

Global Healthspan Policy Institute

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Hello,

This week we learn how a popular fitness supplement may become an unexpected weapon against cancer, why dementia prevention strategies should vary around the world, how spending time enjoying arts and culture could help keep us biologically younger, and why growing evidence suggests healthy aging is shaped by much more than genetics alone.

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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Could Creatine Become a New Tool in the Fight Against Cancer?

Best known for building muscle, creatine is now being studied for its ability to support the immune system and help cancer-fighting cells work more effectively, opening the door to a surprising new role in cancer treatment.

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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



New Global Study Maps How Dementia Risk Factors Differ Across Countries

Researchers found that the prevalence of 12 modifiable dementia risk factors varies widely around the world, suggesting that prevention strategies should be tailored to each country's unique health challenges and lifestyle patterns.

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Can Going to the Movies or Museum Help Slow Aging?

A new study found that older adults who regularly attended cultural activities such as movies, museums, concerts, or theater had slower biological aging than those who participated less often. Researchers believe the combination of mental stimulation, social engagement, and stress reduction may contribute to healthier aging.

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Healthy Aging Is More Within Our Control Than We Once Thought

Scientists continue to find that lifestyle choices—including staying physically active, maintaining social connections, eating a balanced diet, getting quality sleep, and keeping the mind engaged—can have a profound impact on healthspan, reinforcing that many aspects of aging are influenced by everyday habits rather than genetics alone.

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