



# GLOBAL HEALTHSPAN POLICY INSTITUTE

Hello,

This week we learn about mental-health benefits of unplugging from social media, midlife depression symptoms that may signal higher dementia risk, an exciting breakthrough in cartilage regeneration, and habits that help keep the brain younger even in the face of chronic pain.

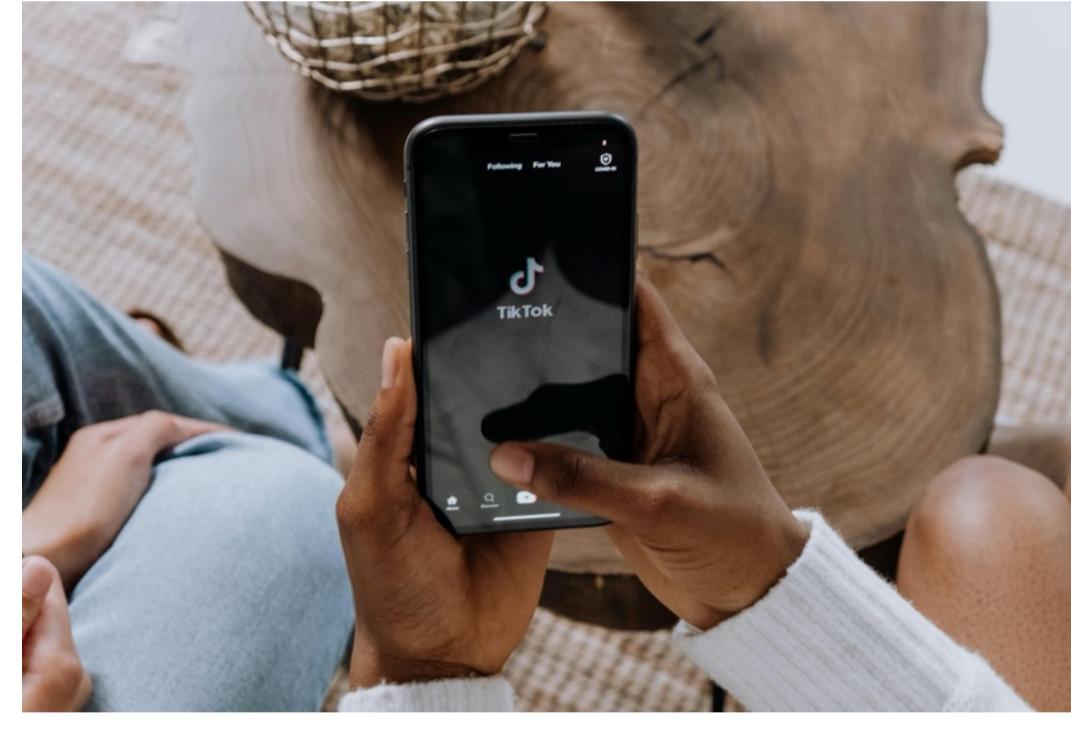
Are you part of a health or life extension research organization? Our coalition has grown to over 90 member groups, including 25 major US organizations and 16 major international groups. We hope your organization will be next! Check below to find a link to join our coalition quickly and easily.

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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## A 1-Week Social Media Break Could Boost Mental Health

Taking a break from social media for just one week may reduce anxiety, stress, and negative self-evaluation — offering a simple strategy to support emotional well-being.

[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



## Six Depression Symptoms in Midlife Linked to Almost 50% Higher Dementia Risk

A study shows that individuals in midlife who exhibit six key depression symptoms are nearly 50% more likely to develop dementia later in life, underscoring the importance of early mental-health support.

[Read more](#)



## Stanford Researchers Discover Breakthrough Method to Regrow Knee Cartilage and Prevent Arthritis

Scientists at Stanford have developed a promising new technique that may help regenerate knee cartilage and prevent the progression of osteoarthritis, potentially transforming treatment for millions.

[Read more](#)



## Five Healthy Habits May Help Keep the Brain Younger Even with Chronic Pain

Research suggests that habits like regular physical activity, social engagement, good sleep, cognitive stimulation, and a healthy diet can help preserve brain function and slow age-related decline — even among people living with chronic pain.

[Read more](#)