The Arising

OCTOBER 14, 2026

DAILY ISSUES



EDITORIAL ILLUSTRATION / AN ARTISTIC INTERPRETATION

What a closer look reveals.

CELLULAR SCIENCE / EVIDENCE / DISCOVERY

The full original issue follows, with its articles and sources preserved.
Editorial review copy. This illustration update is not a new evidence audit.

ARISING HEALTH

The Arising

HEALTH INTELLIGENCE

LONGEVITY
SCIENCE
MARKETS
HUMAN HEALTH

Tracking emerging Medical Intelligence from a Physician's View

WEDNESDAY, OCTOBER 14, 2026 | VOL 1 NO 12 | ARISING HEALTH

10 stories across 2 desks | ~25 minutes to read | 154 briefs grouped by topic

LONGEVITY & HEALTHSPAN

5 STORIES · 14 MIN →

1

Higher Cellular Recycling Linked to Worse Physical Fitness in Adults Over 70

Autophagy, the body's cell-cleaning process, is widely assumed to decline with age, and...

3 MIN READ

2



Google's AMIE Diagnostic Chatbot Interviewed Real Patients Safely Before Urgent Care Visits

Before a recent urgent care visit, 98 patients at a primary care clinic...

2 MIN READ

3



Loneliness and Isolation Linked to Years Lost to Depression and Anxiety

Middle-aged adults who were both lonely and socially isolated could expect up to...

3 MIN READ

4

Hidden High Blood Pressure Found Only at Home Linked to 70% More Falls After 78

A normal blood pressure reading at the doctor's office may not tell the...

3 MIN READ

5

Interval Training Kept Lean Mass in Older Adults, but Changes Were Small

Losing fat is easy to celebrate.

3 MIN READ

MARKETS & STRATEGY

5 STORIES · 11 MIN →

1



BlackRock Buys Majority Stake in Humana's CenterWell Senior Clinics for $2.8 Billion

2 MIN READ

2



South Korea Labor Minister Says Retirement Age Law Must Pass This Year

2 MIN READ

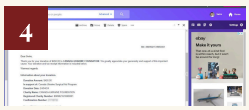
3



UBS UK Pension Plan Completes £1.7 Billion Buy-In With L&G

2 MIN READ

4



Congress Passes Bill Renaming Social Security Claiming Ages to Encourage Later Claiming

2 MIN READ

5

CareTrust REIT Buys £1.1 Billion UK Care Home Portfolio From LNT

3 MIN READ

BRIEFS

154 SHORT STORIES · 45 MIN →

VO2 max & zone 2 training 13 | Epigenetic reprogramming & age reversal 9 | Fasting, autophagy & metabolic health 14 | Sleep science & circadian biology 11 | Gut microbiome & brain axis 11 | Alzheimer's & cognitive decline prevention 14 | Women's health & hormonal transitions 13 | Nitric oxide & vascular health 12 | Mitochondria & cellular energy 10 | Exercise as medicine & longevity 12 | Proteins & amino acids 9 | MRNA & gene therapy 4 | Stress resilience & nervous system 7 | Longevity research 7 | Clinical trials 6 | In the news 2

The Arising

HEALTH INTELLIGENCE

WEDNESDAY, OCTOBER 14, 2026 · LONGEVITY & HEALTHSPAN DESK

IN THIS EDITION · LONGEVITY & HEALTHSPAN

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LONGEVITY & HEALTHSPAN · STANDARD READ · 3 MIN

AGING CELL · 2 SOURCES

Higher Cellular Recycling Linked to Worse Physical Fitness in Adults Over 70

Autophagy, the body's cell-cleaning process, is widely assumed to decline with age, and more of it is often presumed to mean healthier aging. A new human study suggests the picture is less simple: in adults over 70, higher autophagy activity went along with worse physical function.

The work was published in the journal Aging Cell in 2026 by a team led by Caroline Kumsta at Sanford Burnham Prebys. It is an observational study of human cells taken from healthy volunteers, plus a very small exercise pilot. It shows links, not cause and effect.

Autophagy is the process cells use to break down damaged proteins and other waste so the parts can be reused. Many scientists have called its decline a hallmark of aging. The authors note that most evidence for a decline comes from model

organisms and post-mortem tissue, and that direct evidence across human cell types is limited.

The team used cells from the San Diego Nathan Shock Center Clinical Cohort, whose members reported being free of chronic disease. They studied skin cells called fibroblasts (44 donors), neurons converted from those skin cells in the lab (22 donors), and freshly isolated white blood cells. They measured both gene activity and autophagy flux, the actual rate of recycling. Flux is measured by blocking the cell's disposal step and seeing how much material builds up.

Gene activity and real activity did not match. Autophagy-related genes were more active with age in skin cells and, to a lesser extent, in the lab-made neurons. But the measured flux did not follow. Flux fell with age in skin cells from men, stayed stable in skin cells from women, and rose in neurons from women. In blood cells, flux grew more variable with age and trended higher in older people of both sexes. The authors also found that counting visible autophagy structures in cells did not track flux.

The central finding concerns physical function. The link between autophagy flux and physical function varied across the adult lifespan. But in adults over 70, higher flux was associated with reduced physical function, in all three cell types. According to the ScienceDaily coverage of the work, higher flux in blood cells went with lower aerobic fitness, in skin cells with higher body mass index, and in the neurons with weaker grip strength, lower metabolism and a higher resting heart rate.

The authors interpret this cautiously. Elevated flux in older adults may reflect a compensatory response to age-related stress, rather than a stronger cleanup capacity. That is an interpretation, not something the study proved. "It appears that increased autophagy flux may be good in younger people yet problematic in older people," Kumsta said, according to ScienceDaily.

The study also included a pilot. Per the paper, blood-cell flux dropped after 12 weeks of mild exercise, while physical function improved. ScienceDaily reports that this involved five people aged 77 to 88. With so few participants and no comparison group described, the result is a hint worth testing, not evidence that exercise works through this route.

FOR YOU

For personal health, the practical lesson is about caution. The study did not test fasting, supplements or any drug that raises autophagy. It cannot say whether such approaches help or harm. It does cast doubt on the assumption that pushing autophagy up is always a good sign, especially in later life. Lead author Tatiana Moreno told ScienceDaily that people inferring autophagy from gene activity "need to be really careful about their interpretations." Readers should not start or stop any treatment, supplement, fasting regimen or exercise program without consulting their clinician.

Other limits matter. The samples came from healthy volunteers at one point in time, so the study cannot show how any one person's autophagy changes over the years. Sex differences were found in some cell types, but the authors note that sample sizes were limited for some analyses.

WHAT TO WATCH NEXT

Larger, controlled exercise trials that track autophagy flux alongside fitness, and studies that follow the same older adults over time to learn whether high flux is a warning sign or a response to stress.

Sources: Aging cell (2026), ScienceDaily (Sanford Burnham Prebys)

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LONGEVITY & HEALTHSPAN · STANDARD READ · 2 MIN THE LANCET

Google's AMIE Diagnostic Chatbot Interviewed Real Patients Safely Before Urgent Care Visits

Before a recent urgent care visit, 98 patients at a primary care clinic first talked to an AI chatbot about their symptoms, and doctors watching in real time never had to step in, according to Google's report of the study.



Photo: "Colorectal Cancer Screening 220210-N-QA097-021" by NavyMedicine, Public domain

The chatbot is called AMIE. Google built it as a research tool for medical conversations. According to Google's blog post on the study, researchers from Google and Beth Israel Deaconess Medical Center (BIDMC) tested it at the hospital's ambulatory primary care clinic. The results were published in The Lancet on October 8, 2026. This article is based on that report. The paper itself was not reviewed.

Here is how it worked, according to the report. Patients chatted with AMIE ahead of an urgent care visit. Supervising physicians monitored the interactions as they happened. The team had set safety criteria in advance. According to Google, not a single conversation needed to be interrupted under those criteria.

The report also describes what happened afterward. Clinicians said the AI-written summaries helped them prepare for visits in 75% of cases. They said the summaries influenced their approach to care in more than half of cases.

On accuracy, Google reports that AMIE's differential diagnoses matched the doctors' final diagnoses 90% of the time. A differential diagnosis is a list of possible causes for a patient's symptoms. The report describes it as a match with the final diagnosis. The blog post does not say how strict that match was. It also does not say how many conditions were on each list.

What does this mean for the average person? The study points to a narrow use: gathering the story of your symptoms before you see a clinician. A good history is a large part of good care. If a tool can collect it and hand it to a doctor, the visit may start further along. That is an interpretation, not a finding. The report does not say visits were faster or that patients did better.

It also does not show that a chatbot can stand in for a doctor. In this study, physicians supervised every conversation. Doctors made the final diagnoses. The AI's list was compared with theirs afterward. The setup positions AMIE as a support for the clinician, not a replacement.

Google says the findings are an encouraging first look. According to the report, larger clinical trials are needed to assess patient-facing AI at scale. Based on the coverage provided, the people tested were patients at one clinic who were heading in for a visit. That is not the same as someone typing symptoms into a tool at home with no doctor involved.

For now, the practical point is simple. Tools that organize your symptoms may help a visit go better. They are not yet shown to be safe on their own. The study tested the AI only with doctors in the loop, and that is the only setting the results speak to.

WHAT TO WATCH NEXT

Larger trials, in more clinics and with more kinds of patients, that test whether AI intake improves care and not just doctors' preparation.

Source: The Lancet (via Google / STAT)

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LONGEVITY & HEALTHSPAN · STANDARD READ · 3 MIN NATURE COMMUNICATIONS · 2 SOURCES

Loneliness and Isolation Linked to Years Lost to Depression and Anxiety

Middle-aged adults who were both lonely and socially isolated could expect up to 5.8 fewer years free of depression and anxiety, according to a large new study in Nature Communications. The link to physical disease was smaller.



Photo: "Sky Cloud" by Jeffrey Wegrzyn, CC0

The work is an observational study in people. It used data from 277,489 adults in the UK Biobank who were free of seven major chronic diseases at the start: type 2 diabetes, cardiovascular disease, chronic respiratory disease,

neurodegenerative disease, cancer, depression and anxiety. Because it observes people rather than assigning them to a treatment, it shows associations. It cannot show that loneliness or isolation caused the lost years.

The researchers, led by Lu Qi of Tulane University, separated two ideas that are often mixed up. Social isolation is an objective measure of how much social contact a person has. Loneliness is a subjective measure of how dissatisfied a person feels with the quality of their relationships. The two overlap, but they are not the same.

In the cohort, 3.3% of participants had loneliness only, 6.8% had isolation only, and 0.8% had both. Participants were followed for a median of about 13 to 14 years. Over that time there were 16,356 deaths and 78,829 new cases of the seven diseases.

The team estimated disease-free life expectancy at age 50. This is the number of years a person can expect to live without developing the listed conditions. People with both loneliness and isolation were compared with people who had neither.

For physical disease, women with both lived 2.4 fewer years free of the five physical diseases, and men lived 1.7 fewer years. For mental disorders, the gaps were larger. Women with both lived 3.7 fewer years free of depression and anxiety. Men lived 5.8 fewer years. All of these differences were statistically significant.

Across all seven conditions combined, women with both lived 3.0 fewer disease-free years and men 2.2 fewer. Loneliness alone and isolation alone were also linked to losses, though smaller ones. The gaps between groups narrowed with age. The results did not change appreciably when the researchers excluded people who became ill or died within two years, which helps guard against early illness driving the findings.

The study also asked whether a healthy lifestyle changes the picture. A healthier lifestyle was linked to more disease-free years in every group, lonely or not. But the loss tied to social isolation shrank substantially at higher lifestyle scores. In women, the mental-health loss tied to isolation was 2.2 years in the unhealthy-lifestyle group and 0.6 years in the healthiest group. That last figure was not statistically significant.

Loneliness did not follow that pattern. The loss tied to loneliness did not narrow significantly as lifestyle improved. Among women, for example, the mental-health loss linked to loneliness was 3.1, 2.6 and 4.2 years across unhealthy, middle and healthy lifestyle groups. In its coverage, ScienceDaily said habits such as diet, exercise, sleep and not smoking reduced the isolation-linked losses. The study's full lifestyle score is described in its supplementary material, which this summary does not cover.

The authors offer two possible explanations for the stronger mental-health link, and they say more research is needed. Earlier studies suggest mental health partly explains how loneliness and isolation affect physical disease. There is also substantial genetic overlap between loneliness and depression.

There are limits. Loneliness and isolation were measured at baseline, and the study cannot say which came first or whether they cause the outcomes. Qi told ScienceDaily the findings were not surprising, given earlier work linking isolation and loneliness to early death.

FOR YOU

What does this mean for personal health? Social connection looks like a factor tied to healthspan, the years lived in good health, and one that people can sometimes change. The results suggest healthy habits may help offset the cost of being isolated, but may not offset the cost of feeling lonely. That points to the quality of relationships, not only the amount of contact, as something to address directly. This study cannot say which approaches work.

Qi's team plans to study other population groups and to use clinical trials to test whether loneliness and isolation directly cause these health effects. Those trials are the next thing to watch.

Sources: Nature communications (2026), ScienceDaily (Tulane University; Nature Communications)

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LONGEVITY & HEALTHSPAN · STANDARD READ · 3 MIN CIRCULATION · 2 SOURCES

Hidden High Blood Pressure Found Only at Home Linked to 70% More Falls After 78

A normal blood pressure reading at the doctor's office may not tell the whole story for people in their late seventies and beyond. In a preliminary study of 758 older adults, those whose office readings were normal but whose home readings were high had about a 70% higher risk of falling than those whose readings were high in both places.

This is an observational study in people, so it shows an association, not a cause. It was presented as a research abstract at the American Heart Association's Hypertension Scientific Sessions 2026 on October 9. It has not been peer reviewed or published in a journal. The details here come from the American Heart Association Newsroom's release on that abstract. We did not have the abstract itself.

The pattern is called masked hypertension. Blood pressure looks normal in a clinic but runs high at home. Its mirror image is "white coat" hypertension, where readings are high at the clinic but lower at home. Sustained hypertension means readings are high in both settings.

According to the newsroom release, the participants came from the Atherosclerosis Risk in Communities (ARIC) study, which began enrolling people in 1985 in four U.S. communities. They were aged 78 to 98, with a median age of 83. About 59% were women and 17% identified as Black. Some 82% were already taking blood pressure medication. Office blood pressure was measured three times after five minutes of seated rest. Home readings were taken morning and evening on eight non-consecutive days in 2023.

Of the 758 adults, 34.5% had sustained high blood pressure, 17.0% had white coat hypertension, 15.4% had masked hypertension and 33.2% had normal readings. Participants reported their falls during annual phone calls. Over a median follow-up of 350 days, 23.4% said they had fallen at least once in the previous 12 months.

Masked hypertension was linked to a 70% higher fall risk than sustained hypertension. White coat hypertension was linked to a lower fall risk than high readings in both settings. When the researchers treated the gap between office and home readings as a continuous measure, a lower office reading relative to the home reading went with more falls.

That may seem backwards. Low blood pressure is usually seen as the fall risk. Karol E. Watson, M.D., Ph.D., of UCLA, who was not involved, told the newsroom the study "doesn't explain why the fall risk was higher." She said it may point to blood pressure variability and how well older adults regulate their pressure through the day. That is her interpretation, not a finding.

The study is background for current advice. The 2025 joint guideline on high blood pressure, published in Circulation, replaces the 2017 version. The part of the guideline we could see, its abstract, describes it as a "living, working document" for clinicians. According to the AHA newsroom, the guideline recommends annual blood pressure checks for all adults. It also recommends home monitoring to help confirm an office diagnosis and to guide care. The guideline abstract does not give those details.

There are limits. Falls were self-reported. The study followed people for under a year. It cannot show that treating masked hypertension would prevent falls. Talk to your clinician before changing any medication, including starting or stopping it. "Home blood pressure measurement can add helpful health information for older adults," said presenting author Frances Wang, Ph.D., of Beth Israel Deaconess Medical Center. She hopes patients will share home readings with their health care team.

The next step is publication of the full analysis in a peer-reviewed journal. That will show how the numbers were calculated and whether other groups find the same pattern.

Sources: Circulation (2025), American Heart Association Newsroom (Hypertension Scientific Sessions 2026)

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LONGEVITY & HEALTHSPAN · STANDARD READ · 3 MIN MATURITAS · 2 SOURCES

Interval Training Kept Lean Mass in Older Adults, but Changes Were Small

Losing fat is easy to celebrate. Losing fat without losing lean tissue is the harder goal in later life. A six-month randomised trial suggests exercise intensity may play a part, though the gains were small. The trial measured lean mass, which includes muscle but also other tissues, not muscle itself.

The study, published in the journal Maturitas in 2025, was a randomised controlled trial, the strongest design for testing whether an intervention causes a change. It was a sub-study of a larger trial and included 123 healthy older adults with an average age of 72 years and an average body mass index of 25.8. We had access only to the study's abstract, so some details are not covered here.

All participants did three supervised 45-minute exercise sessions a week for six months. They were randomly assigned to one of three groups: treadmill-based moderate-intensity training (45 people), high-intensity interval training, or HIIT (41 people), or a low-intensity active control condition (37 people). Heart-rate targets were set for each individual. Body composition was measured with dual-energy x-ray absorptiometry, a scan that estimates fat and lean tissue, at the start, at three months and at six months.

Both the HIIT and moderate-intensity groups lost fat mass, and by similar amounts. Both reductions were larger than in the low-intensity control group, according to the authors.

The groups differed on lean tissue. Only the moderate-intensity group showed reductions in fat-free mass, which includes muscle and other lean tissues. The authors noted this could potentially add to the age-related loss of muscle and other lean tissue. At six months, the HIIT group had a greater raw difference in lean mass than the moderate group. HIIT was also the only group with a net improvement in body fat percentage.

Both HIIT and moderate-intensity training also improved visceral adipose tissue over six months. This is fat stored deep in the abdomen, around internal organs. The improvements were comparable between the two groups.

The authors were careful about how much to read into this. Their conclusion was that HIIT reduced fat and maintained lean mass, but that the changes were small. They said the changes were not clinically meaningful compared with exercise of lower intensity, once measurement error was considered. Fat-free mass is also not the same as muscle strength, and the abstract does not report strength or physical function. This is where the argument is weakest: the lean-mass difference is small, and whether it matters for strength or daily life is not shown.

A press report from ScienceDaily, covering a University of the Sunshine Coast release, quoted lead author Dr. Grace Rose as saying: "We found that high, medium and low intensity exercises all led to modest fat loss but only HIIT retained lean muscle." That is a simpler summary than the abstract gives. The abstract says the low-intensity group did not match the fat loss of the other two, and it describes lean mass, not muscle alone. ScienceDaily also quoted co-author Associate Professor Mia Schaumberg, who said HIIT likely works better because it puts more stress on the muscles, giving the body a stronger signal to keep muscle tissue. That is her explanation. The abstract does not test it.

For healthy older adults, the practical message is cautious. In this trial, HIIT was compared with moderate training as separate programmes; it did not test adding intervals to steady cardio, so that idea is our suggestion, not a finding. The trial does not show a large benefit. The authors say higher-intensity training may be considered "where appropriate and feasible." In the coverage, HIIT meant short bursts of very hard effort, with heavy breathing and difficult conversation, alternated with easier recovery periods. That is demanding. The participants here were healthy, so the results may not apply to people with chronic illness. Readers should not start, stop or change an exercise programme or treatment without first talking to their clinician.

A separate 2026 study in Medicine and Science in Sports and Exercise tested home-based HIIT with remote supervision in 20 older adults aged 61 to 74. It reported no adverse events related to the training and 96% completion of sessions. It had no comparison group of different intensities, so it speaks to feasibility rather than to which intensity is best. What to watch next: trials that measure strength and everyday function alongside body composition, to show whether the small differences in lean mass matter in daily life.

Sources: Maturitas (2025), ScienceDaily (University of the Sunshine Coast; study published in Maturitas)

The Arising

HEALTH INTELLIGENCE

WEDNESDAY, OCTOBER 14, 2026 · MARKETS & STRATEGY DESK

IN THIS EDITION · MARKETS & STRATEGY

1. **BlackRock Buys Majority Stake in Humana's CenterWell Senior Clinics for $2.8 Billion**
2. South Korea Labor Minister Says Retirement Age Law Must Pass This Year
3. UBS UK Pension Plan Completes £1.7 Billion Buy-In With L&G
4. Congress Passes Bill Renaming Social Security Claiming Ages to Encourage Later Claiming
5. CareTrust REIT Buys £1.1 Billion UK Care Home Portfolio From LNT

MARKETS & STRATEGY · STANDARD READ · 2 MIN

MARKET IMPACT · STAT

BlackRock Buys Majority Stake in Humana's CenterWell Senior Clinics for $2.8 Billion

BlackRock is buying a majority stake in Humana's CenterWell Senior Primary Care clinics in a deal valued at $2.8 billion, according to STAT.



Photo: “Doctor Patient” by Direct Media, CC0

The deal swaps one private investor for another. BlackRock is buying out the majority stake held by Welsh, Carson, Anderson & Stowe, known as Welsh Carson. The clinics form a network of 150 sites focused on Medicare Advantage patients. Humana announced the transaction on Tuesday.

Humana says the deal will help it fund existing clinic operations, add new clinics and make other strategic acquisitions. According to STAT, that work is expected over the next two years.

Welsh Carson's exit follows a long holding period. It first invested in CenterWell more than six years ago and has put in at least $1.8 billion since 2020, according to STAT. STAT notes that this is about when a private equity firm would be expected to sell.

The market meaning is partly a matter of interpretation, since the available reporting is limited. One reading is that large investors still see value in clinics built around Medicare Advantage members. The deal also shows that Humana wants outside capital to help grow its primary care business instead of funding it alone. The source text we reviewed does not give financial terms beyond the $2.8 billion value, so it is not clear how much of the stake changes hands or what returns either investor expects.

For competitors, the deal signals that insurer-linked care networks can draw large amounts of money. Other insurers and clinic operators may face pressure to show they can grow in the same way. That is an inference, not something the source states.

The regulatory picture is also unaddressed in the portion of the article we could access. STAT has separately reported on Medicare Advantage star ratings and on a court hearing over Medicare Advantage audits. Those stories are not about this deal, but they point to the policy environment around the program.

WHAT TO WATCH NEXT

Whether Humana names new clinic openings or acquisitions, and whether further details of the BlackRock deal emerge over the two-year period it describes.

Source: STAT

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MARKETS & STRATEGY · STANDARD READ · 2 MIN

REGULATORY CHANGE · JOONGANG ILBO / JKN

South Korea Labor Minister Says Retirement Age Law Must Pass This Year

South Korea's labor minister says a law to raise the mandatory retirement age must pass this year, and that even discussing it now is late. The remark puts a deadline on a change that would reshape workforce costs for employers.



Photo: "SC 342937 / FEC-50-3906 - 6 July 1950" by Go Hanbin, Public domain

Speaking on October 13 at a National Assembly committee inspection, the Employment and Labor Minister said: "It must be processed within the year. I believe even discussing it today is late," according to Joongang Ilbo and JKN. Talks focus on raising the mandatory age from 60 to 65. The ministry said it intends to pursue a phased extension based on social consensus.

The government has not yet published its own plan. The minister said officials feared a government proposal could hinder social dialogue. He added that if only a decision remains, the government will present its proposal promptly. He noted that the ruling party has built up discussions through a task force over a long period.

People Power Party Representative Kim Wi-sang pressed the point. He asked how long the government would hide behind "social dialogue" and urged passage within the regular Assembly session. He also said an older retirement age alone is not enough. In his view, it must be linked to wage system reform. He argued companies should be able to choose between re-employment and a higher retirement age, whichever suits their sites.

The sources describe the tension plainly. Supporters want to keep older workers employed and protect their income as the working-age population shrinks from low birth rates and aging. Opposing concerns include the effect on youth jobs, labor costs for businesses and possible income gaps.

The minister also said he would push in the second half of the year to amend the law on the comprehensive wage system. That system folds overtime and night-work allowances into regular pay. Critics say it can produce "free overtime" when actual hours are not fully paid. He said long hours are often tied to low-wage structures.

On the 52-hour work week, he was cautious. Asked whether R&D staff in the Mega Special Zones could be exempt, he said many aspects need careful review. Productivity and workers' health protections must be balanced, he said. Advanced industries such as semiconductors have asked for exceptions. A social dialogue on the issue has run since September, with the government acting as facilitator.

Other items: the ministry reported an 11.8% drop in serious industrial accident deaths in the first half of this year compared with the same period last year. It plans tighter oversight of companies with repeat accidents.

For business planners, the sources support a narrow reading. A phased rise to 65 is the direction of the debate, and the minister wants it done this year. Timing, phase-in schedule and any company-level flexibility remain unstated. Whether the final

law pairs the change with pay reform would affect labor costs, but the sources do not say how.

Watch for the government's formal proposal and whether the Assembly votes within its regular session.

Source: Joongang Ilbo / JKN (corroborated by The Korea Herald background reporting)

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MARKETS & STRATEGY · STANDARD READ · 2 MIN MARKET IMPACT · LEGAL & GENERAL

UBS UK Pension Plan Completes £1.7 Billion Buy-In With L&G

The UBS (UK) Group Pension Plan has secured the benefits of more than 7,000 members through a £1.7 billion buy-in with an insurer, the largest UK pension risk transfer announced so far in 2026. L&G announced it on 13 October 2026; the completion date is not given.



Photo: "Senior Couple" by Senior Living, CC0

According to Legal & General (L&G), the Trustee of the Plan and L&G have completed a buy-in covering the UBS Section. In a buy-in, the pension plan pays a premium to an insurer and holds the resulting policy as an asset, with

the insurer's payments helping to fund members' benefits. The announcement does not give the premium terms beyond the £1.7 billion deal value.

The deal also dealt with an existing longevity hedge. This is a contract that protects against members living longer than expected. According to L&G, the Plan's hedge with Zurich was novated to L&G. The release does not say which party's position in the contract transferred. L&G says the longevity risk is reinsured by Canada Life Reinsurance.

For the market, the deal is a sign that schemes with existing longevity swaps can still reach insurance. The Trustee's advisers described the restructure as cost-effective. Aon's John Baines said the transaction kept many features members value most. Aon acted as risk settlement adviser to both the Trustee and UBS, the sponsor. These are the advisers' own assessments, and the release gives no figures to test them.

On competitive positioning, this is a repeat win for L&G. It completed a £900 million buy-in for the Plan's Credit Suisse Section in 2024. Both sections are now secured with L&G. L&G says it was chosen after a competitive process for its scale, execution certainty, competitive pricing and member experience. The release does not name the other bidders.

The deal also adds to L&G's volumes. The company says the transaction is part of the £5.7 billion of global pension risk transfer volumes reported in its 2026 Half Year Results. It also reports a £73 billion pension risk transfer annuity portfolio and roughly 800,000 customers worldwide.

The release points to preparation as a factor in the outcome. The Plan aligned its investment strategy with insurer pricing before approaching the market. The Trustee also put significant effort into data preparation. An innovative price lock gave price certainty before the transaction. Schemes weighing a similar move may take note of that sequence, though one case does not show it is typical.

The deal also ends the sponsor's pension risk on both sections. Chris Martin, Chair of the Plan, said the sponsor has now fully de-risked both Sections. He added that all Plan members now have their pensions secured by a major UK life insurance company.

Beyond L&G's own figures, the source gives no market-wide data, so the wider effect on pricing or capacity is not measured here. What to watch next is whether other large schemes with longevity swaps follow, and how L&G's pension risk transfer volumes look in its next results. No medication, treatment or supplement is involved, so the clinician disclaimer does not apply.

Source: Legal & General

IN THIS EDITION · MARKETS & STRATEGY

1. BlackRock Buys Majority Stake in Humana's CenterWell Senior Clinics for $2.8 Billion
2. South Korea Labor Minister Says Retirement Age Law Must Pass This Year
3. UBS UK Pension Plan Completes £1.7 Billion Buy-In With L&G
4. **Congress Passes Bill Renaming Social Security Claiming Ages to Encourage Later Claiming**
5. CareTrust REIT Buys £1.1 Billion UK Care Home Portfolio From LNT

MARKETS & STRATEGY · STANDARD READ · 2 MIN

COMMITTEE FOR A RESPONSIBLE FEDERAL BUDGET

Congress Passes Bill Renaming Social Security Claiming Ages to Encourage Later Claiming

Congress has changed what Social Security calls the ages at which people can claim, and the new labels are built to nudge people toward waiting. Whether they will actually change behavior is not established; the claim rests on the Committee for a Responsible Federal Budget's reading of the research.

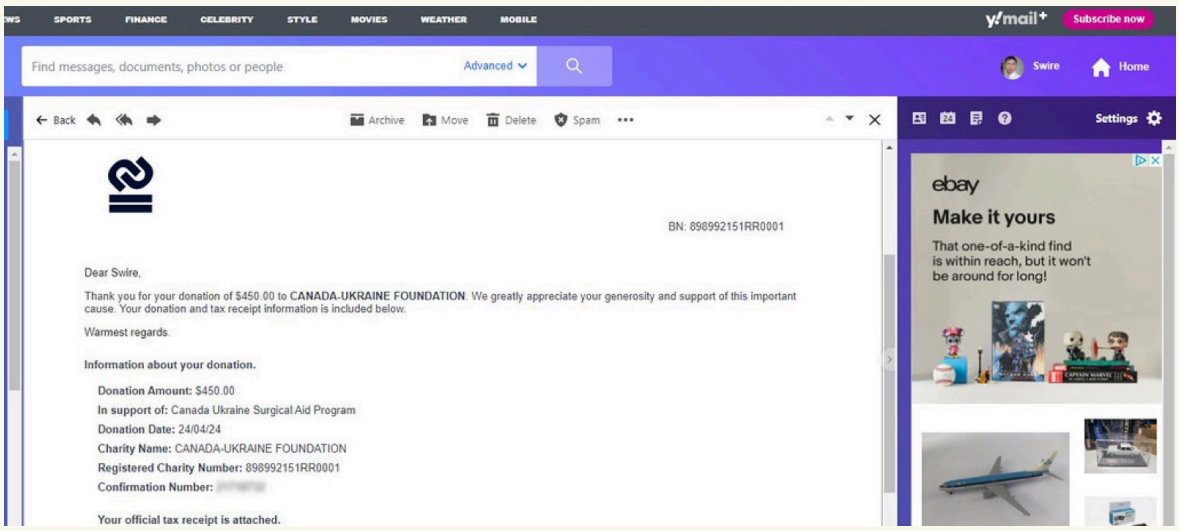


Photo: "2024-04-24_Ukraine_donation" by Can Pac Swire, CC BY-SA 2.0

According to the Committee for a Responsible Federal Budget (CRFB), the Senate passed the Claiming Age Clarity Act by unanimous consent this week. The House passed it last December. The bill now goes to the President for his signature.

The bill renames three ages. Age 62 becomes the Minimum Monthly Benefit Age. Age 67 becomes the Standard Monthly Benefit Age. Age 70 becomes the Maximum Monthly Benefit Age. The names are meant to show the tradeoff: claim earlier and the monthly check is smaller, claim later and it is larger.

CRFB says research shows the new names will better communicate that tradeoff. It says they could encourage delayed claiming by helping beneficiaries understand the higher monthly benefit that results. CRFB calls the change "a good first step in improving retirement signals." The page does not name the research, and we have not independently verified it. This is the weakest point in the case: a clearer label may inform people without changing what they do.

The market question is whether labels change behavior enough to matter. If they do, more households will delay claiming. A household that delays Social Security often needs other money to live on in the meantime. That could raise demand for advice on claiming timing, for products that bridge the gap between retiring and claiming, and for planning built around living a long time. If the labels change little, demand stays where it is. Neither outcome is certain, and the CRFB page does not forecast any effect on financial products or advice.

For firms, the likely effect is on the conversation, not the product shelf. This is our view, not something CRFB states: advisers and retirement-plan providers may find it useful to align their client materials with the new terms. The CRFB page does not describe a timeline or implementation details, including how or when the Social Security Administration will adopt the names.

CRFB frames the bill as a first step. It also points to other changes that could improve retirement decisions: repealing the retirement earnings test, counting every year of work toward benefits, and raising the retirement ages. It says these could also strengthen Social Security's solvency.

The larger backdrop is solvency. CRFB warns of a looming retirement trust fund insolvency and a resulting benefit cut, and says the best way to improve retirement security is to avoid it through a combination of revenue and benefit changes. Any such change would matter more to retirement income planning than a rename.

WHAT TO WATCH NEXT

Whether the President signs the bill, how quickly the Social Security Administration adopts the new terms, and whether Congress takes up the larger changes CRFB lists.

Source: Committee for a Responsible Federal Budget

IN THIS EDITION · MARKETS & STRATEGY

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MARKETS & STRATEGY · STANDARD READ · 3 MIN COMPETITIVE LANDSCAPE · BISNOW

CareTrust REIT Buys £1.1 Billion UK Care Home Portfolio From LNT

A New York-listed investor has bought a large portfolio of UK care homes, and one of its executives says American capital markets are better at raising money. That is one executive's view, not a company explanation for this deal, and the source does not rank CareTrust among the largest UK care home owners.

CareTrust REIT, which invests in senior living and healthcare property, has bought a portfolio of UK care homes for £1.1 billion, according to Bisnow. The seller is LNT, a care home developer and operator. The portfolio has 2,970 beds. The deal takes CareTrust's UK holdings to £2.9 billion and more than 12,000 beds. CareTrust bought into the UK only last year.

The purchase is split in two. CareTrust will pay £576 million for 24 homes that are already complete. It will pay £504 million for the remaining 21 homes, and will buy them as they are finished through 2027.

All the homes will be leased to Crystal Care, LNT's care home operating company. The leases run for 20 years on a triple-net basis, where the tenant covers most property costs. Rent rises 3% a year while the homes fill with residents, a period CareTrust expects to last two to four years. Each home will pay annual rent of £1.4 million.

Once homes are full and stable, they will move to a different structure under the REIT Investment Diversification and Empowerment Act. That lets a REIT share in the operating income a care home produces. According to CareTrust, the two steps give it guaranteed income while homes fill, and a share of higher income once they are running. The portfolio should reach a 7% yield when fully operational. CareTrust's UK income would rise from £74 million to £171 million, on the assumption that each asset produces £2.15 million.

Martin Robb, CareTrust's senior vice president of investments, spoke at a Bisnow conference on Sept. 29, before the deal was announced. "My experience of American capitalism is that it's way more efficient than UK capitalism," he said. "The fundraising capability is impressive." He argued that more liquid and efficient capital markets give US buyers an edge over UK and European rivals. That is his personal view, spoken about US buyers in general rather than about this deal, and he is a buyer with a stake in the market. Robb was a director at Care REIT, which CareTrust bought for £634 million last year in its first UK deal.

The geography matters for policy and for need. About 42% of the homes are in the south of England, 27% in the Midlands, 11% in the north west and 9% in the east of England. Robb said the areas outside the wealthy south east have the greatest need for new places, but the economics make it hard to invest there. "We would like to invest in deprived areas as well if we could figure out how to do it," he said. The pattern suggests private capital follows returns, which may not match where care is most needed.

Wider demand is strong despite weak UK investment markets. Bisnow points to an ageing population and to inflation-linked leases. JLL Director Verity Knight said she had bid on three opportunities below 5% in recent weeks. That is below current gilt yields. "Certain investors still do really see value long term in this market," she said.

For UK operators and domestic landlords, the competitive pressure may be real, though this is our reading rather than something the source shows. Knight's sub-5% bids are not identified as coming from US buyers, and Robb's point concerns efficient fundraising, not cheap money. The weakest link in the argument is that we are joining the two. Whether any of this benefits residents depends on how the homes are run, which the source does not address. What to watch next: how quickly the 21 unfinished homes are delivered through 2027, whether Crystal Care fills them within the expected two to four years, and whether any investors find a workable model for less affluent areas.

Source: Bisnow

The Arising

HEALTH INTELLIGENCE

WEDNESDAY, OCTOBER 14, 2026 · BRIEFS

IN THIS EDITION · BRIEFS · 154 SHORT STORIES IN 16 TOPICS

VO2 max & zone 2 training 13 · Epigenetic reprogramming & age reversal 9 · Fasting, autophagy & metabolic health 14 · Sleep science & circadian biology 11 · Gut microbiome & brain axis 11 · Alzheimer's & cognitive decline prevention 14 · Women's health & hormonal transitions 13 · Nitric oxide & vascular health 12 · Mitochondria & cellular energy 10 · Exercise as medicine & longevity 12 · Proteins & amino acids 9 · MRNA & gene therapy 4 · Stress resilience & nervous system 7 · Longevity research 7 · Clinical trials 6 · In the news 2

Each brief is a short summary of one published study, preprint, registered trial or news report, checked against its source by a second reviewer. These are for information only and are not medical advice.

VO2 MAX & ZONE 2 TRAINING 13

Single exercise sessions linked to short-term drops in alcohol craving in young adults

A systematic review in the European Journal of Sport Science pooled six studies of adults aged 18 to 29 with problematic alcohol use. A single bout of exercise was linked to a moderate drop in craving. Results varied between studies. The evidence suggests a short-term association, and the review calls the evidence limited.

EUROPEAN JOURNAL OF SPORT SCIENCE · 2026-10-01

Remote follow-up programs linked to sustained progress in youth with obesity

A systematic review in Pediatric obesity found 6 randomised trials and 2 pre-post studies of remote maintenance programs for children and teens with overweight or obesity after structured treatment. The programs were associated with stabilising previously achieved weight-related and behavioural gains, not greater weight loss than comparator care. They also showed high feasibility and fewer healthcare visits. The authors call the findings directional.

PEDIATRIC OBESITY · 2026-10-01

State laws on adapted physical education for disabled students vary widely

A review of state laws, published in The Journal of School Health, covered all 50 states and DC as of December 2023. Forty-nine states addressed whether adapted physical education is available. In 16 of them, the laws did not say who is eligible. Thirty states addressed teacher certification. The authors call for greater attention to these laws.

THE JOURNAL OF SCHOOL HEALTH · 2026-10-01

Review examines how spinal cord injury alters heart and vessel control in exercise

A narrative review in Acta Physiologica looks at how the autonomic nervous system controls blood pressure and blood flow during exercise. It uses people with spinal cord injury to show how these controls change. It also covers how exercise programs affect heart and vascular adaptations in this group.

ACTA PHYSIOLOGICA (OXFORD, ENGLAND) · 2026-10-01

Computer-based cognitive training shows lasting memory benefits in burnout patients at 4.5 years

A follow-up of a randomised trial, published in Stress and Health, tracked people with stress-related exhaustion disorder. Computerised cognitive training added to rehabilitation was linked to lasting gains in global cognition and episodic memory. Aerobic training added no lasting cognitive benefit. Only 56 of the original 132 participants returned, which limits the findings.

STRESS AND HEALTH : JOURNAL OF THE INTERNATIONAL SOCIETY FOR THE INVESTIGATION OF STRESS · 2026-10-01

Blood immune cell respiration linked to grip strength and walking speed in older adults

An observational study in the Journal of Cachexia, Sarcopenia and Muscle examined 50 healthy community-dwelling older adults, average age 70. Higher routine mitochondrial respiration in blood immune cells correlated with a lower respiratory exchange ratio during treadmill walking, a measure of fuel use. It also correlated with stronger grip and faster gait speed. These are correlations and cannot show that one causes the other.

JOURNAL OF CACHEXIA, SARCOPENIA AND MUSCLE · 2026-10-01

One ultra-runner's 30,300 km run was linked to muscle loss and stress markers

A case study in the Journal of Cachexia, Sarcopenia and Muscle followed one 49-year-old man who ran about 70 km daily for 444 days. He lost about 3 kg, mostly fat, and showed lower muscle thickness, strength and power. Markers of muscle damage and oxidative stress rose, while IGF-I fell. One person cannot show what happens in others.

JOURNAL OF CACHEXIA, SARCOPENIA AND MUSCLE · 2026-10-01

Higher activity linked to better fitness in 50 Croatian physiotherapists

A study in Physiotherapy Research International looked at 50 physiotherapists in Zagreb. Researchers measured energy expenditure with an armband worn for seven days. Higher energy expenditure was moderately linked to better heart-and-lung fitness and muscle fitness. No significant link was found with flexibility. This was an association in a small group, so it cannot show cause.

PHYSIOTHERAPY RESEARCH INTERNATIONAL : THE JOURNAL FOR RESEARCHERS AND CLINICIANS IN PHYSICAL THERAPY · 2026-10-01

Hospital exercise program for children with blood cancers shows no clear benefit in small trial

A randomised trial in Physiotherapy Research International enrolled 30 hospitalised children and teens with blood cancers or related diseases. One group did daily supervised exercise. The other had minimal physiotherapy. The groups did not differ significantly in fatigue, quality of life, grip strength or walking distance. The exercise program was delivered without adverse events that forced it to stop.

PHYSIOTHERAPY RESEARCH INTERNATIONAL : THE JOURNAL FOR RESEARCHERS AND CLINICIANS IN PHYSICAL THERAPY · 2026-10-01

Few cardiac rehab patients meet all Canadian 24-hour movement guidelines

A cross-sectional observational study in Physiotherapy Research International looked at 105 people in cardiac rehabilitation. Only 2.9% met the guidelines for activity, sitting and sleep together. More activity was linked with better quality-of-life scores. More sitting was linked with lower functional capacity. Sleep duration showed no link. These are associations, not proof of cause.

PHYSIOTHERAPY RESEARCH INTERNATIONAL : THE JOURNAL FOR RESEARCHERS AND CLINICIANS IN PHYSICAL THERAPY · 2026-10-01

Review links low vitamin C to obesity and metabolic syndrome features

A narrative review in Nutrition Reviews looked at vitamin C and metabolic health. Preclinical studies in cells and animals suggested benefits for obesity and metabolic syndrome. Results in human studies were more modest, with some improvements in measures such as insulin sensitivity and weight. The authors note that some clinical studies were limited by missing baseline vitamin C levels.

NUTRITION REVIEWS · 2026-10-01

Second round of pulmonary rehabilitation still helped people with COPD, though less than the first

A retrospective analysis in the Canadian Journal of Respiratory Therapy reviewed records of 429 people with COPD who completed two rehabilitation programmes in the Netherlands. Walking distance, muscle strength and patient-reported outcomes improved after both. Gains after the second programme were smaller than after the first. Because the data were looked at after the fact, it cannot prove cause.

CANADIAN JOURNAL OF RESPIRATORY THERAPY : CJRT = REVUE CANADIENNE DE LA THERAPIE RESPIRATOIRE : RCTR · 2026-09-30

Meta-analysis finds small, low-certainty performance gains after a single capsaicin dose

A meta-analysis in the Journal of the International Society of Sports Nutrition pooled 21 randomised crossover trials in healthy adults. A single dose of capsaicin analogues was linked to a small improvement in performance versus placebo, especially power and muscular endurance. The authors say the evidence is very low certainty, with publication bias and inconsistent results.

JOURNAL OF THE INTERNATIONAL SOCIETY OF SPORTS NUTRITION · 2026-09-30

Review examines how tumours interact with lymph nodes, bone marrow and blood

A review in Cancer Metastasis Reviews describes cancer as a whole-body disease. It summarises how tumours interact with the wider body, including tumour-draining lymph nodes, bone marrow and blood. These interactions can affect tumour growth, treatment response and spread. The authors say this view could shape future diagnosis and treatment strategies.

CANCER METASTASIS REVIEWS · 2026-10-01

Pig egg cells show shifting gene activity during lab maturation and fertilization

A laboratory study in Reproduction in domestic animals analysed gene activity in pig eggs and early embryos made in vitro. Immature eggs, mature eggs and fertilized eggs each showed different patterns. The authors say this maps the molecular steps behind egg competence. The work is in animals and not about human health.

REPRODUCTION IN DOMESTIC ANIMALS = ZUCHTHYGIENE · 2026-10-01

Inhibiting SIRT1 in sperm raised a chromatin mark in early embryos

A study in Reproduction in Domestic Animals treated sperm with sirtinol, an inhibitor of the enzyme SIRT1, during capacitation or during both capacitation and fertilization. Inhibition raised a chromatin mark, acH4K16, in the male pronucleus, while the female pronucleus stayed largely unchanged. Embryos from treated sperm kept elevated acH4K16 at the blastocyst stage. This is laboratory work, and the excerpt does not name the species.

REPRODUCTION IN DOMESTIC ANIMALS = ZUCHTHYGIENE · 2026-10-01

Review: 3D tumour cultures may better reveal colorectal cancer drug resistance

A review in Cancer Medicine says 3D lab models of colorectal cancer, such as organoids and spheroids, capture drug responses that flat 2D cultures miss. It reports that organoid drug screens can prospectively predict patient response in advanced disease. The authors outline guidelines for choosing among 3D models.

CANCER MEDICINE · 2026-10-01

Dietary iron linked to younger biological age; high supplemental iron linked to older

This cross-sectional study in the Asia Pacific Journal of Clinical Nutrition analysed 13,284 US adults. Higher dietary iron was associated with a younger biological age. Supplemental iron above 18 mg a day was associated with faster aging. Serum iron between 15.2 and 18.8 μmol/L was linked to the best results. The design shows links, not cause.

ASIA PACIFIC JOURNAL OF CLINICAL NUTRITION · 2026-10-01

Mothers' high-fat diet linked to metabolic and movement changes in mouse offspring

A mouse study in the Journal of Nutrition and Metabolism fed non-obese mothers a high-fat diet at different stages. Offspring showed higher blood pressure, higher leptin and poorer motor coordination. Longer exposure also brought extra weight gain and muscle fat build-up. Effects differed by sex. The work was done in mice, not people.

JOURNAL OF NUTRITION AND METABOLISM · 2026-09-30

Speech-based 'age gap' measure tracks dementia and biological aging markers

A study in Science Advances used speech recordings from 2,928 people across five Latin American countries. Models trained to estimate age from speech produced a 'speech age gap' that was larger in people with cognitive impairment or dementia than in healthy controls. In Alzheimer's it correlated with p-Tau217, a tau marker, and brain and epigenetic clocks also tracked it. The data are cross-sectional.

SCIENCE ADVANCES · 2026-09-30

Review examines how reactivated 'jumping genes' may shape liver cancer

A narrative review in the Journal of Hepatocellular Carcinoma examines transposable elements, DNA sequences that can be reactivated when epigenetic control fails. These may influence liver tumour cells and the immune environment. The authors grade the evidence in five levels and describe the field as uneven in maturity. Much of the evidence is mechanistic or associative.

JOURNAL OF HEPATOCELLULAR CARCINOMA · 2026-09-29

Review examines how glutamine metabolism shapes health, stress responses and cancer

A review in MedComm summarises the roles of glutamine, an amino acid found throughout the body. It covers cell growth, immune regulation and responses to stress. It notes that cancer cells depend heavily on glutamine. The authors also outline emerging treatment strategies aimed at glutamine metabolism, describing it as a potential target.

MEDCOMM · 2026-09-29

FASTING, AUTOPHAGY & METABOLIC HEALTH 14

Tumour stress genes shape pancreatic cancer response to CAR T in animals

A study in Science Advances combined in vivo CRISPR screens with single-cell genomics in animal models of pancreatic cancer with intact immune systems. Disrupting stress-related genes, notably Keap1 and Slc33a1, made tumours more vulnerable to CAR T cell killing. The work was done in animal models, not people. The authors say it provides a foundation to improve CAR T therapy for solid tumours.

SCIENCE ADVANCES · 2026-10-02

Review describes how bile acid signaling shapes metabolism and disease

A review in Molecular biomedicine says bile acids act as signaling molecules, not only digestive aids. They work through several receptors to influence metabolism, gut lining, immunity and more. The authors discuss how disrupted signaling relates to liver, gut and metabolic diseases, and evaluate treatment strategies that target these pathways.

MOLECULAR BIOMEDICINE · 2026-10-02

Saliva chemistry differs in people with oral cancer and precursor lesions

A study in Clinical Oral Investigations analysed saliva from 60 people: 15 each with oral leukoplakia, oral lichen planus, oral squamous cell carcinoma, and healthy controls. Acetate, taurine, pyruvate and methylamine were elevated and proline was decreased in the disease groups compared with controls. Leukoplakia shared more metabolic features with cancer than with lichen planus. The study is small and shows associations only.

CLINICAL ORAL INVESTIGATIONS · 2026-10-02

High PINK1 gene activity linked to worse survival in lung squamous cell cancer

According to a study in Oncology Reports, higher PINK1 expression was associated with worse survival in lung squamous cell carcinoma. This came from database analysis. In cultured cancer cells, PINK1 increased growth, migration and invasion through a FAK/AKT/RhoA/vinculin pathway. The cell work was lab-based, and no patients were treated.

ONCOLOGY REPORTS · 2026-10-02

Review examines how kidney tissue environment may drive Randall's plaque formation

A review in the International Journal of Molecular Medicine looks at Randall's plaque, mineral deposits in the kidney that some kidney stones attach to. It suggests injury, cell death, immune changes and fibroblasts may help build the plaque. The order of these events remains unclear. Direct evidence linking metabolic or microbiome changes to plaque in humans is lacking.

INTERNATIONAL JOURNAL OF MOLECULAR MEDICINE · 2026-10-02

Review maps how arteries stiffen with calcium and which drugs are tested

A review in Signal Transduction and Targeted Therapy covers vascular calcification, where calcium-like deposits build up in artery walls. The text links it to higher cardiovascular illness and death. It describes cell stress, inflammation and gene-control pathways involved. It also evaluates clinical trial evidence for several drug classes, vitamins and natural compounds.

SIGNAL TRANSDUCTION AND TARGETED THERAPY · 2026-10-02

Luteolin reduced heart cell damage from the cancer drug axitinib in mice

A study in the Journal of Biochemical and Molecular Toxicology gave mice axitinib, a cancer drug linked to heart toxicity. It raised a blood marker of heart injury and increased oxidative stress and heart cell death, without changing heart function on ultrasound. Mice also given luteolin showed less of this damage. The work was done in mice only.

JOURNAL OF BIOCHEMICAL AND MOLECULAR TOXICOLOGY · 2026-10-01

Two gene variants found in congenital cataract in two families

A genetics study in Molecular Genetics & Genomic Medicine sequenced DNA from two unrelated families with congenital cataract, an eye disorder diagnosed at birth or early infancy. It found two likely harmful variants. The GJA8 variant was inherited from the father in one family, and the CRYBB2 variant arose de novo in the other. Computer modelling suggested both alter protein structure.

MOLECULAR GENETICS & GENOMIC MEDICINE · 2026-10-01

Aging mouse brains show fat build-up and enlarged lysosomes in microglia

A study in Cell Reports analysed fats and proteins in lysosomes from mouse brain cortex between 3 and 24 months of age. Myelin-related components built up with age. Fats called glycosphingolipids accumulated and were associated with enlarged, poorly working lysosomes, especially in microglia. The changes resembled those in lysosomal storage diseases. This was mouse research.

CELL REPORTS · 2026-10-01

Long-term metformin use linked to weaker grip strength in older adults with diabetes

A study in the International Journal of Endocrinology used propensity score matching to compare 66 older people with type 2 diabetes on long-term metformin with 66 not taking it. Low grip strength was more common in the metformin group (48.5% vs. 19.7%), with significant differences also seen in poorly controlled diabetes. The groups were matched, not randomised, so the finding is an association.

INTERNATIONAL JOURNAL OF ENDOCRINOLOGY · 2026-10-01

Conjugated linoleic acid in feed linked to lower mammary inflammation in mice

A study in mice, published in Food Science & Nutrition, tested three levels of conjugated linoleic acid in the diet of 24 pregnant animals. Compared with controls, supplemented mice showed higher antioxidant measures. The 1% group showed the largest rise and intact mammary tissue structure after an inflammation-inducing injection. This was animal work, not a human trial.

FOOD SCIENCE & NUTRITION · 2026-10-01

Review maps how several forms of cell death drive ischemia-reperfusion injury

A review in Biomarker Research summarises how different kinds of cell death contribute to ischemia-reperfusion injury, which is tied to kidney injury, stroke and heart attack. Patterns differ by organ and by phase of injury. The authors say most drug and delivery approaches being explored remain at the preclinical stage.

BIOMARKER RESEARCH · 2026-10-01

Gut-produced propionate linked to stronger anti-tumour immune response in colorectal cancer models

A study in the Journal for Immunotherapy of Cancer looked at propionate, a fatty acid made by gut bacteria. In patients, higher levels were linked to lower inflammation and more CD8+ T cells in tumours. In mouse models, propionate slowed tumour growth and boosted the effect of PD-L1 blockade. These are early findings from patient samples and mice.

JOURNAL FOR IMMUNOTHERAPY OF CANCER · 2026-10-01

Commentary describes new acid-responsive peptide that helps immunotherapy attack tumours

A commentary in Oncoimmunology discusses a paper in Nature by Yuan and colleagues. It describes a peptide that breaks open tumour cells in a way that triggers an immune response. According to the commentary, it can be given systemically and makes tumours more sensitive to PD-L1 blockade, with limited toxicity. The text does not say whether this was tested in people.

ONCOIMMUNOLOGY · 2026-10-01

Experts propose first recovery-after-surgery protocol for moyamoya brain bypass operations

A consensus statement in Neurosurgery Practice sets out care recommendations for people having cerebral bypass surgery for moyamoya disease. An expert group reviewed 32 studies and developed strong recommendations for 34 interventions. They cover seven areas of care, from patient selection to follow-up. It is a guideline, not a trial of patient outcomes.

NEUROSURGERY PRACTICE · 2026-10-02

Scoping review finds brain injury rehab rarely addresses women's needs

A scoping review in the Journal of rehabilitation medicine mapped 41 studies of non-drug rehabilitation for women with traumatic brain injury. None of the interventions focused on women or their needs. Most took place in community or outpatient settings. The authors conclude that rehabilitation models need a clearer gender perspective.

JOURNAL OF REHABILITATION MEDICINE · 2026-10-02

Study examines insulin resistance marker and new hypertension in Chinese adults

A prospective cohort study in Cardiovascular Diabetology – Endocrinology Reports used China Health and Retirement Longitudinal Study data on 2,571 adults aged 45 or older who were free of hypertension in 2011 and 2015. It examined whether the cumulative average triglyceride-glucose-waist index, a marker of insulin resistance, was associated with new-onset hypertension by 2020. The excerpt is cut off before the results.

CARDIOVASCULAR DIABETOLOGY. ENDOCRINOLOGY REPORTS · 2026-10-02

Blood inflammation score from three cytokines tracks COPD severity in small study

A small study in PeerJ measured 11 blood cytokines in 62 people with stable COPD. A score built from three of them was associated with lung function severity. Its links to symptoms such as sleep and energy did not reach statistical significance. The authors describe those symptom findings as modest and exploratory.

PEERJ · 2026-10-01

Most Dutch cohort studies share results with participants, but methods vary widely

A descriptive study in Health Expectations interviewed representatives of 24 Dutch cohort studies about returning research results. Fifteen cohorts returned individual-level results beyond incidental findings. Twenty-three shared group-level results, mostly through newsletters. Cohorts cited fear of participants misinterpreting results and limited resources as the main barriers.

HEALTH EXPECTATIONS : AN INTERNATIONAL JOURNAL OF PUBLIC PARTICIPATION IN HEALTH CARE AND HEALTH POLICY · 2026-10-01

Fruit fly clock gene length varies by geography and affects gene activity

A study in Molecular Ecology examined a repeat region in the Clock gene of fruit flies. Using data from 127 European populations, researchers found 11 versions. Some versions followed an east-west pattern. Lab tests showed length changed circadian function under heat and gene activity. This work was in flies, not people.

MOLECULAR ECOLOGY · 2026-10-01

US survey links job type and working hours to depression

According to a cross-sectional study in Medicine, using US national survey data from 12,062 participants, some job groups had higher odds of depression than business and management. These included production, sales and administration roles. This was seen only in unadjusted models. Working hours showed a nonlinear link with depression. A cross-sectional design cannot show cause.

MEDICINE · 2026-10-01

Metabolic syndrome rates in young Chinese health workers vary by definition used

A retrospective cross-sectional study in the journal Medicine looked at 420 healthcare workers aged 20 to 45 in China. Metabolic syndrome prevalence was 15.5%, 18.6% or 10.2%, depending on which of three definitions was used. It was higher in men. The definitions agreed substantially or almost perfectly. The authors note some performance figures were reconstructed and need verification.

MEDICINE · 2026-10-01

Hearing loss, frailty and depression linked to lower cognition in older Koreans

A cross-sectional survey of 149 adults aged 65 or older in medically underserved areas of South Korea, published in Medicine, found links with cognitive function. Poorer cognition went with hearing loss, loneliness, frailty and depression. Education, age, stroke and back pain were also associated. Because the design is a snapshot, it cannot show what causes what.

MEDICINE · 2026-10-01

Lower education and widowhood linked to more depression in older Chinese adults

According to a study in Medicine, using 2018 survey data from 3,243 Chinese adults aged 50 and over, lower education and widowhood were each linked to more depressive symptoms. This held after adjusting for other factors. Poor self-rated health and a sedentary lifestyle appeared to worsen the links. As an observational study, it cannot show cause.

MEDICINE · 2026-10-01

Review: ingested micro- and nanoplastics may harm organs by disrupting the gut

A review in the journal Research examines how swallowed micro- and nanoplastics may disturb the gut barrier, immune system and microbiota. These changes may in turn affect the liver, brain, lungs and endocrine system. The authors note that biodegradable plastics may also produce active breakdown products. They highlight the need for more realistic exposure studies and human-relevant models.

RESEARCH (WASHINGTON, D.C.) · 2026-10-01

GUT MICROBIOME & BRAIN AXIS

11

Major review summarises causes, diagnosis and management of irritable bowel syndrome

A review in Nature Reviews Disease Primers covers irritable bowel syndrome, which affects about 4 to 11 percent of people worldwide. It describes a condition driven by disrupted gut-brain communication, with several contributing mechanisms. It outlines symptom-based diagnosis and stepwise management. It also notes that biomarkers and precision medicine may help in future.

NATURE REVIEWS. DISEASE PRIMERS · 2026-10-01

Review: vesicles from many organs may shape the brain's memory hub

A review in Neuroscience and Biobehavioral Reviews pulls together evidence on extracellular vesicles, small packages cells use to send signals. It describes how vesicles from organs such as fat, gut, muscle and liver, and from brain cells, may influence the hippocampus. Effects covered include new neuron growth, inflammation and synaptic plasticity. The review itself is not new experimental data.

NEUROSCIENCE AND BIOBEHAVIORAL REVIEWS · 2026-10-01

Gut bacteria from Alzheimer's patients caused inflammation and behaviour changes in mice

According to a study in Brain Research, three bacteria isolated from people with Alzheimer's were given to healthy mice over a long period. One, Citrobacter pasteurii, had the strongest effects. Mice showed gut barrier changes, inflammation, and reduced movement. No hippocampal neuron loss was seen. This is mouse research and does not show these bacteria cause Alzheimer's in people.

BRAIN RESEARCH · 2026-10-01

Plant compound icaritin improved memory and metabolism in diabetic mice

A study in the Journal of Ethnopharmacology tested icaritin, a compound derived from the herb Epimedium, in mice with diabetes-associated cognitive dysfunction. Treated mice showed better glucose and lipid control, fewer cognitive deficits and less hippocampal neuron injury. In brain tissue, icaritin reduced lipid peroxidation and iron accumulation, features linked to ferroptosis, a form of cell death. This was mouse and cell research, not a human trial.

JOURNAL OF ETHNOPHARMACOLOGY · 2026-10-01

Review examines herbal medicine, gut bacteria and chemotherapy side effects in gastric cancer

A review in Supportive Care in Cancer looked at traditional Chinese medicine and gut microbiota in gastric cancer patients on chemotherapy. The authors report that some oral and injectable formulations showed moderate- to high-quality clinical evidence for better immune function and fewer gut side effects. Evidence for external therapies was limited. Research gaps remain.

SUPPORTIVE CARE IN CANCER : OFFICIAL JOURNAL OF THE MULTINATIONAL ASSOCIATION OF SUPPORTIVE CARE IN CANCER · 2026-10-01

Review links microplastics to cell stress and possible protein-misfolding risk

A review in Philosophical Transactions of the Royal Society B summarises what is known about micro- and nano-sized plastic particles. It reports they cause oxidative stress and inflammation. They may also push proteins into misfolded forms, which the authors say could pose a risk for neurodegenerative disease. This is a synthesis of existing work, not a new trial.

PHILOSOPHICAL TRANSACTIONS OF THE ROYAL SOCIETY OF LONDON. SERIES B, BIOLOGICAL SCIENCES · 2026-10-01

Warming-property herbs improved memory in Alzheimer's rat models, study reports

A study in the Chinese Journal of Natural Medicines compared three warm or hot herbs with three cool or cold herbs from traditional Chinese medicine. In rat models of Alzheimer's disease, the warm herbs improved learning and memory more. They also affected acetylcholine, energy metabolism and gut bacteria. This was animal and data-mining research, not a human trial.

CHINESE JOURNAL OF NATURAL MEDICINES · 2026-10-01

Review: gut-brain-immune links to microglia lack strong human evidence for Chinese medicine

A review in Developmental Neurobiology looks at how gut microbes shape microglia, the brain's immune cells. Animal studies give causal evidence that microbes can change these cells. Human evidence is mostly associative. The authors say most Traditional Chinese Medicine studies cannot show that microbes drive any brain benefit, and they call for better-designed trials.

DEVELOPMENTAL NEUROBIOLOGY · 2026-10-01

Gut bacteria molecules from autistic children triggered stronger inflammatory signals in lab cells

A laboratory study in ChemBioChem compared fecal lipopolysaccharides from autistic children and non-autistic donors. The autism-derived molecules were structurally more varied. They prompted higher IL-6 and IL-8 release in human microglial cells. Overall bacterial makeup was broadly similar. The authors describe an association with possible relevance to neuroimmune function, not a proven cause.

CHEMBIOCHEM : A EUROPEAN JOURNAL OF CHEMICAL BIOLOGY · 2026-10-01

HIV protein and alcohol together inflame mouse brain cells via ER stress

A cell study in CNS Neuroscience & Therapeutics used mouse astrocytes, a type of brain cell. Exposure to an HIV protein plus ethanol raised inflammatory signals more than either alone. Blocking ER stress reduced the inflammation, suggesting it acts upstream. This is lab work in mouse cells, not in people.

CNS NEUROSCIENCE & THERAPEUTICS · 2026-10-01

Review explores why cancer and high blood pressure often occur together

A narrative review in Cancer Medicine examines the overlap between cancer and hypertension. It notes that the two often coexist, but it is unclear whether this reflects shared risk factors, common biology or treatment effects. The authors discuss shared mechanisms such as inflammation, and how cancer therapies and blood pressure affect each other.

CANCER MEDICINE · 2026-10-01

ALZHEIMER'S & COGNITIVE DECLINE PREVENTION 14

Short memory test shows high specificity for cognitive problems in sickle cell disease

A study in Blood Advances tested a brief cognitive screen, the RUDAS, in 440 adults with sickle cell disease in Canada and France. A cutoff below 27 had 83 percent specificity but only moderate sensitivity. The authors say it could help decide who is referred for fuller assessment.

BLOOD ADVANCES · 2026-10-02

Tiny air pollution particles trigger detox and antioxidant responses in brain cells

A laboratory study in Molecular Neurobiology exposed astrocytes, a type of brain support cell, to nanoscale urban air pollution particles. The cells changed the activity of 2217 mRNAs and switched on detoxification and antioxidant programmes. A reanalysis of published data suggested microglia respond more through inflammatory pathways. The work was done in cells, not people.

MOLECULAR NEUROBIOLOGY · 2026-10-02

Meta-analysis estimates how often Alzheimer's antibody drugs cause brain imaging abnormalities

A systematic review and meta-analysis in Neurological Sciences pooled 21 phase 3 randomised trials with 12,610 patients with early Alzheimer's. Pooled incidence was 5.4% for ARIA-E and 10.27% for ARIA-H. Most cases were asymptomatic and mild to moderate. Carrying the ApoE 4 gene variant, especially two copies, was linked to higher risk.

NEUROLOGICAL SCIENCES : OFFICIAL JOURNAL OF THE ITALIAN NEUROLOGICAL SOCIETY AND OF THE ITALIAN SOCIETY OF CLINICAL NEUROPHYSIOLOGY · 2026-10-02

Blood marker and memory test flag dementia risk in Down syndrome

According to a study in Annals of Neurology, combining plasma pTau217, a blood marker, with a memory recall task identified cognitively stable people with Down syndrome who had markedly higher risk of clinical impairment within seven years. The data came from the Alzheimer Biomarker Consortium-Down Syndrome. The authors say the approach could improve prognosis and help select people for trials.

ANNALS OF NEUROLOGY · 2026-10-02

Expert panel finds partial agreement on handling silent brain infarcts

An international panel of 21 experts used a modified Delphi process, reported in the International Journal of Stroke. Of 91 statements, 33 reached consensus, 43 moderate agreement and 15 none. The panel agreed silent brain infarction is associated with higher risks of stroke, cognitive impairment and dementia. It did not support routine population screening.

INTERNATIONAL JOURNAL OF STROKE : OFFICIAL JOURNAL OF THE INTERNATIONAL STROKE SOCIETY · 2026-10-02

Thyroid-stimulating hormone fell in all 16 dialysis patients starting roxadustat

A small observational report in Renal Failure examined 16 hemodialysis patients at one hospital who were given roxadustat, a renal anemia drug. After two weeks, all had lower thyroid-stimulating hormone, in a few cases to one-tenth of normal values. Free thyroid hormone changes were minor, and none reported hypothyroid symptoms. The authors say roxadustat may cause the drop and call for regular thyroid monitoring.

BMC GERIATRICS · 2026-10-02

Vitamin C infusion improved brain artery responses in older adults in small study

According to a study in Physiological Reports, an infusion of high-dose vitamin C improved how brain-supplying arteries responded to raised carbon dioxide in 19 middle-aged and older adults. It had no effect in nine young adults. The authors suggest some age-related decline may involve antioxidant-responsive processes. The study was small, and the effect was acute.

PHYSIOLOGICAL REPORTS · 2026-10-01

Small pilot tests hospital exercise programme for patients not referred to physiotherapy

A pilot study in Physiotherapy Research International designed a low-intensity early exercise programme called "Let's Move". Of 26 patients enrolled, 17 could be assessed for adherence, and 13 were adherent. No adverse events were reported. The authors say broader evaluation is needed to test whether it works.

PHYSIOTHERAPY RESEARCH INTERNATIONAL : THE JOURNAL FOR RESEARCHERS AND CLINICIANS IN PHYSICAL THERAPY · 2026-10-01

Critically ill patients with substance use needed more sedative infusions

A retrospective observational cohort study in The Mental Health Clinician examined mechanically ventilated adults across multiple centres. Those with a history of substance use in the past year needed more concurrent sedative and pain-drug infusions, three versus two. They also needed larger doses of some sedatives. The design shows a link, not a cause.

THE MENTAL HEALTH CLINICIAN · 2026-10-01

Case report: older woman developed severe hypothermia on risperidone

A case report in The Mental Health Clinician describes an 84-year-old woman whose body temperature fell to 31.9°C after she switched to risperidone. It returned to normal within 3 days of stopping the drug. She had a similar episode earlier on quetiapine. She stayed stable on aripiprazole for 4 years. This is one case plus a literature review, so it cannot show how common the problem is.

THE MENTAL HEALTH CLINICIAN · 2026-10-01

Repeated mild head injury linked to lasting brain blood-vessel inflammation in mice

A study in Molecular Neurodegeneration Advances examined post-mortem human tissue and then a mouse model of repeated mild head injury. In mice, the injuries led to lasting inflammation in brain blood vessels, oxidative stress and weakened glymphatic waste clearance. The authors suggest repeated trauma may disrupt waste removal early on. The experimental evidence comes mainly from mice.

MOLECULAR NEURODEGENERATION ADVANCES · 2026-10-01

Heart and circulatory disease hospital admissions rose 24.8% over 21 years in England and Wales

A trend analysis in Medicine found hospital admissions for cardiovascular disease in England and Wales rose 24.8% over 21 years. Patterns varied by disease type, age and sex. Ischemic heart disease admissions declined with age, while several other categories rose, especially among people aged 75 and over. The study describes trends and does not explain their causes.

MEDICINE · 2026-10-01

Metabolic syndrome common in Alzheimer patients, but link to the disease unproven

A systematic review and meta-analysis in Medicine pooled nine observational studies. It estimated that 46.7% of people with Alzheimer disease had metabolic syndrome. Results varied widely between studies. When compared with control groups, the analysis found no statistically significant association between the two conditions. The authors say the estimate should be read cautiously.

MEDICINE · 2026-10-01

Older adults with sarcopenic obesity had poorer thinking scores in Taiwanese cohort

A prospective cohort study in the Journal of Cachexia, Sarcopenia and Muscle followed 366 older adults in Taiwan, with cognitive tests at baseline and two years. Sarcopenic obesity, meaning low muscle mass and strength plus obesity, was associated with poorer global cognition. This is an association, so it does not show cause.

JOURNAL OF CACHEXIA, SARCOPENIA AND MUSCLE · 2026-10-01

Case report: office removal of decades-old IUD encased in fibroid-like tissue

A video case report in Fertility and Sterility describes one 56-year-old postmenopausal woman with a copper IUD in place for over 30 years. Surgeons removed the IUD, which was encased in a myoma-like growth, using an office hysteroscope and blue laser, without anaesthesia or cervical dilation. The procedure took 36 minutes. A single case cannot show how safe or effective the method is generally.

FERTILITY AND STERILITY · 2026-10-01

Review links damaged mitochondrial complexes to aging and outlines possible treatments

A review in Mitochondrion examines how structural and functional changes in mitochondrial protein complexes are tied to cellular senescence, chronic inflammation and age-related disease. It sorts nine age-associated diseases by the complexes they depend on. It also lists proposed treatment approaches, including small molecules, peptides and CRISPR-based correction. It reports no new trial results.

MITOCHONDRION · 2026-10-01

Singapore study finds denosumab raised bone density in postmenopausal women over three years

A prospective observational study in Climacteric followed 318 postmenopausal women who completed three years of denosumab. Average bone mineral density rose 6.95% at the lumbar spine, 3.89% at the femoral neck and 4.77% at the total hip. Musculoskeletal pain was the most common adverse event, at 6%. One case of jaw osteonecrosis occurred. There was no comparison group.

CLIMACTERIC : THE JOURNAL OF THE INTERNATIONAL MENOPAUSE SOCIETY · 2026-10-01

Growth hormone therapy linked to shin-bone growth plate changes on MRI in children

A multicenter prospective cohort study in The Journal of Bone and Joint Surgery followed 53 children starting growth hormone therapy. MRI showed that a measure of water diffusion in the growth plate of the tibial tubercle rose in 71% of patients, peaking at eight months. The authors suggest this may relate to fracture vulnerability, but the study does not show that.

THE JOURNAL OF BONE AND JOINT SURGERY. AMERICAN VOLUME · 2026-10-01

Children with multiple pituitary deficiencies caught up in height on growth hormone

A retrospective study in Clinical Endocrinology followed 72 children with isolated growth hormone deficiency and 48 with combined pituitary hormone deficiency. Children with the combined condition started shorter. They grew more during four years of growth hormone therapy. Their height scores moved much closer to those of the isolated group. The study looked back at existing records.

CLINICAL ENDOCRINOLOGY · 2026-10-01

Small study finds roxadustat lowered thyroid-stimulating hormone in all 16 dialysis patients

A small observational report in Renal Failure followed 16 hemodialysis patients taking roxadustat, a kidney-anemia drug. After two weeks, all showed lower thyroid-stimulating hormone. Thyroid hormone changes were minor, and none had hypothyroid symptoms. The authors say the drug may cause this effect and suggest thyroid monitoring.

RENAL FAILURE · 2026-10-01

Review: some hormone-positive breast cancers may respond to immune treatment

A review in The Journal of Clinical Investigation argues that breast cancer immune activity runs along a spectrum. Hormone receptor-positive tumours were long seen as immunologically cold. The authors say a subset shows meaningful immune features and sensitivity to immune-based treatment. They also point to host factors, including parity and lactation history, as shaping anti-tumour immunity.

THE JOURNAL OF CLINICAL INVESTIGATION · 2026-10-01

Plant extracts kill some cancer cells in lab dishes

According to a study in Chemistry & Biodiversity, extracts from the plant Convolvulus althaeoides were toxic to liver, breast and colon cancer cells in laboratory dishes. Effects were comparable to the drug doxorubicin. The work also used computer modelling. It was done in cells and simulations only, with no tests in animals or people.

CHEMISTRY & BIODIVERSITY · 2026-10-01

Symptoms and joy tied to quality of life in metastatic breast cancer

A study in Cancer Medicine followed 108 people with metastatic breast cancer using brief smartphone check-ins over four weeks. Quality of life was worse in people reporting more nausea and less joy. Changes within the same person in symptoms and positive feelings were also linked to quality of life. This is an observational association.

CANCER MEDICINE · 2026-10-01

Mouse study links IGF-1 pathway to age-related hearing loss in the inner ear

A study in Aging Cell, done in mice and cultured cells, examined inner ear blood vessel cells. Aged mice had lower levels of IGF-1 and a related gene, SLC25A33. Lowering them worsened hearing and damaged the blood-labyrinth barrier. Raising them partly restored hearing. The authors suggest this pathway may be a future target, but this is animal research.

AGING CELL · 2026-10-01

Menopause age linked to body weight, reproductive history and lifestyle

A cross-sectional study in The Journal of Obstetrics and Gynaecology Research surveyed 400 postmenopausal women at health centers affiliated with Ardabil University of Medical Sciences. Average age at natural menopause was 49.98 years. Menopause age was associated with BMI, breastfeeding duration, number of pregnancies and abortions, contraceptive use, and lifestyle scores. The design shows associations, not causes.

THE JOURNAL OF OBSTETRICS AND GYNAECOLOGY RESEARCH · 2026-10-01

Review: vesicles released by aging cells may drive blood stem cell decline

A review in Aging Cell summarises how extracellular vesicles, tiny particles cells use to communicate, change with age. Vesicles from senescent bone marrow cells appear to spread dysfunction and skew blood cell production. Vesicles from young or pluripotent stem cells may restore aged stem cell function. The review describes research findings rather than presenting new data.

AGING CELL · 2026-10-01

Small urine protein levels linked to heart disease risk in postmenopausal women

An observational cohort study in the Yonsei Medical Journal followed 1,327 Korean adults without known cardiovascular disease for a median of 6.37 years. Higher urinary albumin-to-creatinine ratio was associated with more cardiovascular events in postmenopausal women. No link appeared in men or premenopausal women. The authors suggest it may be an early biomarker.

YONSEI MEDICAL JOURNAL · 2026-10-01

Beetroot juice added no extra muscle benefit to resistance training in older adults

A randomised trial in the European Journal of Applied Physiology followed 27 middle-aged and older adults through 12 weeks of resistance training. Across participants, training raised a muscle marker of mitochondrial content, some proteins linked to mitochondrial adaptation, and most leg performance measures. Daily nitrate-rich beetroot juice, compared with a nitrate-depleted placebo, gave no additional benefit on any measured outcome.

EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY · 2026-10-03

Bile acid reduced liver inflammation in a mouse model of MASH

According to a study in the European Journal of Pharmacology, taurocholic acid, a natural bile acid, eased liver fat and inflammation in mice with MASH, a progressive fatty liver disease. It also lowered liver enzyme levels. Similar anti-inflammatory effects appeared in cultured macrophages and depended on PPARγ. The findings come from computer analysis, mice and cells, not people.

EUROPEAN JOURNAL OF PHARMACOLOGY · 2026-10-03

Elastin fibres in older men's aortas show more damage and weaker load transfer

A laboratory study in Acta Biomaterialia tested purified elastin from 17 human aortas, from donors aged 26 to 92. In males, older elastin was less stiff and its fibres were wavier, fragmented and frayed. These changes were consistent with poorer load bearing. The sample is small, and the text is cut off before the findings in females.

ACTA BIOMATERIALIA · 2026-10-03

Air pollution exposure caused preeclampsia-like signs in pregnant mice

A study in the Journal of Environmental Management exposed pregnant mice to fine particulate matter from northern China. The mice developed higher blood pressure, urinary protein, inflammatory signals and abnormal placentas, resembling preeclampsia. Researchers identified two RNA molecules linked to the gene RUNX1 as possible contributors. This was mouse research, and the findings are not direct evidence in people.

JOURNAL OF ENVIRONMENTAL MANAGEMENT · 2026-10-03

Coriander oil mouthwash did not shift gum disease patients' saliva microbiome versus water

A small randomised trial in Clinical Oral Investigations tested mouthwashes in 27 people with periodontitis over two weeks. Coriander essential oil showed no detectable change in the saliva microbiome compared with water. Chlorhexidine did change it broadly. The authors say no clinical benefit can be inferred and larger studies are needed.

CLINICAL ORAL INVESTIGATIONS · 2026-10-03

Inhaled nitric oxide linked to better oxygen levels in heart surgery patients

An exploratory cohort study in General Thoracic and Cardiovascular Surgery followed 63 patients having minimally invasive heart surgery. Thirty received inhaled nitric oxide for low oxygen with pulmonary hypertension. Oxygenation rose afterward, while pulmonary artery pressure did not change. The authors call for larger multicenter studies. There was no control group.

GENERAL THORACIC AND CARDIOVASCULAR SURGERY · 2026-10-03

Pooled trials link high-dose vitamin D to lower preeclampsia risk

A systematic review and network meta-analysis in BMC Pregnancy and Childbirth pooled eight randomised trials with 4,078 high-risk pregnant women. Compared with placebo, higher-dose vitamin D was associated with lower estimated preeclampsia risk. The authors compared it with statins and metformin. The text shown does not report their results.

BMC PREGNANCY AND CHILDBIRTH · 2026-10-02

Review examines creatine supplements in soccer players across 41 studies

A systematic review in the Journal of the International Society of Sports Nutrition examined controlled trials of creatine in soccer players. It found 41 unique studies, including many randomised trials. The studies differed widely, so results were summarised in words rather than pooled. The source text is cut off before the findings, so conclusions are not available here.

JOURNAL OF THE INTERNATIONAL SOCIETY OF SPORTS NUTRITION · 2026-10-02

People with systemic sclerosis had lower blood irisin than healthy people

A cross-sectional case-control study in Clinical Rheumatology compared 52 people with systemic sclerosis and 47 healthy controls. Those with the disease had lower blood levels of irisin, a muscle-derived hormone. The gap held after adjusting for age, sex, BMI and smoking. The design shows a link only. It cannot show whether low irisin causes the disease or results from it.

CLINICAL RHEUMATOLOGY · 2026-10-02

Plant-based amino acid diet pattern linked to lower odds of epilepsy in Iranian adults

A cross-sectional study in Experimental Physiology compared 112 people with epilepsy and 3951 without, all from an Iranian cohort. Higher intake of a plant-sourced amino acid pattern was associated with 63% lower odds of epilepsy. The animal-source pattern showed no significant link. The design cannot show cause, and the authors say prospective studies are needed.

EXPERIMENTAL PHYSIOLOGY · 2026-10-02

Molecule miR-222-3p slows diabetic wound healing in cell and mouse experiments

A study in the International Journal of Molecular Medicine used human skin blood-vessel cells and diabetic mice. Raising miR-222-3p lowered a protein called apelin, harmed cell function and slowed wound healing. Restoring apelin or blocking miR-222-3p reversed the damage in these experiments. The work is preclinical and has not been tested in patients.

INTERNATIONAL JOURNAL OF MOLECULAR MEDICINE · 2026-10-02

Lab study: red bean protein fragments reduced sugar release from corn starch

A laboratory study in the Journal of the Science of Food and Agriculture treated red bean protein with an enzyme and added it to corn starch. In simulated digestion, it cut sugar release by 4.82%. The work was done in vitro, not in people, so effects on blood sugar in humans remain untested.

JOURNAL OF THE SCIENCE OF FOOD AND AGRICULTURE · 2026-10-01

Loss of a sialylation enzyme disrupts metabolism and harms liver in mice

A study in the FASEB Journal used two mouse models lacking CMAS, a key enzyme in the sialylation pathway. Pups nursed by mothers lacking it in the mammary gland weighed more, had impaired glucose and insulin tolerance, and gained excess weight on a high-fat diet. Mice with the gene removed in the liver developed enlarged, fatty and scarred livers. The findings are from mice.

FASEB JOURNAL : OFFICIAL PUBLICATION OF THE FEDERATION OF AMERICAN SOCIETIES FOR EXPERIMENTAL BIOLOGY · 2026-10-01

Enzyme Prodh2 tied to COPD muscle loss in patient, mouse, cell data

A study in Aging Cell links the mitochondrial enzyme Prodh2 to muscle wasting in chronic obstructive pulmonary disease. Prodh2 was higher in COPD patients with sarcopenia and in a mouse model. In cultured muscle cells, the inflammatory signal TNF-α raised Prodh2, which triggered an innate immune pathway that damaged the cells. Lowering Prodh2 in mouse muscle reduced atrophy and restored strength. No human treatment was tested.

AGING CELL · 2026-10-01

Alzheimer's-linked gene mutation disrupts fats and mitochondria in mouse neurons

A study in Experimental Neurology found that the N141I mutation in the presenilin 2 gene lowered lipid content in mouse neurons. It also reduced OPA1, a protein that helps mitochondria fuse. Adding lipids restored both in the mutant neurons. The mutation also lowered a Golgi protein, Gbf1. The work used mouse neurons and cells, not people. The authors suggest an amyloid-independent pathway.

EXPERIMENTAL NEUROLOGY · 2026-10-01

Blocking hexokinase 2 worsened osteoarthritis in mice

According to a study in Cartilage, blocking the enzyme HK2 in mouse cartilage cells impaired their development and appeared to promote calcification. Mice lacking HK2 in cartilage cells developed worse osteoarthritis after joint injury, though skeletal development was unaffected. The authors say that targeting HK2 as a treatment would need careful consideration. The work used mice, cells and published human datasets.

CARTILAGE · 2026-10-01

Cancer cachexia research has grown faster than science overall since 2001

A bibliometric analysis in Cancer Reports counted 5775 English-language research papers on cancer cachexia published from 2001 to 2025. Publications rose by 6.7% a year, faster than scientific literature overall. One journal, the Journal of Cachexia, Sarcopenia and Muscle, dominates the field. The study measures research activity, not patient outcomes.

CANCER REPORTS (HOBOKEN, N.J.) · 2026-10-01

Worm study finds a heat-shock protein that selectively protects muscle filaments

A study in roundworms, reported in Philosophical Transactions of the Royal Society B, examined the protein HSP-12.6, which regulates lifespan in this species. It protected muscle function against faults in thick-filament proteins, but not thin-filament proteins. It also bound only thick filaments or their clumps. This is animal research, not human data.

PHILOSOPHICAL TRANSACTIONS OF THE ROYAL SOCIETY OF LONDON. SERIES B, BIOLOGICAL SCIENCES · 2026-10-01

Himalayan hill frogs show low genetic diversity compared with other Asian populations

A genetic study in BMC Genomics compared Amolops marmoratus frogs from the Darjeeling Hill Region with populations elsewhere in Asia. The Darjeeling frogs showed lower genetic diversity. The authors say this fits a history of founding and later expansion. They caution that sample sizes were unequal. This is a frog study, not human research.

BMC GENOMICS · 2026-10-01

Mouse data show neutrophils change with age across several organs

A study in Aging Cell combined single-cell data from organs of young and aged mice. Neutrophils, a type of immune cell, changed in number and state with age, depending on the organ. Some subsets showed inflammatory features. In cell experiments, media from aged-mouse neutrophils increased inflammatory and senescence-related responses. The work is in mice and cells, and points to candidates for further study.

AGING CELL · 2026-10-01

Parthenolide eases fibrosis and cell aging in cell and mouse scleroderma models

According to a study in Aging Cell, the compound parthenolide reduced senescence and fibrosis in human skin cells treated with TGF-β and in a mouse model of localized scleroderma. The effect appeared to work by suppressing a protein called Ero1L and repairing mitochondrial damage. A slow-release hydrogel also worked in mice. No human trial was reported.

AGING CELL · 2026-10-01

Drug that directly activates AMPK extended lifespan in yeast, worms and flies

According to a study in Aging Cell, a compound called 991 directly activates the AMPK energy sensor. It extended lifespan in fruit flies, roundworms and fission yeast. In mice, it produced a protein pattern linked to longevity. The authors call this proof-of-principle. Lifespan effects were not reported in mice or people.

AGING CELL · 2026-10-01

EXERCISE AS MEDICINE & LONGEVITY 12

US deaths involving both COPD and obesity rose from 1999 to 2023

An observational study in the journal Medicine analysed US death records for adults listing both COPD and obesity. The age-adjusted death rate rose from 0.78 per 100,000 in 1999 to 2.63 in 2023. It climbed sharply from 2018 to 2021, then declined through 2023. The data show trends, not causes.

MEDICINE · 2026-10-01

Over half of severe trauma patients in South Korea died in hospital

A nationwide registry cohort study in Medicine covered 73,232 severe trauma patients in South Korea from 2016 to 2024. In-hospital mortality was 58.2% overall: 26.0% without prehospital cardiac arrest and 97.7% with it. Transport-related severe trauma declined 3.6% a year, while falls and slips rose 3.7% a year. Among patients without cardiac arrest, older age and greater injury severity were linked to higher mortality.

MEDICINE · 2026-10-01

Review: AI analysis of phone photos detects mouth lesions with about 90% accuracy

An umbrella review in the International Journal of Dentistry pooled earlier systematic reviews on AI-assisted mobile photos of the mouth. These aim to spot lesions that can precede oral cancer. Pooled sensitivity was 90% and specificity 89%. Specificity varied widely between studies. The authors call for better imaging standards and real-world validation.

INTERNATIONAL JOURNAL OF DENTISTRY · 2026-10-01

Bone metastases linked to muscle loss and shorter survival in kidney cancer

A retrospective study in the Journal of Cachexia, Sarcopenia and Muscle looked at 293 kidney cancer patients. Those whose cancer had spread to bone lost more body mass over time, with a median of 3.6% per year, than those with localised disease. The authors report links to muscle loss and reduced survival. The design shows association, not cause.

JOURNAL OF CACHEXIA, SARCOPENIA AND MUSCLE · 2026-10-01

UK colonoscopy cohort describes first 4754 participants for bowel cancer prevention research

According to a paper in BMJ Open Gastroenterology, the COLO-COHORT observational study has described its first 4754 participants. All were adults having colonoscopy in the UK. Colorectal neoplasia was found in 56.1%. Many were overweight or obese. Blood and stool samples are available for many participants. The paper describes a resource for future research, not findings on prevention.

BMJ OPEN GASTROENTEROLOGY · 2026-10-01

Digital health tools linked to modest blood pressure drops after stroke

A systematic review and meta-analysis in Neurology Clinical Practice pooled 29 studies with 8,389 stroke survivors. Digital health tools were associated with a modest drop in systolic blood pressure, averaging 5.8 mm Hg. The authors note uncertainty and substantial differences between studies. No consistent effects appeared for diastolic pressure, lipids or weight.

NEUROLOGY. CLINICAL PRACTICE · 2026-10-01

Most toddlers in Baghdad study received vaccines late

A cross-sectional study in PLoS One reviewed vaccination cards for 168 children aged 18 to 24 months in Baghdad. Only 8.3% received all vaccines on time. Delay was associated with not knowing the schedule and with perceived vaccine availability. Because this is an observational study, it shows links rather than causes.

PLOS ONE · 2026-10-01

Screening in southern Belize finds high blood pressure in many men

A screening study in PLOS Global Public Health checked 103 men in Belize's Toledo district, recruited during visits to two villages and four town health fairs. Systolic blood pressure of 140 or higher appeared in 31.1% of them. Eight men (7.8%) had random blood sugar high enough to need further tests for diabetes. The authors say neither condition is well controlled in most men.

PLOS GLOBAL PUBLIC HEALTH · 2026-10-01

Unannounced drills found gaps in outbreak readiness at health care facilities

The Morbidity and Mortality Weekly Report describes 73 unannounced drills using patient actors with a simulated avian flu scenario. They took place in New Jersey, New York and the U.S. Virgin Islands. Facilities screened symptoms in 68 drills. Clinicians wore all recommended protective equipment in 17. Isolation happened in 52 drills, and the median time was 11 minutes against a 10-minute target.

MMWR. MORBIDITY AND MORTALITY WEEKLY REPORT · 2026-10-01

Study examines county medical debt and cancer incidence across the US

A cross-sectional study in JAMA Network Open used ecological data from 2958 US counties. It compared the share of residents with medical debt in collections in 2016 against cancer incidence rates from 2017 to 2021, including late-stage cases. Medical debt prevalence averaged 21.1% and was higher in rural counties. The available abstract does not report the cancer incidence results.

JAMA NETWORK OPEN · 2026-10-01

Rural cancer survivors at one US centre show high telehealth use and interest

A mixed-methods study in the Journal of Cancer Survivorship looked at 8772 people treated for solid tumours at Dartmouth Cancer Center. Eighty percent lived in rural areas. Eighty-one percent had an active patient portal account, and 38% had at least one telehealth visit. The authors say this shows high engagement and interest in digital survivorship care.

JOURNAL OF CANCER SURVIVORSHIP : RESEARCH AND PRACTICE · 2026-10-01

Distractions, company and mood linked to everyday thinking performance in US adults

An observational study in the American Journal of Occupational Therapy followed 393 US adults for 10 days using smartphone cognitive tests. Performance was better when people reported no distractions, were alone, felt more focused, had more energy or excitement, and were happier. These are associations, so the study cannot show cause.

THE AMERICAN JOURNAL OF OCCUPATIONAL THERAPY : OFFICIAL PUBLICATION OF THE AMERICAN OCCUPATIONAL THERAPY ASSOCIATION · 2026-10-01

PROTEINS & AMINO ACIDS 9

Trial protocol will test exercise in older adults with HIV

A trial protocol in The Journal of the Association of Nurses in AIDS Care describes a planned study. It will test a 12-week combined aerobic and strength training program in people with HIV aged 50 and older, compared with a control group. No results are reported yet. The team will look at strength, frailty, body composition and quality of life.

THE JOURNAL OF THE ASSOCIATION OF NURSES IN AIDS CARE : JANAC · 2026-10-01

Protein intake did not explain link between tooth count and functional decline

A six-year observational study in Gerodontology followed 1400 Japanese adults aged 65 or older. Protein intake did not account for the link between number of remaining teeth and functional decline or death. It did show an indirect link with weight loss, especially in people with 10 to 19 teeth compared with 20 or more. Observational data cannot show cause.

GERODONTOLOGY · 2026-10-01

Drug-resistant Pasteurella bacteria found in Bangladeshi buffaloes

A cross-sectional study in MicrobiologyOpen tested nasal swabs from 400 buffaloes in Bangladesh. PCR confirmed Pasteurella multocida in 7.25%. Animals with respiratory symptoms had higher odds of infection. Isolates were highly resistant to several common antibiotics. This is animal research, with no direct findings on human health or aging.

MICROBIOLOGYOPEN · 2026-10-01

No significant excess overlap of osteoporosis and sarcopenia in older adults

A cross-sectional study in Calcified Tissue International assessed 649 community-dwelling adults aged 65 and over. Sarcopenia prevalence ranged from 1.4% to 4.2%, depending on how low muscle mass was defined. Osteoporosis affected 17.6%. Under none of the definitions was there statistically significant evidence that the two conditions appeared together more often than expected by chance.

CALCIFIED TISSUE INTERNATIONAL · 2026-10-01

Strength and walking tests predicted fracture risk in older men about as well as FRAX

A study in Calcified Tissue International used data from two large cohorts of older adults: 5994 men and 9704 women. A five-variable model used age, body-mass index, grip strength, gait speed and chair-stand rate. It needed no bone scan. In men it predicted fractures better than FRAX without bone density. In women it performed about the same as a comparison model. Models with bone density performed best.

CALCIFIED TISSUE INTERNATIONAL · 2026-10-01

Step-by-step lab protocols published for studying T cell exhaustion in mice

A methods paper in Current Protocols gives step-by-step instructions for studying CD8 T cell exhaustion in mice infected with LCMV virus. It focuses on flow cytometry. It is a laboratory guide meant to help labs standardise their work. It reports no new findings about health or disease.

CURRENT PROTOCOLS · 2026-10-01

Real-world study of metformin-empagliflozin pill in Chinese type 2 diabetes patients

A prospective, multicenter real-world study in the Journal of Diabetes followed 2,602 adults with type 2 diabetes in China who were treated with a fixed-dose combination of metformin and empagliflozin. The authors report improved long-term HbA1c control and good tolerability. With no comparison group in the text, the study cannot show the combination was the cause of the improvement.

JOURNAL OF DIABETES · 2026-10-01

Chest CT at one spine level can help flag low muscle mass in lung cancer

Low muscle mass is common in non-small cell lung cancer and predicts poorer outcomes, but chest CTs often omit the L3 spine level normally used to measure it. In retrospective (192) and prospective (177) patient cohorts, a Cancer Medicine study found muscle measured at T12 correlated strongly with L3, with minimal bias. A five-variable risk model outperformed BMI and an inflammation index at identifying low muscle mass.

CANCER MEDICINE · 2026-10-01

Sarcopenic obesity linked to urinary incontinence in older women

A cross-sectional study in Geriatrics & Gerontology International assessed 535 women aged 60 or older at a geriatrics clinic. Urinary incontinence was reported by 49.9%. It was independently associated with falls history, sarcopenia risk score and obesity combined with sarcopenia. Because the design is cross-sectional, it shows links, not cause.

GERIATRICS & GERONTOLOGY INTERNATIONAL · 2026-10-01

Review examines blood-related complications of heart and vessel devices

A review in Communications engineering assesses devices that contact blood, such as artificial valves, stents and mechanical pumps. The authors say their compatibility with blood remains unsatisfactory. Recurrent problems include clots, red blood cell damage and bleeding. The review aims to give an overview and point to areas for future research.

COMMUNICATIONS ENGINEERING · 2026-09-30

Gene therapy restored function in patient-derived cells for inherited blindness

A study in Nature Communications tested PRPF31 gene delivery in retinal cells and lab-grown retinal organoids from patients with retinitis pigmentosa type 11. The treatment restored RNA splicing, cleared protein aggregates and improved light-evoked activity in photoreceptors. It worked even in mature cells. This was laboratory work in cells, not a human trial.

NATURE COMMUNICATIONS · 2026-09-30

Protocol set for living review of treatments for advanced macular degeneration

A paper in PLOS One describes the plan for a living systematic review and network meta-analysis of treatments for geographic atrophy, an advanced form of age-related macular degeneration. It has no results yet. The review will compare randomised trials on vision and safety outcomes. Updates are planned every six months.

PLOS ONE · 2026-09-30

Removing the choroid plexus cut brain fluid and neuron precursors in mice

A study in Fluids and Barriers of the CNS tested ways to ablate the choroid plexus, which produces cerebrospinal fluid, in mice. A gene therapy vector markedly reduced ventricular fluid in neonatal mice. Loss of the choroid plexus substantially reduced neuroblasts in the subventricular zone, but only moderately in the hippocampus. The work was in mice, including a hydrocephalus model.

FLUIDS AND BARRIERS OF THE CNS · 2026-09-29

Difficult patient behavior linked to higher stress among implant dentists

A cross-sectional survey in Clinical and experimental dental research asked 127 clinicians in implant dentistry about patient behavior. More challenging behavior was associated with greater emotional burden and lower perceived clinical performance. The authors say this link appeared stronger than the link with case difficulty. A survey like this cannot show cause.

CLINICAL AND EXPERIMENTAL DENTAL RESEARCH · 2026-10-01

Stress hormone fell over 16 weeks among South African program youth

A study in Applied Psychology: Health and Well-Being tracked 35 children, average age 11.6, in a rural youth development program in South Africa for 16 weeks. Salivary cortisol, a physiological stress marker, declined over time. Self-reported stress stayed low and stable. The two measures did not predict each other, and the patterns varied between individuals. The study was small.

APPLIED PSYCHOLOGY. HEALTH AND WELL-BEING · 2026-10-01

Review finds positive psychology programmes in pregnancy often improved well-being

A systematic review in Applied Psychology: Health and Well-being included eight studies of positive psychology interventions in pregnancy. They drew on ideas such as hope, gratitude and optimism and were often delivered online or by app. The interventions targeted physical, psychological and subjective health, such as stress, anxiety and life satisfaction. Most studies reported significant improvements in well-being outcomes. The authors call for more research in diverse pregnant populations.

APPLIED PSYCHOLOGY. HEALTH AND WELL-BEING · 2026-10-01

Boosting myelin-making cells eases stress-related behaviours in mice

According to a study in Glia, mice put under two weeks of daily restraint showed anxiety, depression-like and social problems. Their brains made fewer new myelin-producing cells. Genetic changes and the drug clemastine, which promotes myelin formation, partly reversed the behaviours. This is animal research, so human relevance is not shown.

GLIA · 2026-10-01

Review proposes neurons make proteins on organelle surfaces

A review in Protein & Cell proposes a framework for how neurons make proteins far from the cell body. It suggests protein-RNA condensates tether messenger RNA to organelles such as endosomes, lysosomes and mitochondria. This is a conceptual synthesis of recent work. It is not a clinical study.

PROTEIN & CELL · 2026-10-01

Computer model maps how platelets decide to activate

A paper in the Computational and Structural Biotechnology Journal presents a computer model of platelet signaling with 76 nodes and 115 interactions. It is built from existing experimental data. It suggests platelets are robust because of redundant feedback loops. The authors say acute responses may turn maladaptive and raise thrombo-inflammatory and cardiovascular risk. This is a model, not a clinical test.

COMPUTATIONAL AND STRUCTURAL BIOTECHNOLOGY JOURNAL · 2026-09-30

Model using social and behavioural factors identifies adults with existing heart disease

A cross-sectional study in Chronic Diseases and Translational Medicine analysed survey data from 18,435 US adults. Models using social, environmental and behavioural factors, plus age and sex, sorted people with and without cardiovascular disease well, with an AUC of 0.822. Performance was weaker in adults aged 65 and over. The study shows classification, not cause.

CHRONIC DISEASES AND TRANSLATIONAL MEDICINE · 2026-09-30

Kidney disease molecule disrupts blood stem cells in mice

According to a study in Experimental cell research, a molecule called ADMA builds up in chronic kidney disease. Clinical data showed higher serum levels as disease progressed. In mouse models, ADMA impaired blood stem cell function through mTOR signaling. Rapamycin or an antioxidant reversed the defects in the experiments. The work is largely laboratory-based.

EXPERIMENTAL CELL RESEARCH · 2026-10-02

Ferroptosis-linked mitochondrial stress impaired dead-cell clearing in lab macrophages

A study in International Immunopharmacology examined macrophages in atherosclerosis using human plaque samples from three donors, cultured macrophages and mice fed a high-fat diet. In cells, the ferroptosis-inducing chemical FIN-56 caused mitochondrial stress and impaired efferocytosis, the clearing of dead cells. Blocking mitochondrial oxidative stress improved clearing. The study also tested rapamycin, but its results are not reported in the available text.

INTERNATIONAL IMMUNOPHARMACOLOGY · 2026-10-02

Loss of SATB1 protein reshapes genome folding in aged mouse T cells

According to a study in Science Advances, naive CD4 T cells from aged mice showed weaker genome-folding boundaries and more inflammatory gene activity. Levels of the protein SATB1 were lower. Deleting SATB1 in mouse T cells reproduced many of these changes. The work was done in mice, not humans.

SCIENCE ADVANCES · 2026-10-02

Lab compound targeting c-MYC slowed pancreatic cancer cells and shrank tumours in mice

A study in Angewandte Chemie tested a compound called PQB-4 in cells and mice, not in people. It bound a DNA structure near the c-MYC gene and lowered c-MYC activity. It killed pancreatic cancer cells, including gemcitabine-resistant ones, at lower doses than it harmed noncancerous cells. In a mouse xenograft model, it reduced tumour weight by 44%.

ANGEWANDTE CHEMIE (INTERNATIONAL ED. IN ENGLISH) · 2026-10-02

Stem-cell exosome protein eased cartilage cell aging and joint damage in rats

A study in the Journal of Cellular Biochemistry tested exosomes from bone marrow stem cells. These exosomes carry a protein called XPO7. In rat cartilage cells and a rat osteoarthritis model, XPO7-rich exosomes reduced senescence-like changes and cartilage damage. The effect appeared to work through a protein called KDM2B. This is animal and cell research, not human data.

JOURNAL OF CELLULAR BIOCHEMISTRY · 2026-10-01

Analysis maps the 100 most-cited papers on optic pathway glioma

A bibliometric analysis in Medicine examined the 100 most-cited papers on optic nerve and optic pathway glioma, a tumor mainly affecting young children. The papers, published from 2000 to 2021, were cited 9,305 times in total. Of first authors, 53 were from the United States. This study maps publication patterns, not patient outcomes or treatments.

MEDICINE · 2026-10-01

Review links PMOS metabolic changes to pregnancy complications and offspring health

A review in Reproductive Sciences looks at polyendocrine metabolic ovarian syndrome, formerly called PCOS. It describes how insulin resistance, inflammation and related changes may affect the womb lining and placenta. These are linked to pregnancy loss, gestational diabetes and preterm birth. The authors also discuss possible effects on children's metabolic and reproductive health.

REPRODUCTIVE SCIENCES (THOUSAND OAKS, CALIF.) · 2026-10-01

CLINICAL TRIALS 6

Early trial registered for gene-edited stem cells in rare immune disorder

A registry entry on ClinicalTrials.gov lists an early-stage trial for WHIM syndrome, a rare immune disorder. Researchers plan to edit a person's own stem cells to correct a faulty gene and return them. The trial is enrolling by invitation. No results are available yet, so safety and benefit are unknown.

CLINICALTRIALS.GOV (NCT07775313) · 2026-10-13

Roche registers trial of fenebrutinib in children with relapsing multiple sclerosis

A trial registry entry from ClinicalTrials.gov describes a phase 2 study of fenebrutinib in children and adolescents aged 10 to under 18 with relapsing multiple sclerosis. Sponsored by Hoffmann-La Roche, it is open label with one group. It will look at how the drug moves through the body and its effects. It is recruiting and has no results yet.

CLINICALTRIALS.GOV (NCT07161258) · 2026-10-13

Trial registered to test pupil-based pain measurement in neurofibromatosis type 1

A registry entry on ClinicalTrials.gov describes a recruiting National Cancer Institute study. It will test whether a device combining mild nerve stimulation and pupil recording can measure pain and unusual sensations in people with neurofibromatosis type 1. The trial has no results yet. Its feasibility is still unknown.

CLINICALTRIALS.GOV (NCT06507748) · 2026-10-13

Trial will test virtual reality treadmill training in older adults at risk of dementia

A trial registered on ClinicalTrials.gov, run by the University of Kansas Medical Center, is recruiting older adults with motoric cognitive risk syndrome. It will compare virtual reality treadmill training with ordinary treadmill training over 18 sessions across six weeks. It will assess gait speed and thinking skills. The trial has no results yet.

CLINICALTRIALS.GOV (NCT07223905) · 2026-10-13

Registered trial tests core exercises on jumping and balance in teen soccer players

A trial entry on ClinicalTrials.gov describes a randomised trial of 36 male recreational soccer players aged 14 to 16. Half added a core exercise programme twice weekly for eight weeks to normal training. Half trained as usual. Jumping and balance were measured before and after. The entry is marked completed but lists no results.

CLINICALTRIALS.GOV (NCT07870083) · 2026-10-13

Trial of a programme for post-stroke fatigue is registered but not yet recruiting

A trial registered on ClinicalTrials.gov, sponsored by The Hong Kong Polytechnic University, plans to test a multidimensional intervention programme for fatigue and related outcomes in people with stroke. The trial is not yet recruiting. It has no results, so nothing can yet be said about whether the programme works.

CLINICALTRIALS.GOV (NCT07041138) · 2026-10-13

IN THE NEWS

2

Study reports lasting knee arthritis pain relief after blood vessel-blocking particles

According to a ScienceDaily summary, a treatment uses tiny dissolvable particles to block abnormal blood vessels in knee arthritis. In a study of 194 patients, 80% had clinically meaningful pain relief lasting at least 12 months. The summary does not say whether the study had a comparison group or was peer reviewed.

SCIENCEDAILY HEALTHY AGING · 2026-10-14

Cell recycling activity in aging may not track with better health

According to a ScienceDaily news summary, researchers report that the body's cellular recycling system behaves differently in aging than expected. Higher activity was sometimes linked to worse physical health. A small study also suggests gentle exercise may shift recycling patterns in older adults. The summary gives few details, so the findings are preliminary.

SCIENCEDAILY HEALTHY AGING · 2026-10-13