

Global Healthspan Policy Institute

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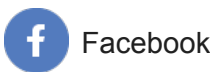
This week, we're looking at new research into what may help people live longer while preserving brain health and independence. From the unusual immune systems of people who reach 110 to vitamin D, long-term physical activity, and the characteristics of cognitively healthy adults in their 80s and beyond, researchers continue to uncover clues about what supports healthier aging.

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



How Do People Live Beyond 110? Abundance of Cancer-Killing Cells Might Be Key

Researchers studying people who live to 110 and beyond found unusually large populations of rare “killer” T cells, suggesting that exceptionally strong and adaptable immune defenses against cancer may be one factor contributing to extreme longevity.

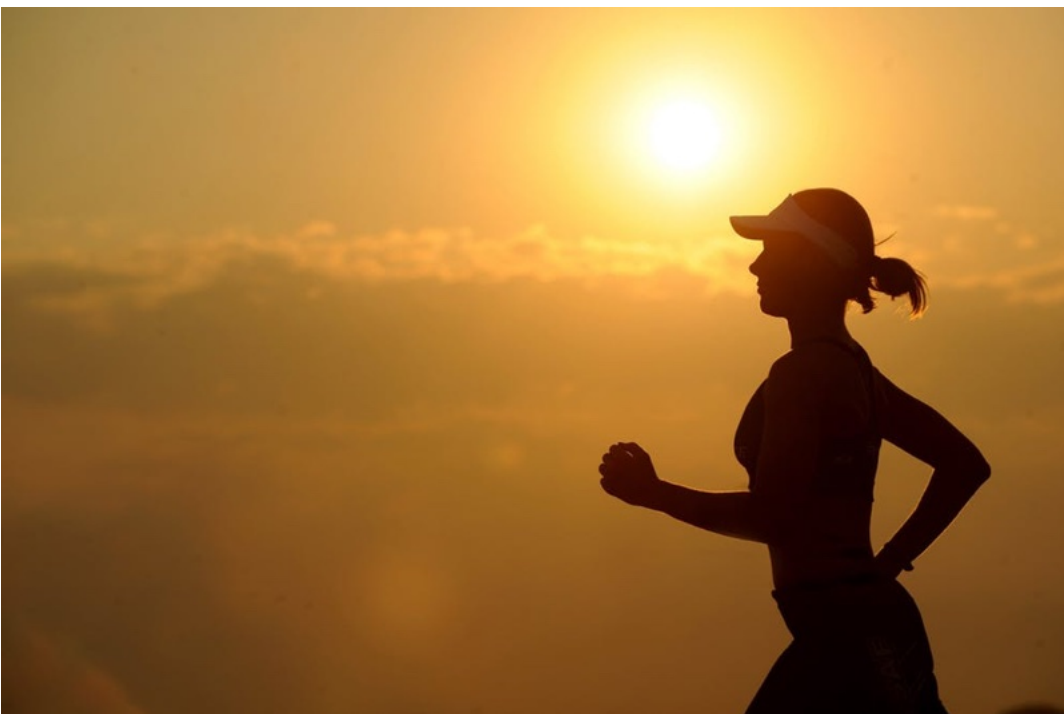
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Common Daily Vitamin Linked to 13% Cognitive Boost in Early Dementia, Study Shows

A small study of older adults with mild cognitive impairment and sleep problems found that those taking at least 5,000 IU of vitamin D daily scored about 13% higher on a cognitive assessment, although researchers caution that the findings don't prove vitamin D caused the improvement.

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Long-Term Physical Activity Linked to Lower Dementia Risk

A large prospective study following participants from two long-running U.S. cohorts found that maintaining higher levels of physical activity over the long term was associated with better cognitive outcomes and a lower risk of developing dementia later in life.

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What Can We Learn From Cognitively Healthy Adults Over 80?

New findings from the SuperAging Research Initiative examined psychological well-being among adults 80 and older who remain cognitively intact, adding to research investigating the emotional and psychological characteristics associated with exceptional cognitive aging.

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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



[International Longevity Summit 2026](#)

September 30 & October 1
Madrid, Spain



[Translational Longevity Summit](#)

October 7-11
Boston, MA USA



[Longevity Nation](#)

November 23-24, 2026

Bar-Ilan University

Details for support and partnership are available from:

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

