



Hello,

This week we look at how muscle strength may predict longevity, why moderate coffee consumption continues to show benefits for aging, how inflammation may quietly drive aging at the cellular level, and new evidence that hearing health could play a bigger role in brain aging than previously thought.

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



Stronger muscles may be linked to longer life, especially in older women

A large study found that greater muscle strength—particularly grip strength—was associated with significantly lower risk of death, even independent of overall physical activity levels.

[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](#)



Coffee may support healthy aging and reduce chronic disease risk

A growing body of research suggests that drinking about 3–5 cups of coffee daily is linked to lower mortality and reduced risk of major diseases, potentially supporting overall longevity.

[Read More](#)



Chronic inflammation may accelerate aging at the cellular level

Emerging research shows that low-grade, persistent inflammation—often called “inflammaging”—can drive cellular damage over time and may be a key contributor to age-related diseases.

[Read More](#)



Hearing loss may be a major but overlooked risk factor for dementia

New findings suggest untreated hearing loss may significantly increase dementia risk, with researchers emphasizing that early intervention could be one of the most effective ways to protect long-term brain health.

[Read More](#)