

Global Healthspan Policy Institute

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Hello,

This week’s research highlights how everyday choices and existing treatments may influence healthy aging, from protecting cognitive function and cardiovascular health to supporting liver health and maintaining the physical abilities associated with 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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New Oral Anticoagulants May Help Slow Cognitive Decline in Alzheimer's Disease

A study of more than 7,300 people with both Alzheimer’s disease and atrial fibrillation found that those taking newer oral anticoagulants experienced a modestly slower rate of cognitive decline than those taking warfarin or no anticoagulant, suggesting that protecting vascular health may also help preserve brain function.

[Read More](#)



Climbing Stairs Linked to 39% Lower Risk of Heart Disease Death, Large Study Finds

A review of nine studies involving more than 480,000 people found that regular stair climbing was associated with a 39% lower risk of cardiovascular death and a 24% lower risk of death from any cause, with benefits appearing at around six flights of stairs per day.

[Read More](#)



Eating Tomatoes Daily May Help Decrease Fat Buildup in the Liver

In a small randomized trial of adults with metabolic dysfunction-associated liver disease, participants who ate raw tomatoes and tomato sauce every day for six weeks experienced a greater reduction in liver fat than those following a tomato-free diet, although larger and longer studies are needed.

[Read More](#)



Study Says This Fitness Test May Reveal How Well You’re Aging

New research involving more than 13,000 adults age 65 and older found that better performance on simple tests of balance, agility, strength and cardiovascular fitness was strongly associated with longevity, with the highest overall performers showing a 61% lower risk of death during the study period.

[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](#)

Upcoming Events

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

Longevity Nation

November 23-24, 2026
Bar-Ilan University

Details for support and partnership are available from:
[Longevity Nation](#) and [Yetek Association](#)

Translational LONGEVITY SUMMIT

OCTOBER 7-11 BOSTON, MA

One Milestone - Enterprise Research Campus at Harvard

[Translational Longevity Summit](#)

October 7-11
Boston, MA USA

