

Global Healthspan Policy Institute

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Hello,

This week we learn how limiting daily eating hours may support cognitive health, why several common sugar substitutes have been associated with faster memory decline, how vitamin B3 could help protect against glaucoma, and why long-term exposure to extreme heat may affect Alzheimer's-related biomarkers differently in women and men.

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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Long-Term Heat Exposure Linked to Alzheimer's Disease Biomarker Changes in Women, but Not Men
New research linked prolonged exposure to higher outdoor temperatures with blood biomarker changes consistent with early Alzheimer's disease pathology in women, while the same association was not observed in men.

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6 Common Sugar Substitutes Linked to 62% Faster Memory Decline, Study Finds
Researchers found that people consuming the highest amounts of several low-calorie sweeteners experienced faster declines in memory and overall thinking skills, although the observational study could not establish that the sweeteners directly caused the changes.

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Vitamin B3 Supplementation Linked to 66% Lower Glaucoma Risk
A study of people with elevated eye pressure found that those taking nicotinamide, a form of vitamin B3, had a substantially lower risk of developing glaucoma, though experts caution against beginning high-dose supplementation without medical supervision.

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Time-Restricted Eating Linked to Better Cognitive Function in Pilot Study
A small preliminary trial found that older women who ate within an eight- to nine-hour daily window showed greater improvements in planning and problem-solving than those who followed calorie restriction alone.

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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

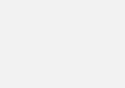
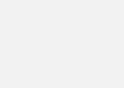
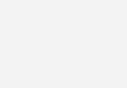
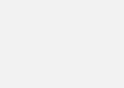
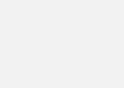
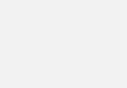
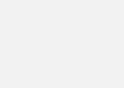


SAVE THE DATE

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 [Vetek Association](#)

