

Global Healthspan Policy Institute

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Hello,

This week we learn how shingles vaccination may offer protection beyond shingles, a blood test that may predict Alzheimer’s progression, how cardiovascular health metrics can lower dementia risk in type 2 diabetes, and how healthy lifestyles can offset the risks linked to shorter telomeres.

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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Insulin Resistance Test May Help Predict Early Alzheimer’s Cognitive Decline Rate

A recent study identified that a simple blood-based insulin resistance index (TyG) could help predict how quickly individuals with early Alzheimer’s progress, potentially enabling earlier and more personalized interventions.

[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



American Heart Association’s “Life’s Essential 8” Linked to Reduced Dementia Risk in Type 2 Diabetes

Research shows that among individuals with type 2 diabetes, those adhering to ideal cardiovascular health parameters—comprising the AHA’s Life’s Essential 8—had significantly lower risk of mild cognitive impairment and dementia, even when genetic risk was high.

[Read more](#)



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.

[Read more](#)



Healthy Lifestyles May Offset Dementia, Stroke & Depression Risk Linked to Shortened Telomeres

A large-scale study found that individuals with shorter leukocyte telomeres had increased risks of dementia, stroke, and late-life depression—but those who followed healthier lifestyle habits mitigated much of this excess risk.

[Read more](#)

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