

Global Healthspan Policy Institute

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Hello,

This week we learn how giving blood can reduce our risk for cancer, how more exercise in middle age can help prevent Alzheimer's, and we learn about 56 lifestyle changes that can prevent sudden cardiac arrest. We also learn how the Yale Stem Cell center is working on a variety of longevity related projects.

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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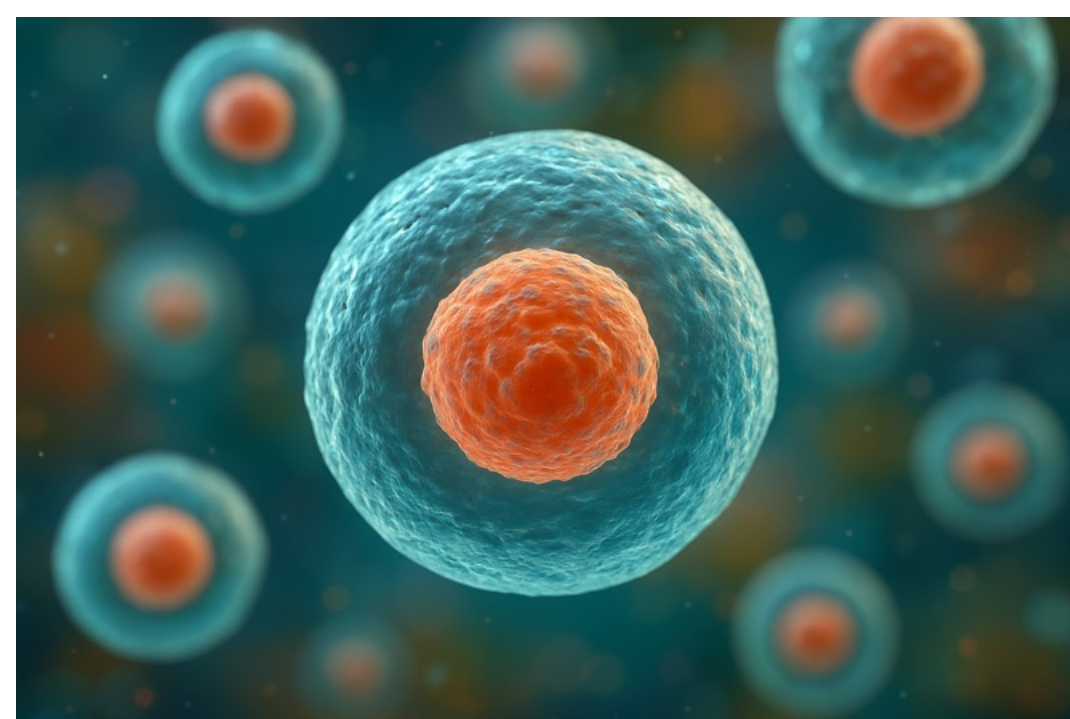
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#### Giving blood linked to lower risk of pre-cancer gene

A new study suggests that people who give blood are more likely to have genetic changes in their blood that reduce the risk of cancer

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#### Despite political pushback, the Yale Stem Cell Center has emerged as a leader in regenerative medicine

The Yale Stem Cell center is doing research that could lead to a number of longevity related health treatments

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#### Could being more active in middle age help prevent Alzheimer's disease?

Recent studies indicate that exercise during middle age reduces the beta-amyloid protein, a known bio-marker for Alzheimer's

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#### Can lifestyle changes prevent most sudden cardiac arrests?

Learn about 56 lifestyle changes that can reduce our risk for sudden cardiac arrest

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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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