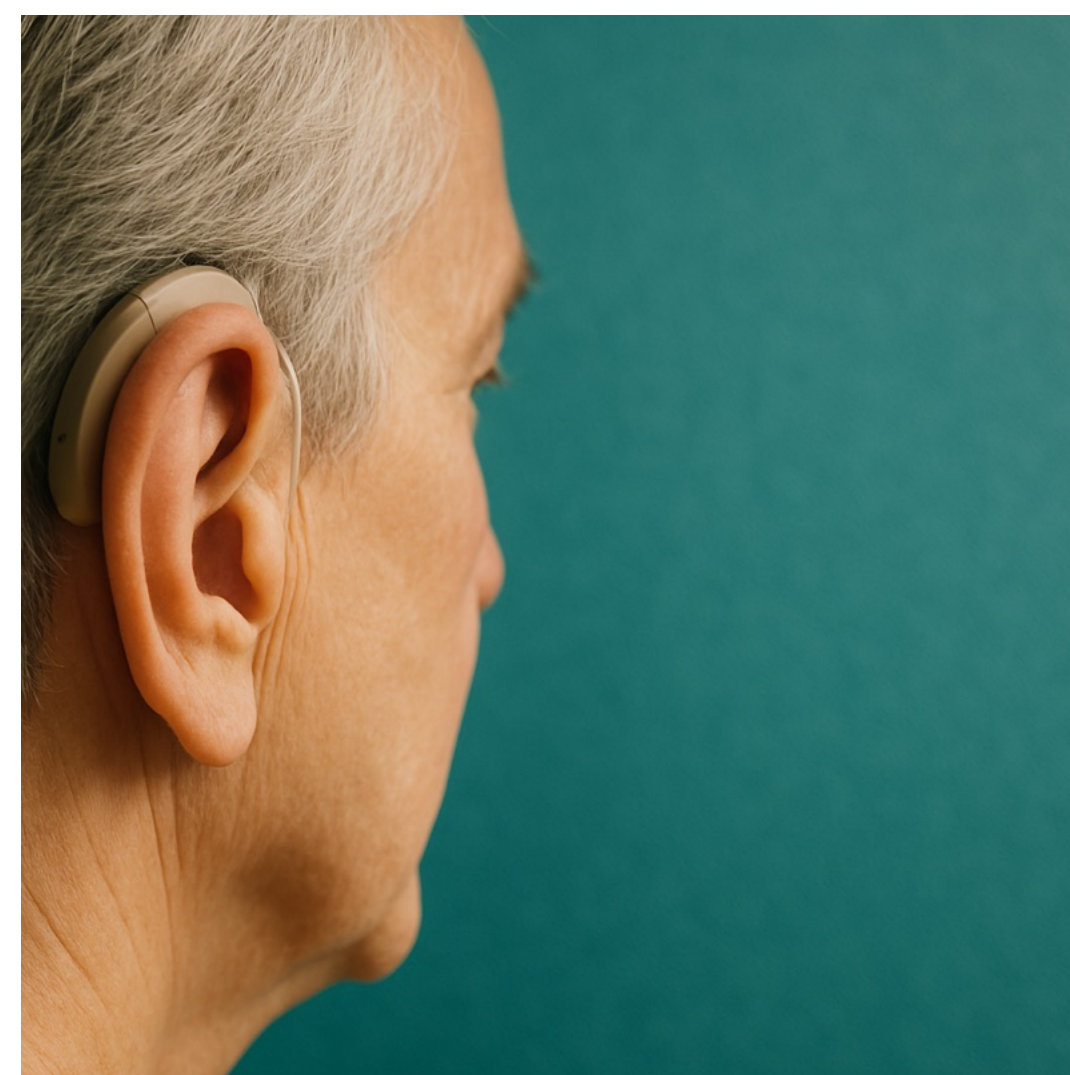
We're Bringing the Best Research in the World to Congress - and Your Donations Are The Fuel To Our Fire!

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](#)



32% of dementia cases could be linked to hearing loss

A study published in *JAMA Otolaryngology – Head & Neck Surgery* found that up to 32% of dementia cases in older adults may be linked to audiometrically confirmed hearing loss.

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Small Bursts, Big Gains: Exercise Shields the Aging Brain

A study in *The Lancet* shows that short bursts of intense exercise may reduce dementia risk by up to 40% by boosting brain plasticity and reducing inflammation.

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James Madison University research team to tackle aging, balance issues in study

James Madison University researchers are using a \$1.89 million NIH grant to develop a vibration-based method to better diagnose and treat age-related balance disorders.

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