

Global Healthspan Policy Institute

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Hello,

This week we learn how even minor heart abnormalities may influence dementia risk, why maintaining strong leg muscles could help protect long-term mobility, how healthy oral bacteria may play an unexpected role in aging, and why the quality of our social connections continues to emerge as a powerful predictor of longevity.

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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Even the Smallest Heart Issues May Raise Dementia Risk, New Study Finds

Researchers found that subtle changes in heart structure and function may be linked to a higher risk of dementia years later, reinforcing the close connection between cardiovascular health and long-term brain health.

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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](#)

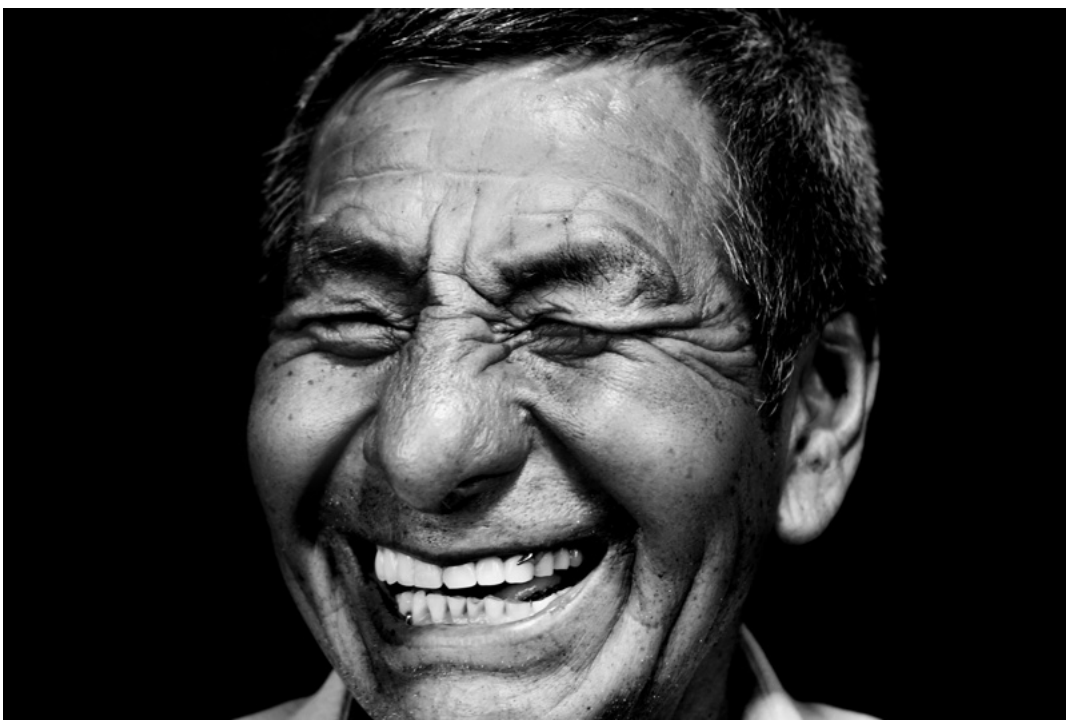
Upcoming Events



Strong Leg Muscles May Be One of the Best Predictors of Healthy Aging

Growing evidence suggests that preserving lower-body strength supports balance, independence, and mobility while also reducing the risk of falls, disability, and premature death as we age.

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Your Mouth May Hold Clues to Healthy Aging

Scientists are discovering that the oral microbiome influences inflammation throughout the body, with healthier oral bacteria increasingly linked to better cardiovascular, metabolic, and cognitive health later in life.

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Strong Social Connections May Help You Live Longer

Research continues to show that maintaining meaningful friendships and social engagement is associated with better mental health, lower rates of chronic disease, and a longer, healthier life, making relationships one of the most overlooked pillars of longevity.

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