

Global Healthspan Policy Institute

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Hello,

This week we look at how everyday habits like cooking at home may protect brain health, new research linking infections and disease history to dementia risk, how sleep timing may influence brain aging, and emerging evidence that gut health could play a role in cognitive decline.

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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Cooking at least one meal at home weekly may cut dementia risk

A large study of older adults found that cooking just one meal at home per week was linked to significantly lower dementia risk—up to 67% for those with fewer cooking skills—likely due to combined cognitive, physical, and nutritional benefits.

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29 infections and diseases may raise dementia risk, study finds

Researchers identified 29 conditions—including cystitis, infections, and Parkinson's disease—that were associated with higher dementia risk, with severe infections potentially accelerating cognitive decline years before diagnosis.

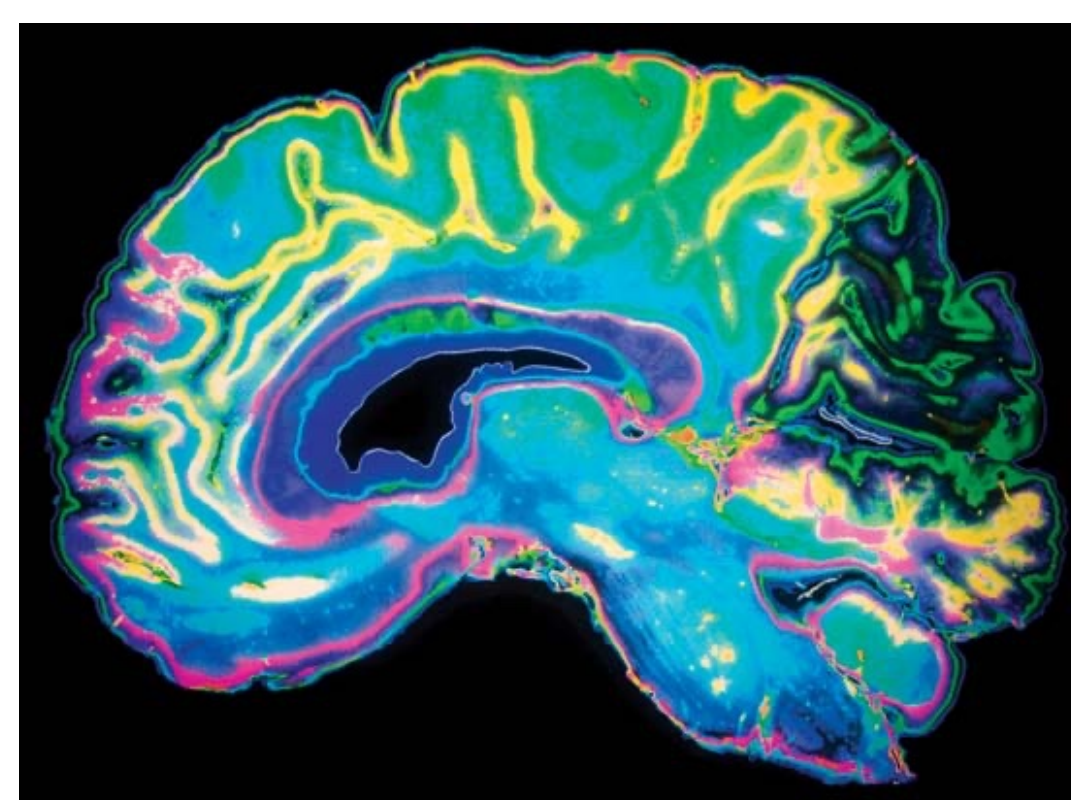
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Going to sleep earlier may help protect brain health as you age

A new study suggests that earlier sleep timing and consistent sleep schedules are associated with better cognitive performance and may reduce the risk of age-related brain decline.

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Gut health may influence dementia risk through inflammation pathways

Emerging research highlights the gut-brain connection, showing that imbalances in gut bacteria may contribute to chronic inflammation and potentially increase the risk of cognitive decline and dementia.

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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.](#)

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Upcoming Events

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