The Arising

OCTOBER 16, 2026

DAILY ISSUES



EDITORIAL ILLUSTRATION / AN ARTISTIC INTERPRETATION

What changes with time?

BIOLOGICAL AGE / RESEARCH / PERSPECTIVE

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

FRIDAY, OCTOBER 16, 2026 | VOL 1 NO 14 | ARISING HEALTH

10 stories across 2 desks | ~25 minutes to read | 167 briefs grouped by topic

Checked before print. 282 claims in 10 articles and 167 briefs verified against their sources by a separate reviewer · 7 articles and 18 briefs corrected before publication

LONGEVITY & HEALTHSPAN

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Function Health Lets Members Share Lab Results With Google Health App

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BRIEFS

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The Arising

HEALTH INTELLIGENCE

FRIDAY, OCTOBER 16, 2026 · LONGEVITY & HEALTHSPAN DESK

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1. **Yale Study: Single-Clock Biological Age Reversal Claims Failed Multi-Clock Checks**
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LONGEVITY & HEALTHSPAN · STANDARD READ · 4 MIN

AGING CELL · 2 SOURCES

Yale Study: Single-Clock Biological Age Reversal Claims Failed Multi-Clock Checks

A claim that a diet or supplement "reversed biological age" may rest on a single test reading, and a new analysis suggests that is often not enough to trust. The study re-examined only three published single-clock results, so it does not show that most such claims fail. It shows that those three did not hold up across a wider panel of clocks.

The work was published in Aging Cell in 2026 by Daniel Borrus, Albert Higgins-Chen and colleagues at Yale. It is a re-analysis of existing data, not a new trial. The team took longitudinal DNA methylation datasets, in which the same people were tested before and after an event or intervention, and ran 12 epigenetic clocks on each. The text available to us does not give participant numbers for the datasets, so we do not report them. These are studies in people, and the results show patterns in test readings. They do not show effects on lifespan.

Epigenetic clocks estimate biological age from chemical marks on DNA, read from a blood sample. The clocks differ. Early ones, such as Hannum and Horvath, were trained to predict calendar age. Later ones, such as PhenoAge and GrimAge, were trained to predict mortality risk. The Dunedin measures estimate pace of aging. The team also tested more reliable versions of six clocks, called PC clocks, built to reduce measurement noise.

Noise is a real issue. According to the authors' earlier work, re-testing the same person with standard clocks can shift the result by 0.9 to 2.4 years. PC clocks cut that to 0.3 to 0.8 years. A change of a year or two on one test could therefore be chance.

The researchers first revisited three published datasets that had reported a significant drop in biological age on one clock. Two were an 8-week diet, exercise and supplement program and a 2-year folic acid and vitamin B12 trial, both reported on the Horvath multi-tissue clock. They calculated 11 more clocks on the same data. None changed significantly in the same direction as the original finding. The study says this raises questions about whether such single-clock results are real or statistical artifacts. Bioengineer.org, which covered the paper, adds that in one dataset ten of the eleven extra clocks trended the opposite way. That detail comes from the coverage.

To learn what a trustworthy signal looks like, the team used events known to raise mortality risk: intensive surgery, radiation and chemotherapy, and SARS-CoV-2 infection. In all three datasets, at least 4 of the 12 clocks rose significantly. PCPhenoAge, PCGrimAge and DunedinPACE rose in all three. The older chronological clocks (Hannum, Horvath multi-tissue and Horvath skin-and-blood) showed no significant increase in any. The skin-and-blood clock showed a significant decrease after radiotherapy and chemotherapy.

From this, the authors derived three criteria for more confidence. Per Bioengineer.org's summary, the reliable PC clocks should respond, the mortality-trained or pace-of-aging clocks should respond, and multiple clocks should move in the same direction. The authors also suggest averaging all 12 clocks per person as a quick filter for whether the clocks agree. They stress it is not a new biomarker.

Some interventions did pass. The study identified three datasets that met the criteria. According to the Bioengineer.org coverage, these included a two-year Mediterranean diet trial with a standard arm and a green Mediterranean arm, and a three-week alcohol abstinence program in chronic drinkers. The coverage reports significant decreases in at least five clocks, and the 12-clock average fell significantly in every case. In plain terms, diet and cutting alcohol produced shifts that showed up

across several clocks, which is the pattern the authors consider convincing. This does not mean anyone should change their diet, start or stop a supplement, or stop drinking on their own. Abrupt alcohol cessation in heavy drinkers can be medically dangerous, so talk with your clinician first.

There is a further caution. Blood tests reflect the mix of immune cells as well as cell aging. The coverage reports that after adjusting for this, surgery and chemotherapy effects shrank by about three-quarters, while the COVID-19 effect barely changed and the Mediterranean diet arms kept most of theirs. The authors say researchers should report such adjustments.

For anyone weighing a biological-age test or an age-reversal advertisement, the study does not offer consumer guidance, but its logic suggests some questions of our own. Does the result come from one clock or many? Do reliable and mortality-based clocks agree? Was the change larger than the known retest noise? These are our extrapolation, not the authors' advice. A clock change also does not by itself mean added years of life. The weakest part of the argument is that the criteria were derived from a handful of datasets, and the study is a re-analysis rather than a new trial.

Watch next for trials that report several clocks, including reliable ones, and that publish the results that did not reach significance.

Sources: Aging cell (2026), Bioengineer.org (Yale University / Aging Cell)

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LONGEVITY & HEALTHSPAN · STANDARD READ · 3 MIN STAT

Merck and Moderna Plan Wider Tests of Personalized mRNA Cancer Vaccine

A vaccine made from a patient's own tumor may soon be offered to people with melanoma to keep the cancer from coming back after surgery, and the companies behind it now want to test it in other cancers. Do not start or stop any medication or treatment without talking to your clinician.

This article is based on STAT's report from its Boston summit. The underlying trial results were not reviewed, and the paper itself was not read.

According to STAT, Merck and Moderna announced in August that a large Phase 3 trial of their personalized mRNA vaccine, known as intismeran autogene, significantly delayed both cancer recurrence and the spread of the disease in melanoma patients. STAT's report gives no figures for how large the benefit was. It says the companies are preparing to file the vaccine for approval.

The vaccine is used together with Keytruda, Merck's immunotherapy drug. Keytruda helps the immune system attack cancer. According to STAT, each vaccine is made by examining an individual patient's tumor. An algorithm then picks up to 34 mutated proteins from it. The aim is to show those proteins to the immune system as a "wanted sign," in STAT's wording, so it can recognize and attack cancer cells that carry them.

The setting matters. STAT reports that the work so far has focused on use after surgery, as an add-on treatment, for melanoma patients whose visible tumors have already been removed. Some melanomas return aggressively after surgery, which is why doctors look for added protection at that stage.

STAT describes one patient, Gary Keblish, a public school teacher diagnosed with melanoma in 2019. After surgery, his doctors referred him to an early trial of the vaccine. Speaking by video at the summit, he compared the journey, in all its physical and emotional turbulence, to a trip on the Magic School Bus, quoting the line "Seatbelts, everyone!" He is still teaching, and STAT says he is glad he went. One patient's account is not evidence of how the vaccine works for others.

Next, the companies plan to test it in other cancers. According to STAT, trials are already running after surgery in lung, kidney and bladder cancer. Small tests are underway in adjuvant, meaning post-surgery, pancreatic and gastric cancer. Merck R&D chief Dean Li also floated using the vaccine in patients whose metastatic tumors have already been shrunk by other treatments.

Li said the companies are choosing places where Keytruda is known to work best. He contrasted this with "other people" who have gone after cold or metastatic tumors. STAT notes that Keytruda works less well in cold tumors, and reads Li's remark as an apparent reference to rival BioNTech, which has had some promising early data and some notable failures.

Moderna President Stephen Hoge was candid about the road ahead. "We have a lot of exploring to do and need to prioritize where we explore," he said. He also pointed to a longer-term goal of using immunotherapy earlier, to "intercept cancer" before it reaches stage 3 or 4. STAT describes that early-stage work as just beginning.

For now, the clear message is limited. Benefit has been reported in melanoma after surgery. Whether it extends to other cancers is unknown. The algorithm is imperfect, STAT notes, and the companies hope data from several thousand people in the Phase 3 program will help improve it.

WHAT TO WATCH NEXT

Whether regulators accept the melanoma filing, and whether the lung, kidney and bladder trials show similar benefit.

Source: STAT

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LONGEVITY & HEALTHSPAN · STANDARD READ · 2 MIN

JAMA NETWORK OPEN · 2 SOURCES

35-Year Study Links Cannabis Use to More Fragmented Sleep in Midlife

Cannabis is often promoted as a sleep aid, but a long-running study suggests it may be linked to poorer sleep in midlife, and people who use it may not notice.



Photo: "Green Leaves Close Up" by elsaolofsson, CC BY 2.0

The work was published in JAMA Network Open in 2026. It is an observational study in people, so it can show associations but cannot prove that cannabis caused any sleep problem. The researchers analyzed 1,266 adults from the

Coronary Artery Risk Development in Young Adults (CARDIA) study.

CARDIA followed participants for 35 years, through an examination conducted in 2020 to 2022. The team measured cannabis use in two ways. Cumulative use was counted in "cannabis-years," where one cannabis-year equals 365 days of use. Recent use meant use in the past 30 days, compared with former use or never use.

Sleep was measured in two ways. Objective sleep came from seven days of wrist actigraphy, a wrist-worn monitor that tracks movement. Subjective sleep came from the Pittsburgh Sleep Quality Index, a standard questionnaire. In all, 891 people had objective data and 1,128 had questionnaire data. Among those with objective data, the average age was 60.7, 63.3% were women, 41.0% were Black and 59.0% were white.

After statistical adjustment, each additional cannabis-year was linked to higher odds of three problems. These were low sleep percentage, meaning less than 85% of time in bed spent asleep (odds ratio 1.10); high sleep fragmentation, a measure of restlessness during sleep (1.04); and prolonged wakefulness after sleep onset, meaning 30 minutes or more awake during the night (1.21).

Recent use was also linked to poorer sleep. Compared with former and never users, recent users had higher odds of low sleep percentage, high fragmentation and prolonged time awake at night. Compared with never users, recent users had 3.23 times the odds of prolonged waking (95% confidence interval 1.44 to 7.27). They also had 4.60 times the odds of long sleep, over eight hours, rather than six to eight hours (95% confidence interval 1.81 to 11.70). Those wide ranges mean the exact size of these effects is uncertain.

The questionnaire results differed. Cannabis use was not associated with self-reported sleep quality. A person can feel they sleep fine while a monitor records more broken sleep. The authors say this shows why both kinds of measurement matter.

There are limits. The study cannot say whether cannabis disrupts sleep, or whether people with disrupted sleep use more cannabis. The sleep monitoring covered one week. The abstract does not say how cannabis was taken, so these findings cannot be broken down by smoking or edibles. The authors conclude only that the results suggest a potential adverse association between long-term recreational use and midlife sleep health.

For adults in midlife who use cannabis to sleep, the practical point is that feeling rested may not show the whole picture. Do not start or stop cannabis, or any sleep aid, without talking to your clinician. Next, watch for studies that track sleep before and after people start or stop using cannabis, which could help separate cause from association.

Sources: JAMA Network Open (2026), Northwestern University via EurekAlert! (JAMA Network Open)

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LONGEVITY & HEALTHSPAN · STANDARD READ · 2 MIN AGING CELL · 2 SOURCES

Ovaries Keep Changing for Decades After Menopause, Northwestern-Buck Study Finds

The ovary does not go quiet after menopause. A new study in Aging Cell finds that its protein makeup keeps shifting for decades, toward more inflammation and tissue remodeling.

The work is an observational laboratory study of human tissue. Researchers at Northwestern University and the Buck Institute for Research on Aging analyzed healthy, non-pathological ovaries from 28 postmenopausal women aged 50 to 75. Each ovary was measured once, so the study compares different women at different ages. It does not follow the same women over time.

The team used mass spectrometry, a method that identifies and measures proteins in a tissue sample. They quantified 5,812 protein groups. The women were split into three age groups: 50–59, 60–69 and 70 and older.

Protein levels moved progressively with age. In all, 117 proteins differed significantly between the oldest group and the youngest. According to the study, the pattern in women in their 50s pointed to RNA and gene-regulation functions. In women 70 and older, it pointed to metabolic, trafficking, and innate immune and complement pathways. The complement system is part of the body's immune defenses.

Using several statistical approaches, the authors identified a set of 26 proteins that tracked with age consistently. They named it the Buck Postmenopausal Ovary Molecular Signature, or BuckPOMS. The study says it captures steady remodeling of the extracellular matrix, the scaffolding around cells. It also captures more inflammatory signaling and a loss of structural and keratin-associated proteins.

Two of these proteins, WNT4 and fibromodulin, were checked directly in tissue sections by immunohistochemistry, a staining technique. The study also reports higher levels of inflammatory and matrisome pathways, and more damage-associated secreted factors, decades after menopause. The matrisome is the collection of proteins that make up that surrounding scaffold.

The authors conclude that the postmenopausal ovary is not inert. They describe active, continuous molecular remodeling with potential relevance to tissue signaling and women's health.

FOR YOU

What does this mean for personal health? The study shows that the tissue changes. It does not show what those changes do. It did not measure bone, brain or other organs, and it did not track health outcomes. Whether the ovary's changes affect whole-body aging remains an open question.

The same limit applies to surgery decisions. The study did not test removing ovaries, and it does not say whether healthy ovaries should stay or go. According to Northwestern's news release, the findings raise new questions about whether otherwise healthy ovaries should one day be removed. That goes further than the data. Anyone weighing this choice should rely on their own doctor and current guidelines.

The release also describes a link to ovarian cancer. This detail comes from the press coverage, not from the abstract of the study. The release says the tissue was cancer-free, and that some proteins previously associated with ovarian cancer were more abundant in older ovaries, most strongly in women in their 60s. It adds that this does not mean the ovaries were cancerous or precancerous.

Francesca Duncan, a co-corresponding author, told Northwestern: "Is the ovary the canary in the coal mine in women?" She also said it is not yet known whether the changes are beneficial or harmful as women age.

The sample is small, and each woman was sampled once. The findings show associations between age and protein levels, not cause and effect. The next step is research that follows these changes over time and tests whether they affect health elsewhere in the body.

Sources: Aging Cell (2026), Northwestern University (study published in Aging Cell)

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LONGEVITY & HEALTHSPAN · STANDARD READ · 3 MIN PLOS MEDICINE · 2 SOURCES

Large NIH Study Finds No Overall Ultra-Processed Food Link to Colorectal Cancer

People who ate the most ultra-processed food were no more likely to develop colorectal cancer than people who ate the least, according to a large US study published in PLOS Medicine in 2026. The study followed participants from 1995–96 through 2018.

This was an observational study in people. It cannot prove cause and effect. Researchers tracked 461,682 US adults who were aged 50 to 71 and cancer-free when they joined the NIH-AARP Diet and Health Study in 1995–96. They followed the group for cancer diagnoses through 2018. In that time, 10,075 people were diagnosed with colorectal adenocarcinoma, the most common type of colon and rectal cancer.

At the start, participants filled out a food frequency questionnaire. It asks how often a person eats a long list of foods. The researchers sorted each food into the Nova system, which ranks foods by how much industrial processing they undergo. Ultra-processed foods sit at the top of that scale.

These foods were a big part of the diet. The median intake was 293 grams per 1,000 calories a day. That was 43% of daily energy. Across the US, the authors note, ultra-processed foods make up more than half of adults' energy intake.

The team split participants into five equal groups by how much ultra-processed food they ate, separately for men and women. They compared the top group with the bottom group. They adjusted for age, sex, race and ethnicity, education, physical activity, smoking and alcohol use, among other factors.

The result was flat. The hazard ratio, a measure of relative risk over time, was 0.97 for the highest group versus the lowest. The 95% confidence interval ran from 0.91 to 1.03, which includes no difference. The trend across all five groups was also not significant (p trend = 0.55).

The more useful findings came from looking inside the category. Whole grain, fiber, dairy and calcium that came from ultra-processed foods were each linked to lower colorectal cancer incidence. Meat that came from ultra-processed foods was linked to higher incidence.

The authors suggest this may explain the flat overall result. Some ultra-processed foods carry components tied to lower risk, such as whole grains or dairy products. Others carry components tied to higher risk, such as processed meat. In the total, the opposing links may partly cancel out. The authors say this may also help explain why earlier studies on ultra-processed food and colorectal cancer have disagreed.

FOR YOU

For personal health, the practical message is about ingredients more than labels. The authors say their findings support existing advice to eat whole grains, fiber, dairy and calcium and to avoid processed meat to help prevent colorectal cancer. A packaged food that is high in fiber or whole grain is not the same as a packaged meat product, even if both are called ultra-processed. Talk with your clinician before making major dietary changes or starting supplements.

The study has limits, which the authors state. Because it is observational, other factors the researchers could not fully account for may have influenced the results. Diet was self-reported, so some people's intake may have been recorded inaccurately, whether by chance or in a consistent direction. The findings apply to older US adults, not necessarily to younger people or other countries.

Nothing here says ultra-processed food is healthy overall. The study looked at one disease, colorectal cancer. Other health outcomes were not part of this analysis.

Watch for other large cohorts to break down ultra-processed food by its components in the same way, and to test whether the pattern holds in younger and more varied groups.

Sources: PLOS Medicine (2026), PLOS Medicine (via Medical Xpress)

The Arising
HEALTH INTELLIGENCE
FRIDAY, OCTOBER 16, 2026 · MARKETS & STRATEGY DESK

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4. Function Health Lets Members Share Lab Results With Google Health App
5. Massachusetts Approves Nursing Home Rules Scrutinizing Owners, Management Firms and Private Equity

MARKETS & STRATEGY · STANDARD READ · 3 MIN

MARKET IMPACT · ASSOCIATED PRESS

HHS Sends Peptide Compounding Policy to White House for Review

A federal plan to let pharmacies compound unapproved peptide injections has moved to the White House for review. Wall Street analysts estimate the peptide market could be worth $2 billion to $3 billion, though the source does not say how much of it this plan would open.

The Department of Health and Human Services sent a peptides "interim access policy" to the Office of Management and Budget, according to a Thursday posting on a government website. That office reviews federal rules with the potential for significant economic impact. The filing gives no specifics, and HHS officials did not immediately respond to requests for comment, according to the Associated Press (reporter Matthew Perrone), whose story STAT carried.

Two people familiar with the plan told the Associated Press it is intended to let specialty pharmacies temporarily compound some of the most popular peptides, including BPC-157. That compound is promoted for building muscle and healing injuries. The people spoke anonymously because the deliberations are confidential.

The mechanism matters for businesses. According to those sources, the policy would use "enforcement discretion." That means the FDA would choose not to act against pharmacies that make certain peptides. It would not formally change the rules. Formally adding peptides to the FDA's list of drugs safe for compounding would require rulemaking with public comment. That process could take years, and it is unclear whether the administration still plans to pursue it.

For companies, that difference is a risk factor. A policy of non-enforcement can plausibly be set quickly and may be reversed more easily than a formal rule. This is our interpretation; the source does not say how durable the policy would be, and this is the weakest part of the analysis.

The FDA currently lists BPC-157 and more than a dozen other injectable peptides as too risky for pharmacies to compound. It cites possible contamination, allergic reactions and tumor growth. The uses driving demand, such as bulking up, looking younger and boosting energy, are not FDA approved. Most of the data on these peptides comes from animal studies.

The expert views are also divided. In July, an outside FDA advisory panel recommended dropping restrictions on six of the seven peptides it reviewed. FDA staff scientists reached a different conclusion. They said none of the peptides had been studied enough to establish safety and effectiveness. The panel was selected by HHS and included doctors, pharmacists and consultants who work in the peptide field, according to the Associated Press.

Commercial interest is already visible. Telehealth providers Hims & Hers and Noom have each announced plans to offer peptides to customers if the federal government eases access. Wall Street analysts estimate the market at $2 billion to $3 billion. Some prominent figures in the Make America Healthy Again movement also sell peptide injections and supplements.

Compounding pharmacies would be the first to gain, since they would get assurance they will not be targeted. Large telehealth firms could then add a new product line. The source does not say how any company would price or market these products.

Health Secretary Robert F. Kennedy Jr. has argued that Americans are turning to "gray market" peptides made in China and other countries. Those products remain widely available online, including through TikTok. A legal U.S. channel could compete with that supply. The source does not say whether it would reduce it.

Wellness clinic operator Brigham Buhler, who sells peptides, praised the move on X. "This is huge," he wrote. He called the issue one of "MEDICAL FREEDOM."

WHAT TO WATCH NEXT

Whether the White House clears the policy, what the published text says about which peptides and how long the access lasts, and whether HHS also starts the formal rulemaking process. Readers should not start or stop any medication, treatment or supplement, including peptides, without talking to their clinician.

Source: Associated Press via STAT

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MARKETS & STRATEGY · STANDARD READ · 1 MIN

MARKET SIZING AND COMPETITIVE LANDSCAPE · LONGEVITY.TECHNOLOGY

GlobalData Forecasts Alzheimer's Drug Sales Rising Sixfold to $14.7 Billion by 2033

Alzheimer's drug sales in eight major markets could grow from $2.4 billion in 2023 to $14.7 billion by 2033, according to a GlobalData forecast reported by Longevity.Technology. That is about a sixfold increase.

The forecast covers the US, UK, France, Germany, Italy, Spain, Japan and China. According to the report, disease-modifying therapies are expected to make up 63.7% of sales by 2033, or nearly two-thirds of the market.

Two antibodies lead the projections. Eli Lilly's Kisunla (donanemab) is forecast at about $2.9 billion in 2033. Eisai and Biogen's Leqembi (lecanemab) is forecast at about $2.8 billion. Together, that is roughly $5.7 billion, according to the figures reported, so the two products would account for well under half of the total.

GlobalData names several drivers: an aging population, anti-amyloid antibodies, new drugs for agitation and psychosis, and easier-to-use subcutaneous and oral options. Among oral candidates, the report names AriBio's AR1001, Annovis Bio's buntanetap and Bristol Myers Squibb's Cobenfy for disease-related psychosis. According to the report, none has yet been proven in Phase III trials.

The forecast also carries constraints. According to GlobalData, the antibodies are expensive and need specialist infrastructure. Treatment requires confirmation of amyloid, infusions, and MRI monitoring for ARIA. GlobalData analyst Philippa Salter said the new therapies are "significantly more expensive than the current highly genericized symptomatic treatments."

Pricing pressure is already visible, according to the firm. Japan cut Leqembi's price by 15% in November 2025.

GlobalData's key opinion leaders also "do not believe that a single product will ever cure" Alzheimer's, and they expect combination approaches. This is the firm's expert view, not a forecast of any specific product mix.

The reported numbers suggest the market depends on two things: whether payers accept high prices, and whether clinics can deliver the testing and monitoring. What to watch next: further price cuts in other markets, and Phase III results for the oral candidates. This is a market forecast, not medical advice: readers should not start or stop any medication or treatment, including Kisunla, Leqembi or Cobenfy, without consulting their clinician.

Source: Longevity.Technology (citing GlobalData)

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MARKETS & STRATEGY · STANDARD READ · 2 MIN

TALENT RETENTION AND LABOR SUPPLY · YAHOO FINANCE

Bank of America: Retirements Among Workers Over 55 Drive Falling Labor Participation

Stock market gains may be doing something to the U.S. labor force that few employers planned for: helping older workers leave it.



Photo: "Senior Couple" by Senior Living, CC0

According to Bank of America's economics team, led by Aditya Bhave, the biggest driver of the fall in overall labor force participation has been workers over age 55 leaving work. Labor force participation measures the share of

people who are employed or looking for work. It never recovered after the shock of the pandemic.

The bank links the exits to wealth. "We think the surge in equity wealth has likely made it easier for many workers to retire," Bhave wrote. The S&P 500 has risen more than 30% over the past two years, according to the Yahoo Finance report. An earlier Bank of America analysis found a modest negative relationship between equity gains and older workers' participation. In plain terms, when stocks rise, older people tend to work slightly less. The analysis put it this way: "Who needs income if you have wealth?"

The finding also speaks to a debate about the labor market. Bhave wrote that it "debunks a popular bearish narrative" that the unemployment rate would have been higher if participation had not fallen. That is the bank's interpretation. The reasoning is that the drop comes mainly from older people choosing to retire, not from people giving up a job search.

For employers, the strategic point is about supply. The source describes a split. Older workers with portfolios can step away after a layoff. Younger workers who are laid off have had to apply elsewhere, switch careers or work independently. Companies that rely on experienced staff may find those workers harder to retain or rehire when markets are strong. That reading goes beyond the source, which does not survey employers.

The wealth is not evenly spread. A Bank of America Institute report published Wednesday found older households hold about three-quarters of total U.S. net worth. Yet around 14% of people on Social Security rely on it for more than 90% of their income. Those retirees are not living off booming accounts, and they may have less freedom to stop working.

The report fits with the Arising's October 7 coverage of Bureau of Labor Statistics data, cited by USA Today, showing participation among Americans 55 and older fell from 39.2% in February 2022 to 36.9% in July 2026. That piece documented the decline. This one offers Bank of America's explanation for it. They are separate pieces of analysis, and the bank's view rests on a modest statistical link, not proof of cause.

WHAT TO WATCH NEXT

Whether older workers' participation tracks equity prices if stocks fall, since a market drop would test the wealth explanation directly.

Source: Yahoo Finance

IN THIS EDITION · MARKETS & STRATEGY

1. HHS Sends Peptide Compounding Policy to White House for Review
2. GlobalData Forecasts Alzheimer's Drug Sales Rising Sixfold to $14.7 Billion by 2033
3. Bank of America: Retirements Among Workers Over 55 Drive Falling Labor Participation
4. **Function Health Lets Members Share Lab Results With Google Health App**
5. Massachusetts Approves Nursing Home Rules Scrutinizing Owners, Management Firms and Private Equity

MARKETS & STRATEGY · STANDARD READ · 2 MIN

COMPETITIVE LANDSCAPE · PR NEWSWIRE

Function Health Lets Members Share Lab Results With Google Health App

Function Health, a lab-testing company that sells itself on longevity, will let US members send their blood test results into the Google Health app, putting them next to the daily data from a Fitbit or Pixel Watch. The results go into the app, not into the wearables themselves.

The companies announced the partnership on October 12, 2026. According to the press release, the feature arrives later this fall. It links Function's lab results with wearable readings such as resting heart rate, sleep patterns, heart rate variability (HRV) and cardio load. The release names the Google Fitbit Air, the Pixel Watch 5 and the new Google Fitbit Edge.

The lab side comes from Function's membership. According to the company, members get access to more than 160 lab tests, including testing twice a year, for $365 a year. MRIs and CTs are available at extra cost. The release highlights markers such as ApoB, Lipoprotein(a), fasting insulin and high-sensitivity C-reactive protein (hs-CRP). It says these add context that wearables cannot measure.

Google Health Coach, an AI product, will be able to use the lab results and personal health record context to tailor its wellness guidance. Function says this can help people spot changes earlier and prepare for conversations with clinicians. The release also carries cautions. It says AI answers may be inaccurate or incomplete. It

says Google Health is not intended to use personal health records to diagnose, treat, cure, prevent or monitor any disease. It adds that records stored with Google may not be comprehensive or accurate. The release also advises consulting a healthcare professional before making changes concerning your health, and readers should not act on AI-generated or lab-driven guidance without their clinician.

Those disclaimers matter for the strategy. The pitch is about wellness guidance, not medical advice. The release does not say how the arrangement would be treated by regulators. That question is open, and the source does not address it.

The competitive logic is easier to see. A blood panel is a snapshot taken a few times a year. A wearable gives a daily stream. Putting both in one app gives users a reason to stay inside that app. For Function, a Google tie-up adds distribution through a large consumer health platform. For Google, it adds clinical-style data that its devices do not produce. This is our reading of the deal, not a claim made in the release.

The move may also bear on Function's position against rivals, though the release names none and does not say whether Google has similar arrangements with other testing companies. Function's other recent announcements, listed on the same page, include a connection to Meta's Muse AI agent. That suggests Function is seeking links with several large technology platforms, though the page gives few details.

Several details are missing. Function says it serves "millions" of people but gives no member count. The release gives no pricing for the Google integration, no data on how many Google users will see it, and no evidence that combining the two data sets improves health outcomes. That is the weakest point of the pitch. Its stated goal is 100 healthy years for 8 billion people. CEO Jonathan Swerdlin said, "Everyone deserves to own their health."

WHAT TO WATCH NEXT

The fall launch itself, including whether rival testing companies announce similar links to Google or other platforms, and how the Google Health Coach handles lab results in practice.

Source: PR Newswire (Function Health / Google Health)

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MARKETS & STRATEGY · STANDARD READ · 3 MIN WBUR

Massachusetts Approves Nursing Home Rules Scrutinizing Owners, Management Firms and Private Equity

Massachusetts is giving health regulators new power to ask who owns and manages a nursing home, and whether they should be running it at all.



Photo: "Caregiver Nurse" by Direct Media, CC0

The state's Public Health Council approved a set of long-term care regulations on Wednesday, according to WBUR. They come more than two years after Gov. Maura Healey signed a long-term care oversight law. The rules now go to

Secretary of State William Galvin's office for promulgation. Public Health Commissioner Robbie Goldstein said that is expected in early November.

After that, the Department of Public Health will apply enhanced suitability reviews to nursing home applicants and those seeking license renewals. The reviews will also cover potential license transferees and management companies that want to contract with long-term care facilities. For operators and investors, the review now reaches beyond the license holder to the companies and people with a financial stake.

The rules define a management company as a person "engaged by a licensee to manage the operations of a long-term care facility for compensation." They also add a definition of a private equity company. Applicants, potential transferees and licensees must report changes in "financial status" to the department. According to a staff presentation, facilities can also face bigger penalties for non-compliance.

The rules list grounds for finding an applicant "neither suitable nor responsible." These include failing to show legal capacity, acting in a way that jeopardizes residents' health, safety or welfare, and failing to keep "sufficient" financial resources. They also include maintaining a "substandard" level of care. Another ground is holding at least a 50% interest or corporate ties to a facility whose license was suspended, denied or revoked.

Other factors would have a "significant bearing" on suitability. These include a lack of "competence and experience" in running a long-term care facility, and failing to report resident abuse, mistreatment or neglect. A conviction or guilty plea counts, as does obtaining a license by fraud or misrepresentation. So does being the subject of litigation related to operating a long-term care facility. Goldstein said officials will also look at staffing changes and quality metrics in Massachusetts and in other states where an applicant operates.

The rules also cover care standards, the role of certified medication aides, outbreak response plans and requirements for small house nursing homes.

The timing is tied to RegalCare. WBUR reports that a Boston Globe Spotlight report showed how the department allowed RegalCare CEO Eli Mirlis of New Jersey to keep buying Massachusetts nursing homes while quality worsened at his existing properties. The Globe reported that Mirlis cut nursing staff hours and spending on patient care while moving money into his other real estate and management

businesses. On Tuesday, the department filed notice to revoke the licenses of all 12 RegalCare homes in the state. It argued that Mirlis is "neither suitable nor responsible to operate a long-term care facility."

Council member Stewart Landers drew a comparison to Steward Health Care, the hospital chain whose bankruptcy was fueled by private equity deals. He cited "the lifting and raising of exorbitant rents and essentially the sucking out of resource." Goldstein replied that regulators are "certainly increasing the evaluation of management companies and individuals with financial stakes within the facility."

Goldstein said the department can review suitability at any time, not only at licensing. It is developing procedures to engage with facilities that perform poorly or draw significant complaints. Tools include a temporary manager, a consultant with a corrective action plan, and an evaluation of the suitability of the owner, operator and related companies. Jaclyn Gagné, the department's chief deputy general counsel for healthcare licensure, said the department has sent owners a survey to find where management companies are used.

Council member Kahoney Anderson, who is executive director of a skilled nursing facility in Framingham, called the focus on ownership "reassuring." She said recent years have brought a lot of out-of-state ownership unfamiliar with Massachusetts law, and some of those owners made decisions that compromised resident safety and quality of care.

For the sector, the strategic reading is a matter of interpretation, not something the source states. Operators that rely on layered ownership, related-party management contracts or out-of-state expansion may face more questions on financial structure and track record. Operators with stable staffing and clean records elsewhere may find the process easier. How the department uses its discretion will decide which is true.

Goldstein said the rules are "not the beginning or the end of our work." What to watch next: the promulgation expected in early November, the department's first suitability decisions under the new standards, and how RegalCare responds to the revocation notice.

Source: WBUR

The Arising

HEALTH INTELLIGENCE

FRIDAY, OCTOBER 16, 2026 · BRIEFS

IN THIS EDITION · BRIEFS · 167 SHORT STORIES IN 10 TOPICS

Fasting, autophagy & metabolic health 23
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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.

FASTING, AUTOPHAGY & METABOLIC HEALTH 23

Vertebrates have many heat shock regulators, which may help them adapt to temperature changes

A review in Philosophical Transactions of the Royal Society B looks at heat shock transcription factors. Yeast and invertebrates have one. Vertebrates have several. The authors say this diversification may widen cells' ability to adapt to temperature shifts. These factors also regulate genes linked to protein clearance, senescence and inflammation.

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

Review: helper proteins shape how mutant huntingtin folds and clumps

Huntington's disease involves a mutant huntingtin protein that tends to misfold and clump. A review in Philosophical Transactions of the Royal Society B summarises lab and animal data on molecular chaperones. According to the review, these proteins bind huntingtin, limit harmful folding, send it for degradation and help break up fibrils.

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

Review links toxic RNA in myotonic dystrophy to energy and protein-handling problems

A review in Philosophical Transactions of the Royal Society B looks at disorders caused by repeated stretches of genetic code. Using myotonic dystrophy type 1 as its example, it describes how toxic RNA disrupts cells. Recent evidence suggests energy and mitochondrial problems appear early. The authors say better understanding could reveal new treatment targets.

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

Plant-extract chitosan films reduce inflammation markers in lab cell tests

A laboratory study in Chemistry & Biodiversity tested chitosan films containing a 1:1 mix of Mitracarpus frigidus and Lantana camara extracts. In cell tests, the films lowered nitric oxide by up to 59.58%, along with reactive oxygen species and the inflammatory signals IL-6 and IL-12. They also increased fibroblast migration. The authors say in vivo studies are still needed to confirm efficacy and safety.

CHEMISTRY & BIODIVERSITY · 2026-10-01

Platelet RNA patterns differ in glioblastoma patients versus healthy people

Researchers compared platelet RNA from 84 people with glioblastoma and 319 healthy people, according to a study in Cancer Reports. Gene activity linked to clotting, wound healing and immune processes stood out. The authors suggest platelet RNA could become a non-invasive biomarker. This is an early analysis, and it does not show a working test.

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

Dendrobium-based skin gel shows anti-aging effects in lab and in vivo tests

A study in Natural Products and Bioprospecting developed a hydrogel from Dendrobium polysaccharides, hyaluronic acid and nicotinamide (abbreviated NMN). In cell and in vivo tests, the authors report anti-aging effects on skin, including more type I collagen secretion and lower IL-6 and MMP-3 expression. The abstract does not describe a clinical trial in people. The authors suggest potential for cosmetic products.

NATURAL PRODUCTS AND BIOPROSPECTING · 2026-10-01

Immune cell protein ZBP1 linked to brain harm in Alzheimer's mice on high-fat diet

A study in Alzheimer's & Dementia used mice, cell cultures and cognitive assessments in community participants. Metabolic stress impaired regulatory T cells, immune cells that calm inflammation, and raised a protein called ZBP1. Transferring Tregs lacking ZBP1 gave greater brain protection in high-fat-diet Alzheimer's mice. The authors call ZBP1 a candidate target. The work is largely preclinical.

ALZHEIMER'S & DEMENTIA : THE JOURNAL OF THE ALZHEIMER'S ASSOCIATION · 2026-10-01

Compound 4-OI improved salivary gland ageing signs in older mice

A study in the FASEB Journal gave 13-month-old mice the compound 4-octyl itaconate daily for four weeks. Treated mice produced more saliva, and their parotid glands showed less fibrosis and fat buildup. The work points to AMPKα-related pathways. It was done in mice, so benefits for people remain untested.

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

In mice, losing support cells in muscle leads to inflammation-driven muscle wasting

According to a study in the Journal of Cachexia, Sarcopenia and Muscle, removing fibro-adipogenic progenitors, a type of muscle-supporting cell, caused muscle loss in mice. The authors report the loss was driven by inflammation involving the signals Cxcl1 and Cxcl2. Muscle contraction and nerve-muscle connections were not affected. This is animal research, not a human trial.

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

Review weighs microglial gene regulators as possible Alzheimer's drug targets

A review in BioEssays looks at genes tied to Alzheimer's risk that are active in microglia, the brain's immune cells. It focuses on transcription factors such as PU.1 and MEF2C. The authors say targeting them could work better than targeting single genes. They add that dose and disease stage would need careful thought.

BIOESSAYS : NEWS AND REVIEWS IN MOLECULAR, CELLULAR AND DEVELOPMENTAL BIOLOGY · 2026-10-01

CoQ10 improved ageing-related platelet-cell function in mice and cell tests

A study in Aging Cell gave coenzyme Q10 for 12 weeks to male mice of various ages. It improved the growth and maturation of megakaryocytes, the cells that make platelets, and was linked to reduced platelet activation. Cell experiments suggested the gene COPS3 and autophagy play a part. This was not a human study.

AGING CELL · 2026-10-01

Alpha-synuclein worsens artery plaque in mice by disrupting immune cell clean-up

A study in Aging Cell links alpha-synuclein, a protein known from Parkinson's disease, to artery disease. The protein was found in human plaques. In mice, removing it shrank plaques, while adding it worsened them. The work suggests it impairs a cell recycling process in immune cells. These are animal and cell findings.

AGING CELL · 2026-10-01

In Alzheimer's-model mice, chronic stress worsened amyloid pathology via mTORC1 signalling

A study in CNS Neuroscience & Therapeutics used mice bred to develop Alzheimer's-like changes. Chronic stress raised mTORC1 activity, impaired cell clean-up and worsened amyloid build-up and cognition. An mTORC1 inhibitor reduced these problems. This is animal research, so it does not show the same happens in people.

CNS NEUROSCIENCE & THERAPEUTICS · 2026-10-01

Review examines how mitochondria shape glioma growth and treatment resistance

A review in CNS Neuroscience & Therapeutics covers how mitochondria support glioma, a type of brain tumour. It says glioma metabolism varies by subtype and cell state. Compensation and tumour diversity limit single-target treatments. The authors say clinical evidence supports genotype-directed therapy, citing vorasidenib as an example.

CNS NEUROSCIENCE & THERAPEUTICS · 2026-10-01

Mice lacking liver growth hormone receptors showed faster aging signs

A study in mice, published in Aging Cell, found that removing the growth hormone receptor from liver cells was linked to shorter lifespan, more cellular senescence and cognitive decline. The mice also showed liver fat buildup and mitochondrial damage. Blocking a protein called PDK4 eased some of these problems. The work has not been tested in people.

AGING CELL · 2026-10-01

Bacterial pigment extract killed neuroblastoma cells in lab dishes

A laboratory study in MicrobiologyOpen tested a carotenoid-rich extract from the bacterium Micrococcus terreus SK34. The extract was more toxic to several cancer cell lines, especially neuroblastoma cells, than to normal skin fibroblasts. It also triggered cell-death gene activity. This was work in cells and computer models, not in animals or people.

MICROBIOLOGYOPEN · 2026-10-01

Mouse study links NEDD4 protein to less brain cell death after bleed

According to a study in the Journal of Biochemical and Molecular Toxicology, using mice and cultured microglial cells, the protein NEDD4 breaks down another protein, CTSB, and so limits a form of cell death called ferroptosis after subarachnoid hemorrhage, a type of brain bleed. Raising NEDD4 in mice eased brain swelling and neurological deficits. Human data were not reported.

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

Review links microplastics in the brain to neuroinflammation and dementia risk

A review in the Journal of Biochemical and Molecular Toxicology gathers evidence on microplastics in human brain tissue. It reports higher levels in people with dementia. It also outlines how particles might cross into the brain and drive inflammation. The review calls for long-term human studies. A link does not show cause.

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

Review proposes iron, alcohol and metabolic problems may combine to worsen liver disease

A review in Bioscience Reports examines how metabolic dysfunction, alcohol and iron overload may together speed liver injury. It proposes a combined type called Fe-MetALD. Experimental studies suggest the combination does more harm than any single factor. Therapies targeting iron are mostly at the preclinical stage.

BIOSCIENCE REPORTS · 2026-10-01

Review links immune regulator IRF5 to several autoimmune diseases

A review in Biochemical Society Transactions summarises what is known about IRF5, a protein that helps control immune responses. The authors say faulty IRF5 activity is strongly implicated in lupus, rheumatoid arthritis and inflammatory bowel disease. They discuss evidence that blocking IRF5 might calm harmful inflammation while keeping protective immunity. This is a review, not new trial data.

BIOCHEMICAL SOCIETY TRANSACTIONS · 2026-10-01

Two gut-derived compounds change gene activity differently in human muscle cells

A laboratory study in the Journal of Cachexia, Sarcopenia and Muscle treated muscle cells from 9 older donors with urolithin A or B. Urolithin A changed the activity of 1918 genes, and urolithin B changed 339. They affected different pathways. This was cell research, so it does not show any effect on muscle health in people.

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

Review examines green tea compound EGCG and kidney disease evidence

A narrative review in the Jornal brasileiro de nefrologia looked at the green tea compound EGCG across kidney conditions, including kidney stones and chronic kidney disease. The authors say experimental and clinical evidence points to antioxidant and anti-inflammatory effects with therapeutic potential. A narrative review summarises existing research and does not test the question directly.

JORNAL BRASILEIRO DE NEFROLOGIA · 2026-10-01

Asthma study links SRSF1 protein to weakened regulatory T cells

A study in Clinical and Experimental Pharmacology and Physiology combined patient samples with mouse experiments. SRSF1 levels were higher in cells from people with asthma and were linked to lower lung function. In mice, silencing SRSF1 restored regulatory T cell function and eased airway inflammation. The authors suggest it may be a therapeutic target.

CLINICAL AND EXPERIMENTAL PHARMACOLOGY & PHYSIOLOGY · 2026-10-01

Higher BMI tied to pre-eclampsia, preterm birth in type 2 diabetes pregnancy

A study in the Journal of Diabetes Investigation analysed prospectively collected data from 2010 to 2019 on 264 pregnancies in women with pre-existing diabetes. In type 2 diabetes, each 1 kg/m2 increase in BMI was associated with higher odds of pre-eclampsia and preterm delivery. In type 1 diabetes, BMI was not associated with these outcomes. The findings show associations, not proven causes.

JOURNAL OF DIABETES INVESTIGATION · 2026-10-01

About one in eight head and neck cancer survivors report cognitive problems

According to a cross-sectional survey in Cancer Medicine, 41 of 337 head and neck cancer survivors (12.2%) reported moderate to severe cognitive impairment. Self-reported difficulty was associated with anxiety, other psychosocial symptoms and multimodal treatment, and with poorer social functioning. A survey like this shows links, not causes.

CANCER MEDICINE · 2026-10-01

Review: simulation training in anesthesia teamwork may improve crisis response

A narrative review in Medical Science Monitor looks at crisis resource management and non-technical skills training in anesthesia. These skills include communication and teamwork. The authors say the evidence shows simulation training improves crisis response, protocol adherence and clinical outcomes. They note such training is limited in Poland because of institutional barriers.

MEDICAL SCIENCE MONITOR : INTERNATIONAL MEDICAL JOURNAL OF EXPERIMENTAL AND CLINICAL RESEARCH · 2026-10-01

Review links thyroid problems to cognitive decline, but mechanisms remain unclear

A review in Brain and Behavior synthesised existing research on thyroid dysfunction and cognitive impairment. It describes an association between the two. The authors identify a key gap: the brain mechanisms behind thyroid-related cognitive decline are poorly understood. They also examine neurofeedback as a possible rehabilitation approach and propose future research directions.

BRAIN AND BEHAVIOR · 2026-10-01

Italian day-shift nurses reported eating more snacks than night-shift nurses

An online cross-sectional survey of 408 Italian nurses compared eating habits, according to a study in Nursing Open. About 27% worked only days and 73% also worked nights. Day-shift nurses reported higher snack consumption. The design shows a difference at one point in time, not a cause. The authors call for more research on snack content and meal frequency.

NURSING OPEN · 2026-10-01

Higher blood IGF-1 linked to lower epilepsy risk in UK Biobank

An observational study in Acta Epileptologica followed 466,857 UK Biobank participants for over 15 years. During that time, 4,532 developed epilepsy. Higher blood IGF-1 was associated with lower epilepsy risk, with the link levelling off at higher levels. Links to cognitive measures in people with epilepsy did not hold after statistical correction. The study cannot show cause.

ACTA EPILEPTOLOGICA · 2026-10-01

Higher liver fibrosis risk group reported healthier habits than lower-risk peers

A cross-sectional study in the Asia Pacific Journal of Clinical Nutrition included 167 people with steatotic (fatty) liver disease, 57 classed as high fibrosis risk. Despite higher risk, that group reported more habitual exercise (53% vs. 31%), more restorative sleep and less frequent sweets intake. The authors say they may misread declining biomarkers as lifestyle success. The design shows associations, not causes.

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

Brain circuit imbalance partly links Alzheimer's markers to memory in people without dementia

An observational study in Alzheimer's & Dementia analysed brain scans and biomarkers from two cohorts without dementia, 302 people in North America and 240 in Singapore. A higher excitation-inhibition ratio was associated with Alzheimer's-related biomarkers and with worse memory. Statistical analysis suggested it partly accounted for the biomarker-memory link. The design cannot prove cause.

ALZHEIMER'S & DEMENTIA : THE JOURNAL OF THE ALZHEIMER'S ASSOCIATION · 2026-10-01

Review suggests blood-brain barrier role in hives-related mood symptoms is unproven

A narrative review in Experimental Dermatology examines whether blood-brain barrier changes could link chronic spontaneous hives to anxiety and depression. The authors found no human studies directly testing barrier function in this condition. Supporting clues come from other settings. They offer the idea as a hypothesis that remains to be tested.

EXPERIMENTAL DERMATOLOGY · 2026-10-01

In mice, magnetic brain stimulation's mood benefits depended on VEGFR-2 signalling

According to a study in Brain and Behavior, mice were exposed to a simulated spaceflight environment that caused depression- and anxiety-like behaviour. Magnetic stimulation of the brain (rTMS) helped. Blocking a receptor called VEGFR-2 removed those benefits and harmed nerve fibres in the prefrontal cortex. This is mouse research, so human effects are unknown.

BRAIN AND BEHAVIOR · 2026-10-01

Small thalamic strokes had good short-term outcomes but a 12.3% yearly recurrence risk

A retrospective study in Brain and Behavior followed 251 people admitted with thalamic stroke. Those with pure thalamic infarction did well in the short term, in line with milder initial severity. Still, they had a 12.3% annual risk of major cardiovascular events, especially when intracranial stenosis was also present.

BRAIN AND BEHAVIOR · 2026-10-01

Live and pre-recorded online exercise both eased chronic low back pain in trial

A randomised controlled trial in the European Journal of Pain assigned 94 people with chronic low back pain to a waitlist or 12 weeks of remote exercise. Both live and pre-recorded sessions cut pain more than waiting, with no difference between them. Women reported less pain relief. Only 57 people completed the study.

EUROPEAN JOURNAL OF PAIN (LONDON, ENGLAND) · 2026-10-01

Greater World Trade Center exposure linked to thinner brain cortex

An observational study in Alzheimer's & Dementia measured a World Trade Center neurotoxicant exposure severity index in 218 responders and unexposed controls aged 44 to 65. Higher exposure severity was associated with thinner brain cortex. The authors suggest that efforts to mitigate exposures in first responders might have long-term implications for brain health. The design shows a link, not proof of cause.

ALZHEIMER'S & DEMENTIA : THE JOURNAL OF THE ALZHEIMER'S ASSOCIATION · 2026-10-01

New APOE gene pattern linked to cognitive decline in Hispanic/Latino adults

An observational genetic study in Alzheimer's & Dementia used whole-genome data from 13,025 Hispanic/Latino adults to define three groups based on DNA at the APOE gene. Among 5,334 participants with cognitive assessments, the third group had higher odds of significant cognitive decline than the largest group, with an odds ratio of 1.47. The authors say this link was stronger than for the ε4 allele.

ALZHEIMER'S & DEMENTIA : THE JOURNAL OF THE ALZHEIMER'S ASSOCIATION · 2026-10-01

Newer tau-PET tracer more sensitive to behaviour changes in early Alzheimer's

A study in Alzheimer's & Dementia scanned 110 people with two tau-PET tracers, MK6240 and Flortaucipir, to study mild behavioural impairment in preclinical and prodromal Alzheimer's. For both tracers, behavioural impairment severity was associated with tau signal. The newer tracer, MK6240, showed more extensive associations, which the authors say indicates greater sensitivity. The findings are associations and do not show that tau causes the symptoms.

ALZHEIMER'S & DEMENTIA : THE JOURNAL OF THE ALZHEIMER'S ASSOCIATION · 2026-10-01

Continuous EEG showed no survival benefit over routine EEG in some critically ill adults

A post hoc analysis of a randomised trial, published in the European Journal of Neurology, looked at 76 critically ill adults without a primary neurologic condition. Continuous EEG was not linked to survival or recovery. No seizures were found in either group. The authors call for larger studies before firm conclusions.

EUROPEAN JOURNAL OF NEUROLOGY · 2026-10-01

Specialist assessment of ICU patients with disorders of consciousness only partly predicts recovery

An observational study in the European Journal of Neurology followed 124 patients with lasting disorders of consciousness referred to one expert centre. Specialist assessment affected ethical decisions made by referring hospitals and helped refine predictions of recovery. It could not predict individual outcomes with high accuracy. Survival and function were poor overall in this group.

EUROPEAN JOURNAL OF NEUROLOGY · 2026-10-01

Longer diagnostic delay in Sjögren's disease linked to worse symptoms and quality of life

A cross-sectional US survey in ACR Open Rheumatology gathered data on 511 patients with Sjögren's disease from 84 rheumatologists. Mean time to diagnosis was 2.3 years. Longer delays were associated with worse quality-of-life, fatigue and symptom scores. Patients diagnosed after more than 12 months had higher odds of worse scores. The design shows associations, not cause.

ACR OPEN RHEUMATOLOGY · 2026-10-01

Brain imaging marker studied in healthy older adults over three years

A longitudinal study in Human Brain Mapping followed 204 cognitively normal older adults from the Harvard Aging Brain Study for three years. It tested whether an MRI measure linked to the brain's waste-clearance pathways relates to small vessel disease and amyloid-β buildup. The available text is cut off before results, so no findings can be summarised.

HUMAN BRAIN MAPPING · 2026-10-01

Two spouses of people with young-onset dementia describe delays and strain

A qualitative study in Health Expectations used co-operative narrative inquiry to explore the journeys of two care partners whose spouses had young-onset dementia, meaning symptoms or diagnosis before age 65. Both described long uncertainty and frustrating delays in referral and diagnosis. Caring significantly affected their finances, work, social lives and wellbeing. Both worked hard to maintain their spouses' dignity and became strong advocates.

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

University describes a 10-week advocacy internship for genetic counselling students

A report in the Journal of Genetic Counseling describes a 10-week internship from the University of Pennsylvania. Genetic counselling students partner with a patient advocacy group. The authors share the format and example projects, and they gather feedback from participants. They call for future research to measure the programme's impact.

JOURNAL OF GENETIC COUNSELING · 2026-10-01

Expert panel agrees guidance on GLP-1 drugs and eating disorders

A consensus study in World Psychiatry used a three-round expert Delphi process with 45 experts and people with lived experience. They agreed recommendations, including screening for eating disorders before starting GLP-1 drugs and monitoring symptoms. The panel said these drugs should generally be avoided in active eating disorders. The text says evidence remains limited and inconsistent. This is expert opinion, not a trial.

WORLD PSYCHIATRY : OFFICIAL JOURNAL OF THE WORLD PSYCHIATRIC ASSOCIATION (WPA) · 2026-10-01

Overview links behaviour change to handling climate change's health effects

An overview in Applied Psychology: Health and Well-being discusses how climate change, health and behaviour connect. The authors argue that changing individual and collective behaviour is indispensable for reducing health harms. They also say a full response needs many sectors and stakeholders. This is a discussion paper, not a test of any specific intervention.

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

Genetic analysis finds shared DNA signals across fatty liver disease traits

A genetic study in Genetic Epidemiology combined several traits related to metabolic dysfunction-associated steatotic liver disease. It identified 50 independent variants across 48 genomic loci and several linked genes. Signals were concentrated in brain tissue, pancreatic islets and the adrenal gland. The authors also identified modifiable risk and protective factors using statistical genetic methods.

GENETIC EPIDEMIOLOGY · 2026-10-01

Injectable hydrogel protects neurons in rat and cell models of Parkinson's disease

A study in Advanced Science tested a hydrogel made from a plant-derived polysaccharide and chitosan. In rat and cell models of Parkinson's disease, it reduced inflammation markers, eased movement problems and preserved dopamine-producing neurons. The TGF-β/Smad pathway appeared involved. These are laboratory and animal findings, not human results.

ADVANCED SCIENCE (WEINHEIM, BADEN-WURTTEMBERG, GERMANY) · 2026-09-30

Gut-on-chip model shows butyrate activates sensory neurons via serotonin release

Researchers built a microfluidic model using colonic cells and sensory neurons, reporting in the American Journal of Physiology: Gastrointestinal and Liver Physiology. Butyrate triggered epithelial cells to release serotonin, which activated the neurons. Blocking the receptors stopped the response. This is cell-based lab work, not a study in people.

AMERICAN JOURNAL OF PHYSIOLOGY. GASTROINTESTINAL AND LIVER PHYSIOLOGY · 2026-09-30

Umbrella review links sugar intake to many poorer health outcomes

An umbrella review in Clinical Oral Investigations analysed 228 articles. Sugar intake was consistently associated with 18 negative health outcomes, including type 2 diabetes, obesity and all-cause mortality. These are associations, not proof of cause. Most of the included reviews were of low or critically low quality, and 68% of studies looked at sugary drinks.

CLINICAL ORAL INVESTIGATIONS · 2026-09-30

Review: encapsulating nutrients for preterm infant milk fortifiers lacks clinical evidence

A review in Food Science of Animal Resources looked at encapsulating bioactive compounds for fortifiers added to milk for preterm and low birth weight infants. The authors call encapsulation a promising strategy. They note limited clinical validation, safety concerns, regulatory hurdles and little data on approved carriers for infants.

FOOD SCIENCE OF ANIMAL RESOURCES · 2026-09-30

Altered light-dark cycles changed behaviour and gut bacteria in zebrafish

Zebrafish raised under extended light or extended darkness behaved differently, according to a study in Pflügers Archiv. Extended darkness reduced anxiety-like behaviour. Extended light increased aggression. Gut bacteria differed between groups too. The brain gene analysis used a single pooled sample per condition, so it is limited. This is animal research, not a human finding.

PFLUGERS ARCHIV : EUROPEAN JOURNAL OF PHYSIOLOGY · 2026-09-30

Gut bacteria and bile acids tied to behavior changes in cirrhosis mice

A study in the Journal of Digestive Diseases used mice. Mice given gut bacteria from people with cirrhosis had lower bile acid levels, more colon inflammation and less exploratory behavior. In a mouse cirrhosis model, the drug obeticholic acid improved gut bacteria balance and behavior. The authors describe a correlation, and the work was not in people.

JOURNAL OF DIGESTIVE DISEASES · 2026-09-30

Ketogenic diet did not reduce seizures in mice with virus-induced epilepsy

A study in mice, published in Epilepsia, tested a ketogenic diet in a model of virus-induced epilepsy. The mice reached ketosis. Even so, seizure incidence, burden and severity did not fall. Immune cell entry into the brain was also largely unchanged. The diet did reduce gut microbiome diversity and reshaped its makeup. The findings are from animals.

EPILEPSIA · 2026-09-30

Probiotic strain eased stress-related behaviour changes in mice

A study in the Korean Journal of Physiology & Pharmacology tested a Lactobacillus reuteri strain in mice under chronic stress. Treated mice kept activity, exploration and immobility frequency closer to unstressed mice. Sleep latency and gut bacteria also moved toward control levels. This was animal research, so it does not show the same effects in people.

THE KOREAN JOURNAL OF PHYSIOLOGY & PHARMACOLOGY : OFFICIAL JOURNAL OF THE KOREAN PHYSIOLOGICAL SOCIETY AND THE KOREAN SOCIETY OF PHARMACOLOGY · 2026-09-30

Review finds constipation and mood disorders linked, with limited evidence on treatments

A narrative review in the International Journal of General Medicine describes a two-way association between constipation and anxiety or depression, supported by Mendelian randomization studies. Some drugs for one condition may worsen the other. Gut-brain-targeted therapies look promising, but most evidence is exploratory and large randomised trials are few.

INTERNATIONAL JOURNAL OF GENERAL MEDICINE · 2026-09-29

Herbal granules eased anxiety- and depression-like behaviour in stressed mice

According to a study in Neuropsychiatric Disease and Treatment, mice under chronic mild stress showed less anxiety- and depression-like behaviour after receiving Zhi-Chi-Jie-Yu Granules, a traditional Chinese medicine formula. Inflammation markers fell and brain chemical levels improved. Computer-based predictions of how it works are untested hypotheses. The authors call the evidence preliminary, and it comes from mice only.

NEUROPSYCHIATRIC DISEASE AND TREATMENT · 2026-09-29

Coffee-derived nanoparticles linked to improved brain markers in rat Alzheimer's model

An exploratory study in PeerJ tested coffee-derived nanoparticles in rats given amyloid to mimic Alzheimer's disease. Treated rats showed higher brain glucose metabolism on imaging, in a dose-dependent way. They also had lower phospho-tau and amyloid precursor protein in the hippocampus. This was animal research, not a human trial.

PEERJ · 2026-09-29

Tongue bacteria and chemicals differ in people with Alzheimer's disease

A study in the Journal of Oral Microbiology compared tongue biofilm from 31 people with Alzheimer's and 31 without. It found differences in bacteria and in 88 metabolites, with glycerophospholipid metabolism standing out. Spinal fluid samples from a smaller group supported this. The findings show a link, not a cause.

JOURNAL OF ORAL MICROBIOLOGY · 2026-09-29

Position article outlines limits facing cancer immune checkpoint inhibitors

A position article in the Journal of Immunotherapy and Precision Oncology reviews immune checkpoint inhibitors for cancer. It describes three barriers: immune-related side effects, drug resistance, and unreliable biomarkers for predicting response. It also points to immune profiling, genomics and microbiome research as ways to select patients more precisely. It is not new trial data.

JOURNAL OF IMMUNOTHERAPY AND PRECISION ONCOLOGY · 2026-09-29

Review weighs evidence for Terminalia arjuna, finds gaps in human data

A review in Food Science & Nutrition looks at Terminalia arjuna, a plant used in Ayurvedic remedies. It describes lab-based evidence for antioxidant and anti-inflammatory effects. The authors compare preclinical and clinical evidence. They note gaps in data on absorption, safety and herb-drug interactions. They say further validation is needed.

FOOD SCIENCE & NUTRITION · 2026-09-29

Tieguanyin tea extract protected liver in aging-model mice and cells

A study in Food Science & Nutrition tested an oolong tea extract in mice given D-galactose to mimic aging, plus senescent liver cells. The extract improved liver markers, lowered oxidative stress and reduced senescence markers. It also dampened the NF-κB pathway. This is animal and cell work, so it does not show effects in people.

FOOD SCIENCE & NUTRITION · 2026-09-29

Probiotic L. reuteri DSM 17938 showed no clear benefit for children's gut problems

A systematic review and meta-analysis in the Journal of Pediatric Gastroenterology and Nutrition pooled randomised trials of this probiotic. It covered children with functional abdominal pain and children with functional constipation. Compared with placebo, it did not significantly improve pain responder rates, pain frequency, pain intensity or stool frequency. The authors call for larger, strain-specific trials.

JOURNAL OF PEDIATRIC GASTROENTEROLOGY AND NUTRITION · 2026-09-29

In mice, early sevoflurane exposure harmed memory through brain-matrix changes

A study in Advanced Science found that newborn mice exposed to the anaesthetic sevoflurane had lasting memory and social recognition problems in adulthood. The damage involved breakdown of perineuronal nets in a hippocampal region called CA2. Gene therapy or blocking the enzyme MMP9 reversed the deficits in mice. These are animal results, not human findings.

ADVANCED SCIENCE (WEINHEIM, BADEN-WURTTEMBERG, GERMANY) · 2026-09-29

Review examines how alcohol lowers a brain glutamate transporter

A review in the journal Alcohol summarises research on GLT-1, a protein that clears the brain chemical glutamate. Chronic alcohol exposure can lower GLT-1 in some brain regions, which may contribute to alcohol use disorder. The authors note inconsistent results between studies and gaps in knowledge, including whether peripheral or central mechanisms drive the changes.

ALCOHOL (FAYETTEVILLE, N.Y.) · 2026-09-29

Gut bacteria that make indole linked to worse stroke outcomes in mice and patients

A study in Cell found that gut E. coli producing indole was associated with worse outcomes in mice and in people with ischemic stroke. In mice, removing a receptor called AHR from certain immune cells improved stroke outcomes. Most mechanistic work was in animals, so human treatment effects remain untested.

CELL · 2026-09-29

Review suggests gut microbe products may help explain exercise's health benefits

A review in the American Journal of Physiology: Cell Physiology discusses microbial metabolites, called microbial-derived exerkines, that may carry some benefits of exercise. Examples include short-chain fatty acids and indole-3-propionic acid. The authors link them to conditions including aging. They anticipate these compounds could guide future drug discovery.

AMERICAN JOURNAL OF PHYSIOLOGY. CELL PHYSIOLOGY · 2026-09-29

Gut fat metabolism shapes infection avoidance in roundworms

A study in PLoS Biology, done in the roundworm C. elegans, found that a gene called NHR-68 helps control levels of a fatty acid, linoleic acid, in the gut. Worms lacking NHR-68 were worse at avoiding harmful microbes. Adding linoleic acid restored avoidance. This is animal research, not a human study.

PLOS BIOLOGY · 2026-09-29

Review links swallowing problems to gut microbiome changes in older and stroke patients

A review in Acta Microbiologica et Immunologica Hungarica looks at swallowing difficulty, which is common in older people and after stroke. The authors describe how it may disrupt gut bacteria through diet changes, oral germs and medicines. They link this to lower levels of beneficial metabolites and more inflammation. It is a review of existing evidence, not a new trial.

ACTA MICROBIOLOGICA ET IMMUNOLOGICA HUNGARICA · 2026-09-29

Twin study finds modest genetic influence on fruit, vegetable intake and mood

A study in Behavior Genetics analysed 5,789 twins aged 45 to 90 from four cohorts. Heritability was 25% for fruit intake, 17% for vegetables and 29% for depressive symptoms. Some genetic overlap was found between intake and depressive symptoms. The authors stress this does not show causation and call for longitudinal studies.

BEHAVIOR GENETICS · 2026-09-29

Mouse study ties faulty alpha-1 antitrypsin to worse gut inflammation

A study in Signal Transduction and Targeted Therapy found that mice carrying a mutant human alpha-1 antitrypsin gene had worse chemically induced colitis and abnormal gut Paneth cells. Lab-grown human intestinal organoids showed similar protein build-up. The protein was also seen in tissue from one person with the deficiency and gut disease.

SIGNAL TRANSDUCTION AND TARGETED THERAPY · 2026-09-29

ALZHEIMER'S & COGNITIVE DECLINE PREVENTION 21

Few Parkinson's and dementia apps claim to be certified medical devices

A descriptive analysis in PLOS Digital Health reviewed 1,187 Alzheimer's and Parkinson's apps in two major app stores as of May 2024. Only about 2% claimed to be certified medical devices. User reviews offered some patient-experience information, but they reflect personal opinions. The authors say quality information needs to be more trustworthy and accessible.

PLOS DIGITAL HEALTH · 2026-10-01

Digital mindfulness and acceptance programmes gave small-to-moderate mental health gains in trials

A systematic review and meta-analysis in PLOS Digital Health pooled randomised trials of digital mindfulness, acceptance and compassion programmes (147 trials, 26,391 adults). It found small-to-moderate improvements in wellbeing, depression, anxiety and stress straight after the programmes. Effects were smaller against active comparison groups. Results varied widely between trials.

PLOS DIGITAL HEALTH · 2026-10-01

Review outlines key issues in surgical care for very old adults

A non-systematic narrative review in European Geriatric Medicine summarises care around surgery in very old adults. It says assessment should cover frailty, cognitive decline, sarcopenia and malnutrition. It also highlights medication caution, delirium prevention and rehabilitation afterwards. The authors say an individualised approach and an interdisciplinary team are often needed.

EUROPEAN GERIATRIC MEDICINE · 2026-10-01

Systematic review maps research on carnitine and betaine in dairy

A systematic review in Food Science of Animal Resources analysed 179 selected records, drawn from 1,965 publications from 1970 to 2024, on carnitine and betaine in milk and dairy products. It found three themes: ruminant metabolism, early-life nutrition, and adult chronic disease. The authors point to knowledge gaps needing further research.

FOOD SCIENCE OF ANIMAL RESOURCES · 2026-10-01

Review says nose-to-brain drug delivery research overlooks key steps after the nose

A review in Drug Delivery looks at delivering drugs to the brain through the nose. It argues that studies often count any brain exposure as success. It says the middle steps, such as movement through spinal fluid and deep brain tissue, are neglected. The authors propose design principles and stricter, stage-specific testing.

DRUG DELIVERY · 2026-10-01

New statistical method models memory decline in people who develop dementia

A paper in Statistics in Medicine proposes a statistical method for tracking cognitive test scores over time, aligned to the time before an event such as death. It is designed for dementia cohort studies and compares people with and without dementia. The authors tested it in simulations and illustrated it with dementia study data. It is a methods paper, not a health finding.

STATISTICS IN MEDICINE · 2026-10-01

Blocking a sugar-tagging step slowed Notch-driven leukemia in animal models

According to a study in The Journal of Clinical Investigation, a protein called DOCK2 helps control a sugar modification on part of the γ-secretase enzyme complex. Removing DOCK2 genetically, or blocking the modification with a drug called kifunensine, slowed Notch-dependent leukemia in vivo. This is early laboratory research. The authors describe it as a possible therapeutic strategy.

THE JOURNAL OF CLINICAL INVESTIGATION · 2026-10-01

Later brain stimulation linked to faster cognitive decline in GBA1 Parkinson's

A multicentre cohort study in Movement Disorders followed 343 people with Parkinson's disease who had deep brain stimulation, 91 of them with GBA1 variants. Among those with GBA1 variants, later surgery was associated with faster cognitive decline. No such link appeared in those without variants. The design shows an association, not a cause.

MOVEMENT DISORDERS : OFFICIAL JOURNAL OF THE MOVEMENT DISORDER SOCIETY · 2026-10-01

Swiss pilot project plans to study city settings that aid psychosis recovery

A paper in Early Intervention in Psychiatry describes a planned pilot in Lausanne, Switzerland. Researchers, patients and community partners will study how 55 people with psychosis use urban interventions in daily life. The design is observational and correlational. No findings are reported yet.

EARLY INTERVENTION IN PSYCHIATRY · 2026-10-01

Computer analysis suggests how Yueju pill might act in Hashimoto's thyroiditis

A study in Chemistry & Biodiversity used computer modelling, not patients or animals, to predict how the herbal Yueju pill might affect Hashimoto's thyroiditis. It points to inflammation and cell-survival pathways, and to compounds such as quercetin and luteolin. The authors describe this as a hypothesis that still needs laboratory testing.

CHEMISTRY & BIODIVERSITY · 2026-10-01

Persian version of a short memory screening test works in older Iranians

A validation study in Brain and Behavior tested a Persian translation of the Six-Item Cognitive Impairment Test in 180 older adults. They had normal cognition, mild cognitive impairment or dementia. The test showed good reliability and agreed strongly with the Mini-Mental State Examination. The authors judge it valid for screening in specialist outpatient clinics.

BRAIN AND BEHAVIOR · 2026-10-01

Review examines Fyn kinase's role in Alzheimer's-related brain damage

A review in Translational Neurodegeneration looks at Fyn, a signalling enzyme tied to tau and amyloid-β in Alzheimer's disease and related conditions. The authors describe how Fyn may drive synaptic failure and inflammation. They discuss it as a possible drug target. This is a review, not a new test in patients.

TRANSLATIONAL NEURODEGENERATION · 2026-10-01

Review weighs luteolin's potential in depression, Alzheimer's and Parkinson's

A review in the Chinese Journal of Natural Medicines examines luteolin, a plant compound, in depression, Alzheimer's and Parkinson's disease. It notes anti-inflammatory and antioxidant activity. The authors flag limits: few validated targets, and poor absorption and brain penetration. They say clinical use would need better delivery methods and further study.

CHINESE JOURNAL OF NATURAL MEDICINES · 2026-10-01

Blood HDL particle types linked to dementia risk in two older-adult groups

An observational study in Alzheimer's & Dementia analysed HDL cholesterol particle types and later dementia in 23,790 UK Biobank adults and 147 adults in the ARIC study. Certain HDL sizes and lipid contents were linked to higher or lower dementia risk. The two groups used different measurement methods, so comparing them was hard. The study shows associations, not cause.

ALZHEIMER'S & DEMENTIA : THE JOURNAL OF THE ALZHEIMER'S ASSOCIATION · 2026-10-01

Older women on anticholinergic bladder drugs had higher dementia risk than on β3-agonists

A retrospective cohort study in the International Journal of Urology used Japanese claims data on 1,605 anticholinergic and 2,189 β3-agonist users, all women. Anticholinergic use was linked to a higher risk of claims-defined dementia. Long-term care needs and frailty did not differ. This shows an association, not cause. Residual confounding is possible.

INTERNATIONAL JOURNAL OF UROLOGY : OFFICIAL JOURNAL OF THE JAPANESE UROLOGICAL ASSOCIATION · 2026-10-01

Brain waste-clearance imaging marker lower in Wilson's disease with neurological symptoms

A study in Brain and Behavior compared 71 people with Wilson's disease, a genetic copper disorder, with 15 healthy controls. Using MRI, it found impaired glymphatic function in the neurological form. Age, liver enzyme AST and symptom scores were independently associated with the impairment. The design shows links, not cause.

BRAIN AND BEHAVIOR · 2026-10-01

Sarcopenia linked to poorer outcomes after stroke in pooled analysis of 36 studies

A systematic review and meta-analysis in Brain and Behavior pooled 36 cohort studies. Stroke patients who also had sarcopenia, a loss of muscle, faced higher risk of poor overall function afterward. Links were also reported for motor, cognitive and swallowing outcomes. Because the studies were observational, the link does not prove cause.

BRAIN AND BEHAVIOR · 2026-10-01

Continued levetiracetam after stroke linked to slightly lower 90-day death risk in older adults

According to a study in Pharmacoepidemiology and Drug Safety, older Medicare patients who kept using levetiracetam after an ischaemic stroke had lower 90-day mortality than those who stopped. The figures were 53 versus 62 deaths per 1000. This is an observational claims analysis, so it shows a link, not a cause. The authors say it does not support routine continuation.

PHARMACOEPIDEMIOLOGY AND DRUG SAFETY · 2026-10-01

Experts set research priorities for medication use in Indonesian aged care homes

In a study in Pharmacology Research & Perspectives, a 20-person expert panel identified 47 research priorities for medication management in Indonesian aged care homes. They were consolidated into 15 policy and 20 practice priorities. Top policy themes were regulations, guidelines and essential medicine lists. Top practice themes were digital health, safety monitoring and better communication. This is a consensus exercise, not a clinical trial.

PHARMACOLOGY RESEARCH & PERSPECTIVES · 2026-10-01

CDC system recorded 72,093 violent deaths in 2023, mostly suicides

A CDC surveillance report in MMWR Surveillance Summaries covers violent deaths in 2023. In the 50 states and the District of Columbia, it recorded 70,133 fatal incidents involving 72,093 deaths. Suicides made up 62.4% and homicides 28.5%, together accounting for 91.6% of such US deaths. Three states contributed data from some counties only. Puerto Rico's 730 deaths were analysed separately.

MORBIDITY AND MORTALITY WEEKLY REPORT. SURVEILLANCE SUMMARIES (WASHINGTON, D.C. : 2002) · 2026-10-01

Fisetin dampens inflammatory signals in human immune cells in lab study

A laboratory study in Cell Biology International tested fisetin, a compound found in fruits and vegetables, on human macrophage-like cells grown in a dish. Fisetin lowered the release of several inflammatory molecules and blocked certain signalling pathways without harming the cells. This is cell work only. It does not show any effect in people.

CELL BIOLOGY INTERNATIONAL · 2026-10-01

WOMEN'S HEALTH & HORMONAL TRANSITIONS 22

Review finds gaps in complex menopause care and urges wider specialist teams

A rapid review in Menopause analysed 13 papers on complex menopause care in tertiary clinics. Themes included interdisciplinary teams, the needs of specific groups and psychosocial concerns. The authors found continuing gaps in care. They conclude that clinics should include a wider range of specialists, including non-physician practitioners.

MENOPAUSE (NEW YORK, N.Y.) · 2026-10-01

Weight change linked to cervical and ovarian cancer risk, differing by age

A population-based cohort study in Menopause followed 1.464 million women. It found BMI change was associated with cervical and ovarian cancer risk, and the direction varied by age. In women aged 60 and over, gaining weight from normal to obesity was linked to higher ovarian cancer risk. These are associations, not proof of cause.

MENOPAUSE (NEW YORK, N.Y.) · 2026-10-01

Low sexual function and partner violence linked in middle-aged Spanish women

A cross-sectional study in Menopause surveyed 451 women aged 40 to 64 from primary care in southeastern Spain. Low sexual function was found in 33.7%, and 16.6% screened positive for intimate partner violence. The two were statistically associated, even after adjustment. This design cannot show that one causes the other.

MENOPAUSE (NEW YORK, N.Y.) · 2026-10-01

Poorer nutritional status linked to weaker grip in postmenopausal women

A cross-sectional study in Menopause looked at 342 postmenopausal women. A higher undernutrition score on the CONUT scale was associated with weaker handgrip strength. The study reports a negative correlation between the two. Because of the design, it shows a link only, not that poor nutrition causes weaker muscles.

MENOPAUSE (NEW YORK, N.Y.) · 2026-10-01

Hot flashes not clearly linked to later heart failure in midlife women

An observational study in Menopause followed 2,026 women from the CARDIA cohort for a median of about 23 years. Thirty-two developed heart failure. Neither hot flashes nor night sweats, nor their intensity, were significantly associated with heart failure. The authors note few cases limited the study's statistical power, so firm conclusions are not possible.

MENOPAUSE (NEW YORK, N.Y.) · 2026-10-01

Genetic analysis points to six proteins linked to fibroid risk

A genetic study in the International Journal of Women's Health used Mendelian randomization, which uses inherited variants to probe cause. It screened plasma proteins against uterine fibroid risk in large datasets. Six proteins, including PARP1 and FSHB, showed consistent signals in both cohorts. Some signals depended on statistical settings. The findings suggest possible drug targets but are not clinical evidence.

INTERNATIONAL JOURNAL OF WOMEN'S HEALTH · 2026-09-30

Men with prostate cancer on hormone therapy rated online group exercise highly

According to a report in BJUI Compass, 148 men on androgen deprivation therapy joined a virtual supervised exercise service in the UK. They attended 14 sessions in six months and rated their experience a median of 10 out of 10. Virtual delivery and peer support helped engagement. This was a service evaluation, not a randomised trial.

BJUI COMPASS · 2026-09-30

Vitamin D level shows only weak link to blood inflammation markers

According to a study in Health Science Reports, researchers looked at 458 adults from the MASHAD cohort in Iran. This was a cross-sectional analysis, so it is a snapshot in time. Vitamin D had very weak correlations with the inflammation markers. Some differences appeared in women for one marker. The study cannot show cause.

HEALTH SCIENCE REPORTS · 2026-09-30

Review: chemical tags on the p62 protein shape cell stress responses and disease

A review in MedComm covers how chemical modifications to the protein p62 control its roles in cell clean-up, antioxidant defence and immune signalling. It discusses how disruption of these modifications is linked to cancer, neurodegenerative, metabolic and infectious diseases. The authors note preclinical work and call for better tools and future therapies.

MEDCOMM · 2026-09-30

Review: narrowed kidney arteries may impair the body's own repair cells

A review in Stem Cells International covers renovascular disease, a narrowing of kidney arteries seen in older adults. It describes how stressors such as poor blood flow and hypoxia may damage the kidney's repair cells. Experimental studies suggest several approaches might protect these cells. The review does not report human treatment results.

STEM CELLS INTERNATIONAL · 2026-09-30

Survey finds urinary incontinence common among women in Saudi Arabia

A cross-sectional online survey in Obstetrics and Gynecology International covered 629 women in Saudi Arabia. Of 291 who reported incontinence, most described small-volume leaks. Higher age, overweight and multiple deliveries were linked to it. Many reported effects on social life and anxiety. Such a survey shows associations, not causes.

OBSTETRICS AND GYNECOLOGY INTERNATIONAL · 2026-09-30

Small trial tests gum-derived stem cells in type 1 diabetes

A double-blind, randomised, placebo-controlled phase 1 trial in Signal Transduction and Targeted Therapy involved 18 people with type 1 diabetes. At week 12, those given gingiva-derived stem cells showed better residual β-cell function and needed less daily insulin. Blood sugar control was equal in both groups. The trial was small and early-stage.

SIGNAL TRANSDUCTION AND TARGETED THERAPY · 2026-09-30

Review links menopause-related metabolic shifts to cardiovascular risk in women

A review in Endocrine Reviews summarises what is known about metabolic changes during menopause. These include shifts in lipoproteins, fatty acids and amino acids, giving a more atherogenic profile. In some cases this goes with higher cardiovascular disease risk. The authors say the underlying molecular mechanisms are still incompletely understood.

ENDOCRINE REVIEWS · 2026-09-30

Bone, muscle and fat change differently with age in men and women

A cross-sectional study in GeroScience analysed body composition in 9,717 Caucasian adults aged 20 to 90. In bone and muscle, men peaked earlier and showed lower later-life values than women, while women had sharper midlife drops, particularly around menopause. Fat rose steadily in men but varied in phases in women. Fat inside muscle rose with age in both sexes. A single snapshot cannot show individual change over time.

GEROSCIENCE · 2026-09-30

Children with congenital adrenal hyperplasia tend to end up shorter, study finds

An observational, retrospective study in the European Journal of Pediatrics reviewed 63 patients treated at one center between 1996 and 2025. Patients with this genetic disorder tended to have compromised final height. Those with the salt-wasting form were most affected. Higher hydrocortisone doses were associated with worse height outcomes, which does not prove cause.

EUROPEAN JOURNAL OF PEDIATRICS · 2026-09-30

Review links vaginal and cervical bacteria to womb lining repair after injury

A narrative review in the International Journal of General Medicine summarises research on how cervicovaginal bacteria relate to repair of the womb lining after injury. Imbalanced bacteria were linked to scarring and poorer regeneration. Probiotics showed promise in animal models and clinical studies. The authors say the evidence is still largely observational and needs high-quality clinical trials.

INTERNATIONAL JOURNAL OF GENERAL MEDICINE · 2026-09-29

Early menopause and depression each linked to higher death risk in older women

According to a study in Menopause, using US national survey data on 4,754 postmenopausal women, early ovarian failure and depression were each linked to higher all-cause mortality. Women with both had the highest observed risk. This is an observational study, so it shows association, not cause. Heart-related death findings were exploratory and need confirmation.

MENOPAUSE (NEW YORK, N.Y.) · 2026-09-29

Six-case series describes rare benign breast tumour that mimics fibroadenoma

A case series in the Journal of Surgical Case Reports describes six patients with tubular adenoma, a rare benign breast tumour. It looks much like fibroadenoma on exam and imaging, and biopsy made the diagnosis. Four had surgery and two were monitored. No recurrence or malignant change was seen. The group is very small.

JOURNAL OF SURGICAL CASE REPORTS · 2026-09-29

Scoping review maps support programmes for military personnel becoming veterans

A scoping review in BMJ Open included 34 studies covering 10,040 veterans and transitioning service personnel. It found 22 interventions, such as art, sport, peer groups, job training and digital tools. Some quantitative studies suggested benefits for mental health and wellbeing. The review did not appraise study quality, and the evidence was varied.

BMJ OPEN · 2026-09-29

Review finds no clear evidence testosterone affects thinking in menopause

A review in Reproduction & Fertility examined existing evidence on whether testosterone affects thinking and memory in menopause. It identified five studies, covering attention, planning, decision-making and learning. The authors found no clear evidence that testosterone impacts thinking and memory. They note the studies were few and small, so results need careful interpretation, and say more research is needed.

REPRODUCTION & FERTILITY · 2026-09-29

Jaw bone damage was more common with denosumab in Finnish breast cancer patients

A nationwide registry study in Clinical Oral Investigations followed 652 breast cancer patients with bone metastases in Finland. Jaw osteonecrosis occurred in 12.6% of denosumab users and 15.3% of those given a bisphosphonate then denosumab. Among bisphosphonate users, it ranged from 0% to 2.2%. Invasive dental procedures were also associated with it. These are associations in a retrospective study.

CLINICAL ORAL INVESTIGATIONS · 2026-09-29

Top TikTok menopause creators rarely mention sexual symptoms, analysis finds

A cross-sectional content analysis in Menopause reviewed 834 videos from the 10 most influential menopause creators on TikTok. Sexual symptoms were rarely mentioned, such as libido changes in 7.9% of videos and vaginal dryness in 3.5%. Mood changes appeared in 31.2%. Only one of the 10 creators was a medical professional.

MENOPAUSE (NEW YORK, N.Y.) · 2026-09-29

Review links tumour metabolism to blood vessel growth in pancreatic cancer

A review in the Journal of Visualized Experiments examines how changes in cancer cell metabolism relate to new blood vessel growth in pancreatic ductal adenocarcinoma. The text notes a 5-year survival of 13%. The authors say backup pathways limit single-drug approaches, which supports combination strategies. This is a literature synthesis, not a new trial.

JOURNAL OF VISUALIZED EXPERIMENTS : JOVE · 2026-10-01

US deaths listing sudden cardiac death and diabetes rose modestly, 1999–2020

A retrospective analysis in the Journal of Arrhythmia used US death certificate data from the CDC WONDER database, 1999 to 2020. It identified 51,756 deaths listing both sudden cardiac death and diabetes. The age-adjusted rate rose from 1.29 to 1.46 per 100,000 (annual change +0.46%). Rates were higher in men, adults 75 and over, Black individuals, rural areas and Southern states.

JOURNAL OF ARRHYTHMIA · 2026-10-01

Case report links long-term mephedrone use to pulmonary arterial hypertension

A case report in Pulmonary Circulation describes a 42-year-old woman with severe pulmonary arterial hypertension after a decade of near-daily mephedrone use. Tests excluded recognised causes. After she stopped the drug and began treatment, she improved, though incompletely. The authors say this appears to be the first such reported case. One case cannot establish cause.

PULMONARY CIRCULATION · 2026-10-01

Repeated heat exposure triggered stress and blood vessel changes in mice

Mice were exposed to repeated heat for up to four weeks, according to a study in the FASEB Journal. At 37°C they showed a strong stress hormone response and more immune cells sticking to blood vessel walls. Heart function, artery stiffness and blood fats changed little. This is mouse research, not a human result.

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

Adding home monitoring devices did not delay severe asthma flare-ups

In a 12-month pragmatic trial reported in Respiratory Medicine, 143 adults with severe asthma who completed alpine climate treatment in Davos were randomised to eHealth self-management support with or without home monitoring devices. Time to first severe flare-up did not differ between groups. A difference in asthma control scores at six months did not persist to 12 months. No intervention-related serious adverse events occurred.

RESPIRATORY MEDICINE · 2026-10-01

Compounds from Artemisia plant dampened inflammation signals in lab-grown immune cells

According to a study in Fitoterapia, researchers isolated fifteen compounds from the plant Artemisia nujianensis. Five of them reduced nitric oxide production, an inflammation signal, in mouse immune cells grown in the lab. They were less potent than the steroid dexamethasone used for comparison. This is cell research, with no animal or human testing.

FITOTERAPIA · 2026-10-01

Drug belumosudil eased lung scarring in rats and cell experiments

A study in Pulmonary Pharmacology & Therapeutics tested belumosudil in rats with chemically induced lung fibrosis. Two weeks of dosing gave protective effects on lung measures. In mouse cells, the drug reduced fibroblast growth and macrophage activation by blocking ROCK2 signalling. These are animal and cell findings, not human results.

PULMONARY PHARMACOLOGY & THERAPEUTICS · 2026-10-01

Study maps mitochondrial proteins of an amoeba that adapts to oxygen levels

A study in Cell catalogued 1,122 mitochondrial proteins in Acanthamoeba castellanii, an amoeba that can cause infectious blindness. Oxygen levels reshaped its energy machinery, and it produced hydrogen gas without oxygen. This is laboratory work on a single-celled organism, not a study in people.

CELL · 2026-10-01

Cancer drug lorlatinib calmed brain inflammation in mouse and cell experiments

According to a study in International Immunopharmacology, the ALK inhibitor lorlatinib reduced inflammation in mouse microglial cells and in mice given an inflammatory agent. It also helped preserve the blood-brain barrier. The authors point to ALK-STING signalling as a key regulator. This is early laboratory and animal work, not research in people.

INTERNATIONAL IMMUNOPHARMACOLOGY · 2026-10-01

Most older people with HIV in northern Haiti had other chronic diseases

A retrospective cohort study in PLOS Global Public Health reviewed records of 318 people with HIV aged 40 and over in northern Haiti. At the start of therapy, 65.7% had a non-communicable disease. After at least 12 months, it was 70.8%. Female sex was the main predictor of developing a new one.

PLOS GLOBAL PUBLIC HEALTH · 2026-10-01

Xpert Ultra test on induced sputum detected childhood tuberculosis with good accuracy

A prospective study in PLOS Global Public Health enrolled 636 children in South Africa assessed for pulmonary tuberculosis. Tested against culture, the Xpert MTB/RIF Ultra test had 90.9% sensitivity and 89.6% specificity. Accuracy stayed high in infants, malnourished children and children with HIV. Of 557 children with TB, 4.9% died.

PLOS GLOBAL PUBLIC HEALTH · 2026-10-01

Ten children with severe measles received ECMO life support; six survived

A case series in the European Journal of Pediatrics looked back at 10 children with measles who received ECMO, a heart-lung support machine, during an outbreak. Six survived to discharge. Courses involved bacterial and fungal infections, heart problems and brain injury. None of the children had completed age-appropriate vaccination. This was a small, retrospective single-centre report.

EUROPEAN JOURNAL OF PEDIATRICS · 2026-10-01

Two plant compounds combined eased psoriasis-like signs in mice and cells

According to a study in Applied Biochemistry and Biotechnology, combining the plant compounds 18β-glycyrrhetinic acid and hesperetin reduced inflammation in mouse cells and in a mouse model of psoriasis more than either alone. Effects were reported as comparable to methotrexate. This was lab and animal work only, so benefits in people are untested.

APPLIED BIOCHEMISTRY AND BIOTECHNOLOGY · 2026-10-01

Review finds Butia fruit pulp has antioxidants, but human benefits are unproven

A review in Plant Foods for Human Nutrition examined the pulp of Butia fruits from South America. It contains fibre, minerals, phenolic compounds and vitamin C. Possible health effects were reported only in cell and animal studies and have not been validated in humans. Knowledge about many species remains limited.

PLANT FOODS FOR HUMAN NUTRITION (DORDRECHT, NETHERLANDS) · 2026-10-01

GABA eased diabetic kidney damage in mice through an immune pathway

According to a study in Renal Failure, mice with diabetes-induced kidney disease given GABA showed better kidney measures and less inflammation. Experiments in cells pointed to a signalling pathway involving JAML and FPR2 and to immune cells called macrophages. The work was done in mice and cultured cells, so effects in people are unknown.

RENAL FAILURE · 2026-10-01

Review covers benefits and immune complications of transfusion in sickle cell disease

A review in Transfusion Medicine looks at red blood cell transfusion in sickle cell disease. It describes transfusion as a cornerstone of care for life-threatening complications. It also covers harms of repeated transfusion, including immune reactions to donor cells and iron overload. The review discusses approaches to reduce these complications, such as extended antigen matching.

TRANSFUSION MEDICINE (OXFORD, ENGLAND) · 2026-10-01

Experimental drug lowers blood sugar in obese mice by two routes

A study in Diabetes tested DI-1859, a compound that blocks a protein called Cul3. In obese mice, it lowered high blood sugar by improving insulin signalling and boosting insulin release. It also increased insulin secretion in human islets in the lab. This is early research in mice and cells, not human trials.

DIABETES · 2026-10-01

Blood protein profiles show hemolysis signs before clinical relapse in immune TTP

In a study in Blood Advances, researchers profiled plasma proteins in patients with immune TTP treated with rituximab. During ADAMTS13 relapse, signatures of hemolysis and platelet activation were raised compared with remission. According to the authors, these pathways were active before any clinical or routine blood changes appeared.

BLOOD ADVANCES · 2026-10-01

Thymus shrinkage was less marked in some people with HIV on long-term treatment

A cross-sectional study in Aging Cell compared 654 people with HIV and 637 matched controls using chest CT scans. People with HIV had higher odds of a less shrunken thymus. A better-preserved thymus was linked to lower inflammation markers. A cross-sectional design cannot show cause.

AGING CELL · 2026-10-01

Faster running cadence changed knee loading but not cartilage thinning after a run

In a study of 31 runners reported in the Scandinavian Journal of Medicine & Science in Sports, running at a 10% higher cadence changed knee mechanics. Ultrasound showed knee cartilage thinned slightly after running, similarly at both cadences. The authors suggest higher cadence may lower joint loading while keeping a stimulus to cartilage.

SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS · 2026-10-01

Review summarises newer, targeted treatments for COPD

A narrative review in the European Journal of Clinical Investigation summarises recent advances in managing COPD. It describes a shift toward treatment matched to disease type, guided by biomarkers such as blood eosinophils. It covers combination inhalers, biologics such as dupilumab and mepolizumab, and other drugs including ensifentrine and roflumilast.

EUROPEAN JOURNAL OF CLINICAL INVESTIGATION · 2026-10-01

Cardiac rehabilitation linked to lower mortality after heart attack in Korea

An observational study in Yonsei Medical Journal analysed insurance claims for 92,968 Korean heart attack patients. Most received no cardiac rehabilitation. Those who did, especially with education, had lower all-cause mortality over two years. The authors describe this as an association. The design cannot show that rehabilitation caused the difference.

YONSEI MEDICAL JOURNAL · 2026-10-01

Earlier-onset hypertension and high cholesterol linked to more depression and stress

A nationwide cross-sectional study in the Yonsei Medical Journal used Korean health survey data from 2014 to 2023. People diagnosed with hypertension or dyslipidemia earlier in life had higher odds of depression and perceived stress than those undiagnosed or diagnosed later. The design cannot show cause and effect.

YONSEI MEDICAL JOURNAL · 2026-10-01

Ultrasound muscle measures linked to survival in cirrhosis, review finds

A systematic review in Liver International included six prospective studies with 731 adults with cirrhosis. The studies differed too much to be combined statistically. Lower muscle measures on ultrasound were consistently associated with higher mortality. The authors say the approach is promising but not yet fully validated. The findings show an association, not cause.

LIVER INTERNATIONAL : OFFICIAL JOURNAL OF THE INTERNATIONAL ASSOCIATION FOR THE STUDY OF THE LIVER · 2026-10-01

Hand-timed 6-metre walk test matched electronic timing when raters were trained

A study in the European Journal of Sport Science tested a 6-metre gait speed test in 410 healthy adults aged 18 to 64. A trained rater using a stopwatch closely matched photoelectric cell timing. An untrained rater differed by about 0.2 seconds. Results were repeatable on retest and did not vary by sex, age or activity level. The authors recommend rater training.

EUROPEAN JOURNAL OF SPORT SCIENCE · 2026-10-01

Australian clinicians agree on first-line fertility-sparing care for endometrial cancer, differ elsewhere

A survey in the Australian & New Zealand Journal of Obstetrics & Gynaecology asked clinicians how they treat endometrial cancer while preserving fertility. Of 70 eligible clinicians, 56% responded. They agreed on diagnosis and first-line therapy but were divided on Lynch syndrome, deeper tumour invasion and recurrences. It reflects opinion and practice, not treatment outcomes.

THE AUSTRALIAN & NEW ZEALAND JOURNAL OF OBSTETRICS & GYNAECOLOGY · 2026-10-01

LONGEVITY RESEARCH

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Giredestrant plus everolimus delayed progression in advanced breast cancer after earlier treatment

A phase 3 randomised, open-label trial in The New England Journal of Medicine enrolled 373 patients with ER-positive, HER2-negative advanced breast cancer. Among those with ESR1-mutated tumours, median progression-free survival was 10.0 months with giredestrant-everolimus versus 5.5 months with standard therapy plus everolimus. Adverse event rates were similar. The trial was funded by Genentech.

THE NEW ENGLAND JOURNAL OF MEDICINE · 2026-10-01

Plant compound slows pancreatic cancer cell growth in lab and computer analyses

A study in Chemistry & Biodiversity reports that sophoricoside, a natural isoflavone glycoside, reduced growth of three pancreatic cancer cell lines in a dose-dependent way. Computational analyses pointed to a protein called PTPN1 as a key mediator. This is early cell and computer work, with no tests in people.

CHEMISTRY & BIODIVERSITY · 2026-10-01

Payer panel discusses blood-based monitoring for ESR1-mutated breast cancer

The Journal of Managed Care & Specialty Pharmacy published a qualitative summary of an expert panel of managed care stakeholders. This is opinion, not a trial. The panel noted that the best testing approach for ESR1 mutations using circulating tumor DNA is uncertain, leading to inconsistent testing practices.

JOURNAL OF MANAGED CARE & SPECIALTY PHARMACY · 2026-10-01

Kidneys from donors with diabetes showed similar five-year results after matching

A retrospective single-centre cohort study in Clinical Transplantation followed 3,058 kidney transplant recipients, 244 of whom received kidneys from donors with diabetes. Unadjusted results were worse for those kidneys. After matching for donor and recipient characteristics, five-year kidney function and graft survival no longer differed between groups.

CLINICAL TRANSPLANTATION · 2026-10-01

Gene PDXP linked to melanoma cell growth in database and lab studies

Researchers analysed PDXP expression across 34 cancer types in public databases, according to a study in Cancer Medicine. Expression was correlated with overall survival in 14 types. In melanoma, higher expression tracked with signs of tumor cell proliferation. Reducing PDXP in cell and in vivo experiments cut colony formation and migration of melanoma cells and increased cell death. This is early computational and lab work.

CANCER MEDICINE · 2026-10-01

CLINICAL TRIALS 22

Registered survey studies how cancer patients, public and clinicians use AI chatbots

A completed cross-sectional survey, registered on ClinicalTrials.gov by the Technical University of Munich, asked people with cancer, the public and health professionals about using large language models for health information. The analysed sample was 6,632 participants. No results are given in the entry. It was registered after data collection.

CLINICALTRIALS.GOV (NCT07526441) · 2026-10-15

Trial registered to test diet and exercise on muscle in older adults

A trial registered on ClinicalTrials.gov, run by Pennington Biomedical Research Center, is recruiting. It plans to enrol 80 adults aged 50 and over with obesity and insulin resistance. Participants will get provided meals and supervised exercise for 12 weeks. Researchers will measure fat mass, muscle function and energy deficit. There are no results yet.

CLINICALTRIALS.GOV (NCT07597980) · 2026-10-15

Phase 3 trial tests dupilumab for itching of unknown cause

A trial registry entry from ClinicalTrials.gov describes a phase 3 study of dupilumab in adults with chronic itching of unknown origin. It is recruiting and has no results yet. Adults with severe itch will be randomly assigned to dupilumab or placebo for 24 weeks, alongside an antihistamine and moisturizer. Sanofi is the sponsor.

CLINICALTRIALS.GOV (NCT05263206) · 2026-10-15

Trial registered to test long-term safety of finerenone in young heart failure patients

A ClinicalTrials.gov entry describes a recruiting phase 3 extension study from Bayer. It will test the long-term safety of finerenone in newborns, children and young adults with heart failure and weak left-heart pumping. Participants continue standard care. Safety checks include side effects, potassium, blood pressure and kidney function. No results are available yet.

CLINICALTRIALS.GOV (NCT07192952) · 2026-10-15

Registered trial compares xylitol and fluoride toothpaste for toddlers' tooth decay; no results listed

A ClinicalTrials.gov entry describes a randomised trial in Hong Kong of infants aged 12 to 16 months at high risk of tooth decay. One group's caregivers use 25% xylitol toothpaste. The other uses 1000ppm fluoride toothpaste. Both brush twice daily, with follow-up at one and two years. The entry lists the trial as completed but reports no results.

CLINICALTRIALS.GOV (NCT04096599) · 2026-10-15

Registered trial tests synbiotic supplement after sleeve gastrectomy; no results posted

A trial registry entry on ClinicalTrials.gov describes a completed randomised study of 60 adults with a BMI of 35 or higher after sleeve gastrectomy. Half received a daily synbiotic for 12 weeks; half received none. Researchers measured gut and biochemical outcomes. The entry lists no results, so effects are unknown.

CLINICALTRIALS.GOV (NCT07051824) · 2026-10-15

Registered study will count CYP2C19 gene variants in Egyptian heart patients

A trial registry entry on ClinicalTrials.gov describes a planned study with no results yet. It plans to recruit about 1,000 Egyptian adults who take clopidogrel after a heart stent procedure. Researchers will measure how common certain CYP2C19 gene variants are. They will also explore links to heart events, bleeding and hospital stays.

CLINICALTRIALS.GOV (NCT07876336) · 2026-10-15

Registered trial will compare two tooth varnishes on children's saliva

A trial registry entry on ClinicalTrials.gov describes a randomised trial that has not yet started recruiting, so there are no results. It will compare bioactive glass varnish with fluoride varnish in healthy children aged 6 to 12. Researchers will measure saliva acidity, flow and levels of Streptococcus mutans bacteria over time.

CLINICALTRIALS.GOV (NCT07875387) · 2026-10-15

Planned study will check mammogram artery calcification against breast tissue

A trial registry entry on ClinicalTrials.gov describes an observational study that has not yet begun recruiting. It will compare calcification seen on mammograms with tissue examined after mastectomy. The aim is to learn how much mammography misses and what type of calcification it shows. No results exist yet.

CLINICALTRIALS.GOV (NCT07865884) · 2026-10-15

Planned trial will test online dance therapy in sedentary older adults

A trial registry entry from ClinicalTrials.gov describes a planned randomised trial from Drexel University. It will compare online mindfulness-based dance/movement therapy with a health education programme in sedentary older adults. It will track physical activity and wider health over 12 weeks and a 3-month follow-up. It is not yet recruiting, so there are no results.

CLINICALTRIALS.GOV (NCT07852572) · 2026-10-15

Early trial recruiting to test engineered immune cells in advanced solid tumours

A registered phase 1 trial from the US National Cancer Institute is recruiting adults whose cancer has returned or not responded to treatment. Participants' own cells will be engineered to make IL-12, a protein that helps the immune system attack tumours. The entry lists no results yet. It describes the plan, not any finding.

CLINICALTRIALS.GOV (NCT07672483) · 2026-10-15

Phase 3 trial of veverimer in kidney disease with acidosis is recruiting

A trial entry on ClinicalTrials.gov shows a phase 3 study sponsored by Renibus Therapeutics. It will test the efficacy and safety of veverimer in adults with moderate-to-severe chronic kidney disease and metabolic acidosis. The trial is currently recruiting. It is only registered and has no results yet.

CLINICALTRIALS.GOV (NCT07355062) · 2026-10-15

Park-based fitness program for adults 50+ is being studied for heart fitness

A trial registry entry from ClinicalTrials.gov describes a prospective cohort study of a park-based fitness program for adults aged 50 and older. It looks at cardiovascular fitness. Duke University will analyse data from a program run by Miami-Dade County Parks and Recreation. The study is recruiting and has no results yet.

CLINICALTRIALS.GOV (NCT06604650) · 2026-10-15

Trial of eye drops for newborn blocked tear duct infection is registered

A ClinicalTrials.gov entry describes a randomised, assessor-blinded trial in infants aged 1 to 12 months with neonatal dacryocystitis, an infection of the tear sac. It compares massage alone, massage plus an antibiotic, and massage plus Piclosept eye solution. The registry lists no results yet. The main outcome is clinical success at Day 14.

CLINICALTRIALS.GOV (NCT07875517) · 2026-10-15

Clermont-Ferrand hospital registers ulcerative colitis drug trial, not yet recruiting

A phase 4 trial in ulcerative colitis, sponsored by University Hospital, Clermont-Ferrand, is listed on ClinicalTrials.gov and is not yet recruiting. There are no results. The registry entry describes the disease and treatment goals, and background on drug options including anti-TNFs such as subcutaneous infliximab, vedolizumab, JAK inhibitors and interleukin-12/23 inhibitors. It does not show which treatment works better.

CLINICALTRIALS.GOV (NCT07576452) · 2026-10-15

Completed remimazolam sedation study is registered, but no results are reported

A ClinicalTrials.gov entry sponsored by Iuliu Hatieganu University of Medicine and Pharmacy concerns remimazolam, an ultra-short-acting sedative approved in Romania for procedural sedation. The study is listed as completed but reports no results. The entry mainly restates claimed advantages of remimazolam over propofol and midazolam from other clinical studies, so no findings from this study can be reported.

CLINICALTRIALS.GOV (NCT07362173) · 2026-10-15

Phase 3 trial of rilzabrutinib in sickle-cell disease is recruiting

A ClinicalTrials.gov entry sponsored by Sanofi describes a multicentre, phase 3, randomised, double-blind, placebo-controlled trial of rilzabrutinib in people with sickle-cell disease. Its 52-week double-blind period enrols adults only until an interim analysis, then adults and children. An open-label extension follows. The trial is recruiting and has no results yet.

CLINICALTRIALS.GOV (NCT06975865) · 2026-10-15

Completed phase III trial tests batch consistency of a shingles vaccine

A trial registry entry on ClinicalTrials.gov lists a completed phase III trial from MAXVAX Biotechnology. It tests whether three commercial-scale batches of a recombinant shingles vaccine perform consistently. Adults aged 40 and older received two doses, two months apart. The entry gives no results, so safety and effectiveness findings are not yet available.

CLINICALTRIALS.GOV (NCT06654700) · 2026-10-15

Registered trial will test semaglutide plus family lifestyle programme in obesity

A trial registered on ClinicalTrials.gov plans to enrol about 400 families. Parents with obesity will be randomly assigned to semaglutide or placebo, and to a data-driven family programme or standard health advice. It will run 58 weeks and look at body fat in parents and children. The trial has not yet started recruiting and has no results.

CLINICALTRIALS.GOV (NCT07872904) · 2026-10-14

Registered trial aims to build eye-tracking tool to follow Alzheimer's disease

A trial entry on ClinicalTrials.gov, sponsored by McGill University, is recruiting participants. It plans to combine brief cognitive tests with eye-movement measurements. The data will be used to develop machine learning software to track Alzheimer's disease and related cognitive changes. The trial is registered and ongoing, so there are no results yet.

CLINICALTRIALS.GOV (NCT05176704) · 2026-10-14

Planned NIH study will track liver problems after stem cell transplants

A trial registry entry from the National Institute of Diabetes and Digestive and Kidney Diseases describes a planned natural history study. It is not yet recruiting and has no results. Researchers want to understand why many people develop liver dysfunction after stem cell transplant. Participants will have visits, blood tests, scans and liver biopsies before and after transplant.

CLINICALTRIALS.GOV (NCT05722210) · 2026-10-14

Trial recruiting autistic young people to test motivation therapies for daily tasks

A trial registry entry from Children's Hospital of Philadelphia describes a recruiting study with no results yet. It will compare three talk therapy approaches for autistic people aged 16 to 25: internal motivation, external motivation, or both. The aim is to improve completion of daily living skills. Participants will each involve a supportive person of their choice.

CLINICALTRIALS.GOV (NCT07159308) · 2026-10-14