

Global Healthspan Policy Institute

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Hello,

This week we learn how shingles vaccination may provide unexpected protection against vascular and brain-disease risks, why a positive mindset supports activity in older age, the discovery of a novel method to slow heart aging, and a key turning point in our body's aging process around midlife.

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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Positive Views on Aging May Lead to Healthier, More Active Lifestyles

Research from the UK shows that older adults with a more positive outlook on aging are significantly more likely to engage in vigorous physical activity—even when managing chronic conditions—suggesting mindset plays a key role in healthy aging.

[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



Shingles Vaccine May Lower Risks of Vascular Dementia, Stroke, Heart Attack & Death

A large observational study found that people who received the shingles vaccine had reduced rates of vascular dementia, stroke, heart attack, and overall mortality compared to unvaccinated individuals.

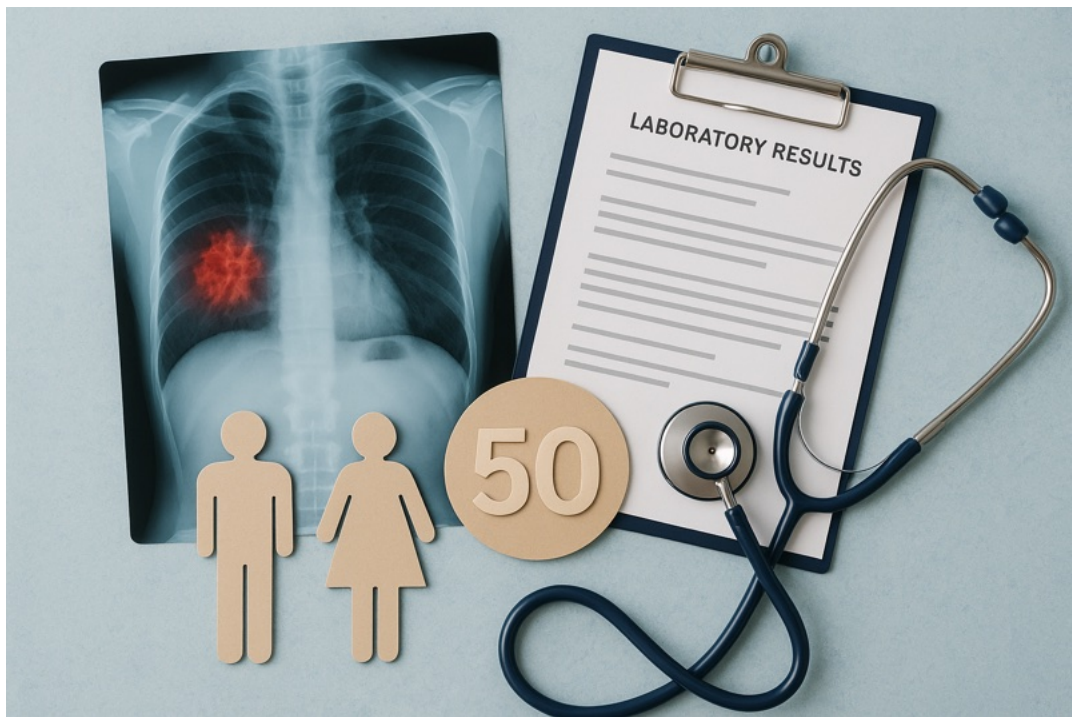
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Scientists Find Novel Way to Slow (or Even Reverse) Aging of the Heart

A study identified a new hybrid biomaterial targeting the extracellular matrix of the heart, which may help slow and even reverse age-related stiffening and functional decline of cardiac tissue.

[Read more](#)



Study Finds Turning Point When Body Starts Aging Rapidly (~Age 50)

Proteomic analysis of multiple human tissues suggests that a surge in aging-related protein changes occurs around the age of 50, with major implications for organ function and disease risk.

[Read more](#)

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