

Global Healthspan Policy Institute

[View this email in your browser](#)

GLOBAL HEALTHSPAN POLICY INSTITUTE

Hello,

This week we explore new research on how daily multivitamins may help lower hypertension risk for some adults, the impact of physical activity on dementia risk, the effects of artificial sweeteners on brain aging, and how lifestyle factors can influence the brain's true biological age.

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



Facebook



Twitter



LinkedIn



Daily Multivitamins May Help Reduce Hypertension Risk as We Age

A new analysis from the COSMOS trial suggests that while daily multivitamins don't lower blood pressure across all groups, they may help reduce hypertension risk and improve blood pressure slightly in older adults whose diets are poor or lack key nutrients.

[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



Artificial Sweeteners and Brain Aging — What We Know So Far

Emerging evidence indicates that long-term consumption of some artificial sweeteners may be associated with accelerated brain aging and cognitive decline, though researchers say more studies are needed to confirm causality and understand mechanisms.

[Read more](#)

Physical Activity at Two Life Stages May Help Lower Dementia Risk

Recent research shows that being physically active in both midlife and later life is linked with a lower risk of developing dementia, reinforcing the idea that it's beneficial to keep moving throughout adulthood for brain health.

[Read more](#)

Healthy Lifestyle Factors Linked to a Younger Biological Brain Age

New research suggests that positivity, restful sleep, good stress management, and strong social support are associated with brains that appear up to eight years younger than expected — highlighting how daily habits can influence biological aging.

[Read more](#)

Copyright © 2025 Global Healthspan Policy Institute, All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

