

Global Healthspan Policy Institute

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Hello,

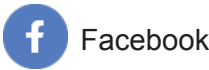
This week we learn about how moderate caffeine intake may be linked to lower dementia risk, how menopause-related brain changes might help explain why dementia affects more women, how anxiety and worries about aging may show up biologically, and how researchers are uncovering cellular mechanisms that could help people live longer and better.

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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1 to 3 cups of caffeinated tea or coffee a day may help reduce dementia risk

A large study suggests that drinking 1–3 cups of caffeinated coffee or tea daily is associated with a lower risk of developing dementia and slower cognitive decline.

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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](#)

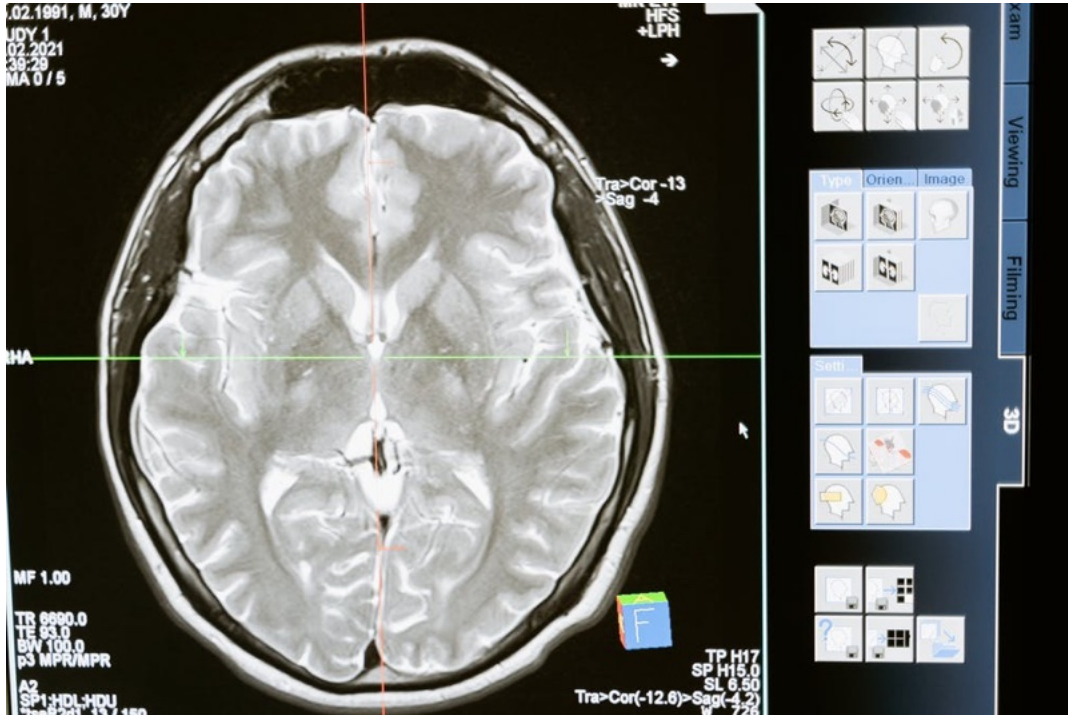
Upcoming Events



To live longer, and better

Researchers found that even with identical genes and environments, some organisms age more slowly, and differences in RNA splicing and lipid metabolism may help explain why.

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Dementia: Menopause may affect brain health and gray matter, study finds

Brain imaging research shows menopause is linked to changes in gray matter volume and brain connectivity, offering new clues into why women face a higher risk of dementia.

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Women's health: Anxiety, worries about aging may affect how the body ages

New findings suggest that worries about aging and chronic anxiety may be associated with markers of accelerated biological aging, highlighting the mind-body connection in long-term health.

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