

Global Healthspan Policy Institute

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Hello,

This week we learn about how chronic insomnia may accelerate brain aging, the surprising risks of skipping or delaying breakfast, a large lifestyle trial that improved cognition in older adults, and an innovative new brain perfusion biomarker that may detect early vascular aging.

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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Chronic Insomnia May Raise Dementia Risk by 40% and Lead to 3.5 Years Faster Aging

People with chronic insomnia may face a 40% higher risk of developing dementia or cognitive impairment—along with an estimated 3.5 extra years of biological aging—compared to good sleepers.

[Read more](#)



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

Transvision Madrid

International Longevity Summit
October 1-2, 2025

[Learn More](#)



Eating Breakfast Late Linked to Aging, Depression, and Oral Health Problems

New research shows that skipping or delaying breakfast may be linked to markers of accelerated biological aging, higher rates of depression, and worse oral health.

[Read more](#)



U.S. POINTER Trial Shows Lifestyle Changes Can Improve Brain Health

In a large clinical trial, older adults at risk of cognitive decline showed measurable improvements in memory and thinking after following a structured program combining exercise, healthy eating, brain training, and social activity.

[Read more](#)



New Brain Perfusion Biomarker May Help Detect Early Cognitive Aging

Researchers using 3D MRI developed a sex-specific brain perfusion marker that could detect early vascular changes associated with cognitive decline and neurodegenerative disease.

[Read more](#)

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