

Global Healthspan Policy Institute

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Hello,

This week we learn about how older adults can regain optimal well-being, how healthy habits influence brain aging, when different organs begin to age faster, and how a sense of purpose may protect against dementia.

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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Older Adults Can Regain “Optimal Well-Being” Within 3 Years

A new study of over 8,000 adults aged 60+ found that those who adopted healthier lifestyles — including quitting smoking, staying active, and sleeping well — significantly increased their odds of recovering optimal well-being even after earlier decline.

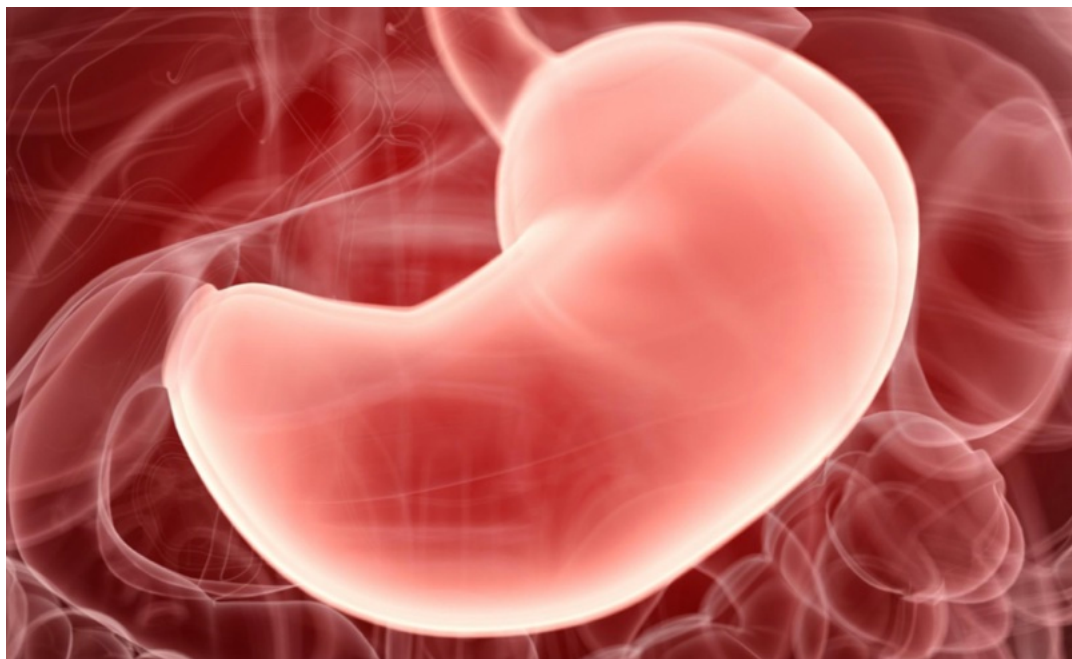
[Read more](#)



Healthy Habits Today Linked to Slower Brain Aging

Research shows that factors like optimism, good sleep, social support, and effective stress-coping in older adults were strongly associated with better brain health and slower brain aging.

[Read more](#)



Some Organs Start Aging As Early As Your 30s

New research indicates that different organs age at different rates — for example, the aorta, spleen, and adrenal glands show aging-related changes starting around age 30, with many organs accelerating around age 45-55.

[Read more](#)



Having a Strong Sense of Purpose May Lower Dementia Risk by ~28%

A long-term study of over 13,000 adults found that those with a higher sense of life purpose had a noticeably reduced risk of cognitive impairment and dementia, even among those with genetic predispositions.

[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

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