

Global Healthspan Policy Institute

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Hello,

This week we learn about how even moderate alcohol consumption may negatively affect brain health, how chronic inflammation may accelerate aging, why scientists are increasingly focused on “brain age” as a measurable biomarker, and how stress-related drinking habits early in life may contribute to cognitive decline decades later.

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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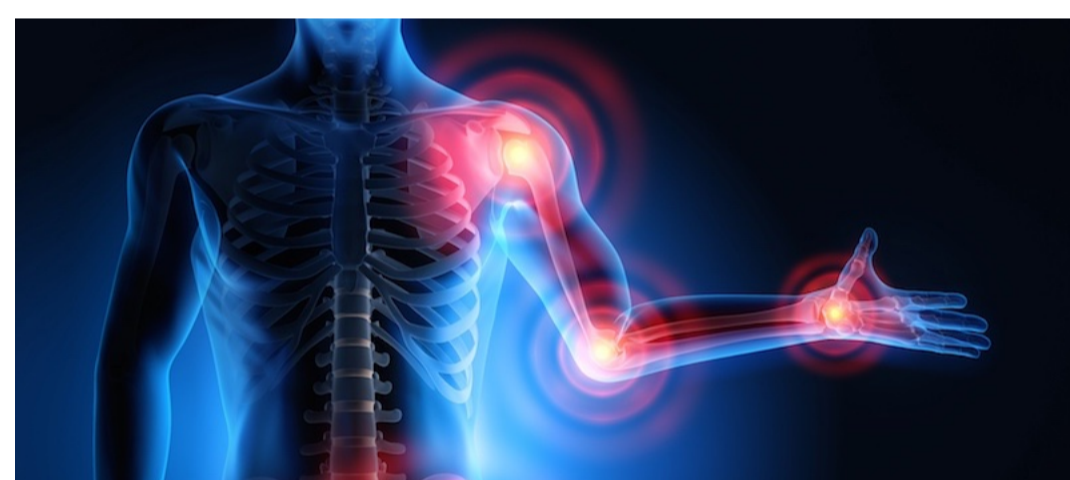
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#### Even a Little Alcohol Here and There Damages Brain Health

A new study found that even low-to-moderate alcohol intake was associated with reduced brain blood flow, with researchers observing stronger effects in older adults and raising further questions about whether any level of alcohol consumption is truly “safe” for the brain.

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#### Researchers Explore How Chronic Inflammation May Drive Aging

Scientists studying “inflammaging” say persistent low-grade inflammation may contribute to diseases associated with aging, including dementia, cardiovascular disease, and metabolic disorders, with lifestyle factors playing a major role in how strongly it develops.

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#### Scientists Are Using MRI Scans to Measure ‘Brain Age’

New research using MRI-based models suggests that accelerated “brain age” may serve as an early biomarker for chronic diseases, including hypertension, diabetes, and alcohol-related neurological decline.

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#### Stress Drinking in Early Adulthood May Harm the Brain Years Later

Researchers found that using alcohol to cope with stress in early adulthood may create long-lasting changes in brain circuitry tied to memory, stress response, and cognitive flexibility, potentially increasing the risk of later-life 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](#)

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#### Upcoming Events

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