

Global Healthspan Policy Institute

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Hello,

This week we learn about a breakthrough nasal spray that reversed signs of brain aging in early research, how controlling just three midlife risk factors could add more than a decade of dementia-free life, why loneliness may be one of the biggest overlooked threats to healthy aging, and how a few simple physical tests can provide valuable clues about your long-term health.

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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New Nasal Spray Reverses Brain Aging in Breakthrough Study

Researchers developed an experimental nasal spray that restored memory and reduced signs of brain aging in preclinical studies by delivering a naturally occurring protein directly to the brain. While the treatment is still in the early stages of research, the findings highlight a promising new approach to combating age-related cognitive decline.

[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](#)



Avoiding 3 Risk Factors in Midlife Could Add 13 Dementia-Free Years

A large study found that people who avoided smoking, diabetes, and abnormal blood pressure in midlife gained an average of 13 additional years free from dementia. The findings reinforce the powerful connection between cardiovascular health and long-term brain function.

[Read More](#)

Upcoming Events

A graphic for the 'Longevity Nation' event. It features a glowing DNA double helix with a green leaf in the center, set against a dark background with blue and orange light effects.

SAVE THE DATE

Bar-Ilan university invites

Longevity Nation

Enhancing Research, Development and Education for Healthy Longevity

November 23-24, 2026

Bar-Ilan University
Nanotechnology Building 206,
Ramat Gan, Israel

[Details and registration »](#)

[longevitynation.org](#)

The Center for Human Health Research logo, featuring a stylized human figure and the text 'The Center for Human Health Research'.

The Graduate Institute of Technology logo, featuring a stylized 'G' and the text 'The Graduate Institute of Technology'.

The Longevity Alliance logo, featuring a stylized 'A' and the text 'The Longevity Alliance'.

[Longevity Nation](#)

November 23-24, 2026

Bar-Ilan University

Details for support and partnership are available from:

[Longevity Nation](#) and [Vetek Association](#)

A black and white photograph of a person's face, partially obscured by their hands. The person appears to be in distress, holding their head as if experiencing pain or a headache.

Loneliness Linked to Cognitive Decline and Early Death

New research suggests that persistent loneliness is associated with faster cognitive decline and a shorter lifespan, even after accounting for social isolation. The findings highlight meaningful social relationships as an important part of healthy aging. [Harvard Health](#)

[Read More](#)

A photograph of an elderly man with glasses, wearing a dark suit and a red tie. He is smiling and giving a thumbs-up gesture with both hands.

4 Simple Ways to Test If You're Aging Well

Experts say simple measures such as balance, walking speed, grip strength, and the ability to stand from a seated position can provide valuable insights into overall health and may help identify age-related decline before it becomes more serious. [verywellhealth.com](#)

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