



GLOBAL BHP  
**BRAINTRUST**

# END OF YEAR REPORT 2025



# Building Brain & Mental Health Advocacy

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Welcome to our End of Year Report, a showcase of our achievements, progress, and commitment to advancing brain and mental health for women.

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# Leading with Vision, Celebrating 5 - Years

*Dear BrainTrust Members and Stakeholders,*

2025 has been another year full of geopolitical tensions, uncertainty, and adaptations for many.

Yet, amidst these times, the Global BHP BrainTrust turned 5 years, a milestone I'm personally very excited about.

In 2020, we first introduced our mission: to research, communicate and elevate the health, economic and social impact case for prioritizing and investing in women's brain and mental health.

Five years later, we have grown to a strong community of **32 exceptional female leaders** across government, philanthropy and business; introduced and fast-tracked our first **"FINGER Plus for Women" research study**; published monthly newsletters; hosted sessions and receptions at **Lausanne XI and XII**; co-sponsored a special event with **CitiBank**; and engaged to support **WHAM (Women's Health Access Matters)**, the **BREATHE** campaign, and the proposed **International Arts + Mind Lab Initiative on Women**.

None of this would be possible without the commitment and leadership of our members and stakeholders. Thank you for your continued dedication to advancing women's brain health.

Looking ahead to 2026, I am excited to continue this growth journey with new member-led initiatives, upcoming events, and anticipated clinical readouts, including progress toward more patient-friendly Alzheimer's treatments, such as a potential at-home injectable option (Biogen).

I wish you a wonderful start to 2026 and invite you to explore our End of Year Report for more insights and updates.



Sincerely,

**Andrea Pfeifer, PhD.**

CEO AC Immune;  
Chair Global BHP BrainTrust

# About the Global BHP BrainTrust



*Have a read into what  
the purpose and mission  
of the Global BHP  
BrainTrust is.*





# Prioritizing and investing in women's brain and mental health

## ABOUT US

The Global BHP BrainTrust was initiated in 2020 by acknowledged and influential women leaders, dedicated to driving progress in addressing subtle gender disparities in brain health and elevating women's brain health to a pivotal position on the political agenda.

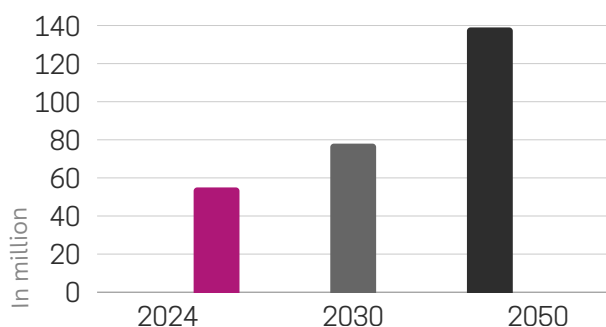
Our mission is to tackle the disproportionate burden women bear by creating powerful platforms and campaigns to challenge the status quo of the world by putting our utmost and supreme attention to women's brain health.

## WHAT WE FOCUS ON

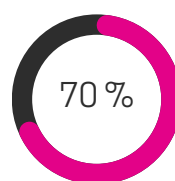
Our vision is to become a trusted advisor to policy and decision-makers by demonstrating the benefits of investing in women's brain health. We therefore focus on:

- Brain Health Advocacy
- Raising Awareness
- Funding for Research
- Partnerships & Programs

## Prediction of Dementia Cases

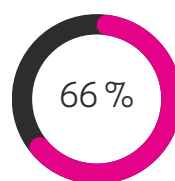


by Alzheimer's Disease International



### Women Ratio

of the predicted cases are women.



### Caregivers

are female caregivers.



# How we contribute to make a difference



# Our Global Members and spotlights

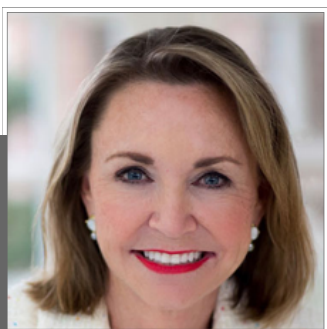


*Delve into who is part of  
the Global BHP  
BrainTrust and drives  
the progress further.*



### **Dame Fiona Kendrick**

Chair of PwC public interest body; Former Chairman and CEO of Nestlé UK and Ireland



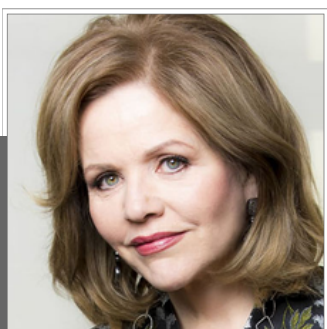
### **Megan Beyer**

Journalist; Former Diplomat, US Embassy, Bern, Switzerland; Director Office of Art in the Embassies U.S. State Department



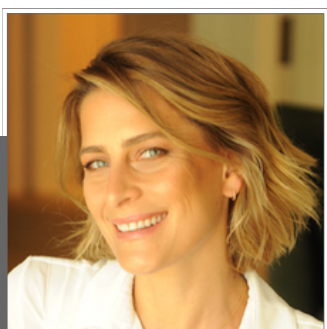
### **Chabi Nouri**

Global CEO Bonhams



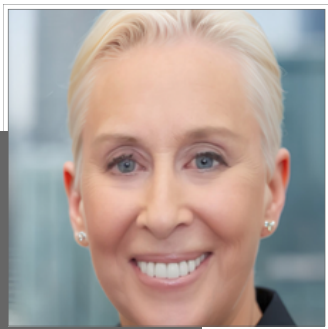
### **Renée Fleming**

International acclaimed performing artist; WHO Global Health Ambassador, Global/US Ambassador BHP and BBP Campaign



### **Tatiana Blatnik**

Founder BREATHE, Wellness Entrepreneur, Author and Philanthropist



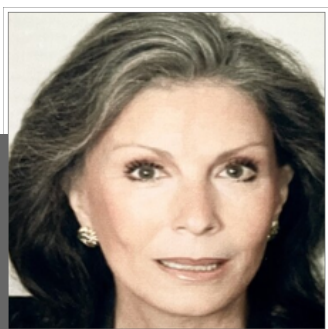
### Carolee Lee

Founder and CEO Women's Health  
Access Matters (WHAM)  
TIME100 Global Health (2024)



### Lola Nashashibi Grace

Founder Middle East  
Children's Institute



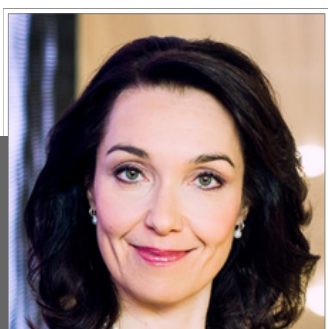
### Meryl Comer

Co-Founder of UsAgainstAlzheimers;  
UsA2 Representative Global BHP  
BrainTrust; and Vice Chair, WHAM  
(Women's Health Access Matters)



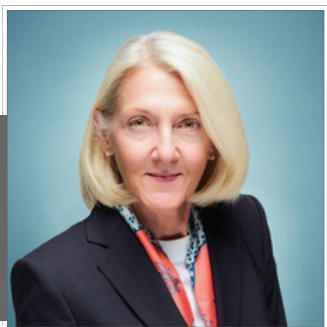
### Constanze Egger

Deputy Chairwoman of the Board of the  
Patrizia Foundation



### Miia Kivipelto

Professor in Clinical Geriatrics at Karolinska  
Institutet (KI), Senior Geriatrician and Director  
for Research & Development, Theme Aging at  
Karolinska, University Hospital, Stockholm,  
Sweden



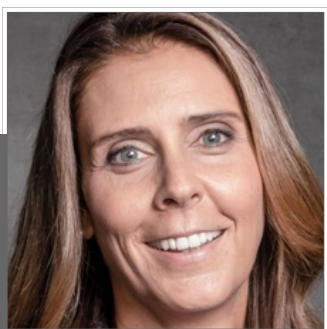
### Dr. Stephanie Blum

Board of Directors at Probi (Sweden), Former Senior Executive, Head Translational Research at Nestlé Health Science, BHP Research & Funding, FINGERS for Women Study Coordinator



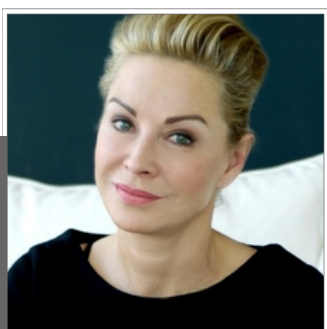
### Lily Johnson White

Co-founder at Coolturalia.com, Philanthropist and Public Art Producer



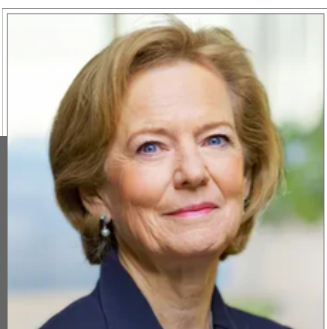
### Corine Blesi

Head of the Swiss Economic Forum (SEF)



### Andrea Rinderknecht

Founder of Patientube and Unalone



### Christiane Kuehne

Board Member Stora Enso, Ex-Nestlé Senior Vice President





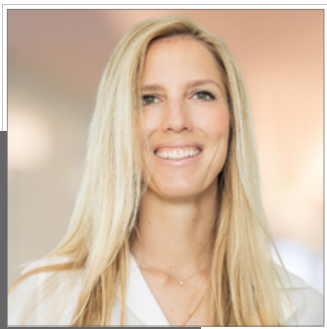
**Ilona Kickbusch**

Founder and Chair of the  
International Advisory Board, Global  
Health Centre



**Dagmar Herzog-Bühler**

Co-Founder LUMEUS



**Verena Herzog-Pohl**

Co-Founder & CEO LUMEUS

# Our new U.S Representatives



*In 2025, we welcomed  
12 new U.S BrainTrust  
members.*


# Welcome to our new U.S. Representatives



Muffy Walker, MSN, MBA, is a renowned mental health advocate, entrepreneur, and author. After earning her Master's in Psychiatric Nursing from the University of Pennsylvania, she spent nearly two decades in mental health care before relocating to California to obtain an MBA in marketing from UC Irvine. She went on to found and lead several successful ventures, including co-founding the [International Bipolar Foundation \(IBPF\)](#).

## **Muffy Walker**

International Bipolar Foundation


Click for more infos [here](#) 



Lonna J. Williams Stopler is the current director of the [Rady Children's Institute for Genomic Medicine](#), the UCLA Health Advisory Board and former CEO and director of Ridge Diagnostics, with previous experience in managing early-stage companies involved in early life cycle diagnostic and pharmacogenetic product and market development, and in collaborations with such companies as Glaxo-Wellcome and Eli Lilly.

## **Lonna J. Williams Stopler**

Rady Children's Institute for Genomic Medicine


Click for more infos [here](#) 



Emmy Award–winning producer and acclaimed author Wendy Walker is a legend in the global broadcast industry. As Senior Executive Producer of *Larry King Live* for more than 18 years, she brought the biggest news stories and personalities of the past two decades into millions of homes worldwide. Under her leadership, CNN’s top-ranked program became the first live, globally televised viewer call-in show and earned an unrivaled reputation for quality programming and exclusive interviews.

### Wendy Walker

Emmy Award-winning producer


Click for more infos [here](#) 



Mary Lou Falcone, internationally renowned publicist and author of *I DIDN'T SEE IT COMING: Scenes of Love, Loss, and Lewy Body Dementia*, adds a new dimension to her career – advocate and spokesperson for caregivers and for Lewy body dementia (LBD) awareness. She is also an executive producer on a recently released documentary film, *FACING THE WIND*.

### Mary Lou Falcone

New York publicist for top musical artists


Click for more infos [here](#) 



Diane Rehm is a native Washingtonian who began her radio career in 1973 as a volunteer for WAMU 88.5, the NPR member station in Washington, D.C. She was hired as an assistant producer and later became the host and producer of two health-oriented programs. In 1979, she began hosting WAMU’s local morning talk show, *Kaleidoscope*, which was renamed *The Diane Rehm Show* in 1984. The *Diane Rehm Show* grew from a local program to one with a weekly on-air audience of ~ 3 million.

### Diane Rehm

Journalist and podcast host


Click for more infos [here](#) 



Sandra Bond Chapman, Chief Director of Center for BrainHealth® at The University of Texas at Dallas and Dee Wylly Distinguished University Professor in the School of Behavioral and Brain Sciences, has devoted her career to measuring and enhancing human cognitive capacity and the underlying brain systems across the lifespan.

### **Sandra Bond Chapman, PhD.**

Chief Director Dee Wylly  
Distinguished professor


Click for more infos [here](#) 



Susan Magsamen is the founder and executive director of the International Arts + Mind Lab (IAM Lab), Center for Applied Neuroaesthetics, a groundbreaking initiative at the Johns Hopkins University School of Medicine and a faculty member in the Department of Neurology. Her work explores how the arts and aesthetic experiences change the brain, body, and behavior and how this knowledge can be applied to improve health and well-being, across medicine, public health, and education.

### **Susan Magsamen**

Executive Director, International  
Arts + Mind Lab, Johns Hopkins  
University


Click for more infos [here](#) 



Deborah Kan is a media entrepreneur, founder of Deborah Kan Media, a media speaker and award-winning news anchor and journalist. Founder and Executive Editor of Being Patient, she has redefined health media by creating single-subject platforms around brain health and dementia. Being Patient covers scientific research, gives access to the latest expert opinion and looks at disease from a patient perspective.

### **Deborah Kan**

Founder and Executive  
Editor of Being Patient


Click for more infos [here](#) 



Marsha B. Henderson is a nationally recognized innovative leader and change agent for the health of women and their families. As the former Associate Commissioner for Women's Health at the Food and Drug Administration, for a decade, she progressed and managed cutting-edge policy, research and educational outreach initiatives.

**Marsha Henderson**

Former Associate Commissioner  
for Women's Health, U.S. FDA


Click for more infos [here](#) 



Maddy Dychtwald is a national bestselling author and co-founder of Age Wave, the world's leader in understanding the social, lifestyle, and economic implications of longevity. For decades, she has been a pioneering voice in aging and longevity bringing both a seasoned perspective and a forward-looking lens to how longer lives are reshaping our world.

**Maddy Dychtwald**

Co-Founder of Age Wave; Best-  
Selling Author; Global Futurist

Click for more infos [here](#) 






The seventh of Ethel and Robert F. Kennedy's eleven children, Kerry Kennedy has devoted more than 40 years to the pursuit of equal justice, the promotion and protection of basic rights, and the preservation of the rule of law. She works on a range of issues, including child labor, women's rights, disappearances, indigenous land rights, judicial independence, freedom of expression, ethnic violence, criminal justice reform, immigration, impunity, and environmental justice.

### **Kerry Kennedy**

President, The Robert and Ethel Kennedy Human Rights Center


Click for more infos [here](#) 



Dr. Rebecca S. Chopp is a distinguished scholar, theologian and higher education leader. Her career highlights include tenure as Dean of Yale Divinity School, President of Colgate University and Swarthmore College, and the first woman Chancellor at the University of Denver. She earned her B.A. from Kansas Wesleyan University, an M.Div. from Saint Paul School of Theology, and a Ph.D. from the University of Chicago.

### **Rebecca Chopp, PhD.**

Scholar, Leader, and Advocate for Women's Brain Health and Alzheimer's Awareness

Click for more infos [here](#) 



# A word from our Vice-Chair

“Witnessing the remarkable progress of the Global BHP BrainTrust has been truly fulfilling. I warmly welcome and acknowledge our new BrainTrust members and U.S. representatives, and look forward to continued collaboration in advancing advocacy for women’s brain health.”

**Mara Hank-Moret**  
Vice-Chair



# Our achievements, 2025 Recap



*Delve into our achievements and recap moments of the year 2025.*

# FINGER Plus for Women Study Progress

In October 2024, the Global BHP BrainTrust announced its “**FINGER Plus for Women**” study together with the FINGERS Brain Health Institute.

The study, led by Dr. Stephanie Blum (BHP) and Dr. Miia Kivipelto (FINGERS Brain Health Institute) aims to advance the research on women specific risk factors and to explore the benefits of a probiotic (Probi SA) modulating the gut microbiome as part of the FINGERS protocol.

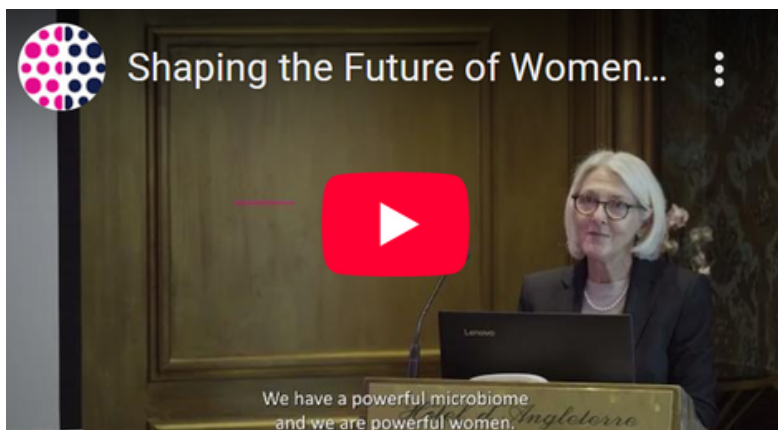
After successful creation of the study team between Global BHP Trust and the FINGERS Brain Health Institute and the in kind contribution of the probiotic L.plantarum HEAL-9) by Probi SA (Sweden), the clinical trial protocol is ready for submission to the Ethical Committee. Estimated **clinical trial start is expected in Q1 2026**.



# CitiBank Luncheon

## *“Shaping the Future of Women’s Health & Wellness”*

On October 9th, the **Global BHP BrainTrust** and **Citi Private Bank** co-hosted an exclusive event at Hotel d’Angleterre in Geneva, Switzerland. The lunch convened a selected group of leaders, innovators, and advocates to explore the evolving landscape of women’s health and longevity.





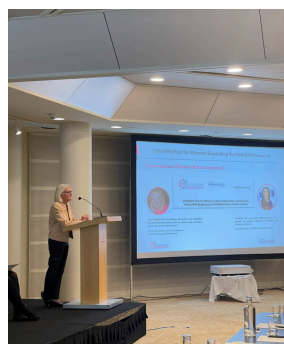
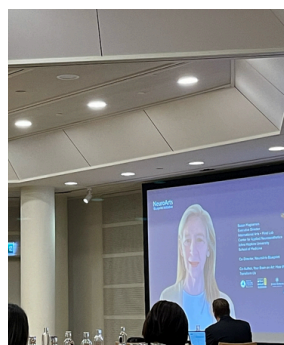
# Lausanne XII Conference

## Advancing and Scaling Innovation

On October 22nd, the Global BHP BrainTrust hosted a private reception, welcoming a diverse group of distinguished guests. Among the highlights of the evening, BrainTrust member **Verena Herzog-Pohl** captivated attendees by introducing **LUMEUS**, her innovative digital music app.

The reception concluded with an inspiring video message from **Susan Magsamen**, Executive Director of the Johns Hopkins International Arts + Mind Lab Center for Applied Neuroaesthetics. She announced an exciting forthcoming collaboration between the Global BHP BrainTrust, the NeuroArts Academic Network, and Johns Hopkins University ([watch here](#)).

This partnership will explore how the arts can enhance brain health and well-being globally, with the potential to translate research into practical programs that strengthen cognitive and emotional resilience across diverse communities and sectors.



More details 



# LUMEUS at Lausanne XII

## Applied emotion science in practice

### *Evidence-based methods for emotional wellbeing*

LUMEUS was co-founded by BHP Members **Dagmar Herzog-Bühler** and **Verena Herzog-Pohl** with the aim of making emotional regulation skills more accessible across diverse populations. The work is grounded in applied emotion science, drawing on research from affective neuroscience, psychosomatic medicine, and music psychology. Rather than focusing on abstract theory, LUMEUS explores how emotional experiences can be actively shaped and supported through structured, evidence-based interventions.

A distinctive aspect of the LUMEUS approach is the use of music as a neuropsychological tool. Rather than serving as entertainment, music is applied in a scientifically grounded way to support emotional regulation and mental resilience. These methods have been translated into digitized programs within the **LUMEUS App**, enabling scalable and accessible delivery.

In collaboration with statutory health insurers across Germany, these programs have reached broad populations, reflecting a growing emphasis on preventive and low-threshold mental health support within public health systems.

The BrainTrust's collaboration with the LUMEUS founders highlights a shared interest in initiatives that bridge science, technology, and human wellbeing. Within the broader context of the Lausanne XII reception, LUMEUS served as an example of how interdisciplinary research can move beyond academic settings and contribute meaningfully to everyday life.



# A global new collaboration: NeuroArts and Women's Brain Health

## *Leveraging the Arts for Brain Health*

The Global BHP BrainTrust is pleased to announce a 2026 initiative, under development with the [International Arts + Mind Lab](#), [Center for Applied Neuroaesthetics](#), [Johns Hopkins University School of Medicine](#) and the [Neuroarts Academic Network](#) (NAN). The NAN Working Group members represent over 35 public and private universities and institutions from around the globe.

**Susan Magsamen**, Founder and Director of the International Arts & Mind Lab, Johns Hopkins and a U.S. representative to the Global BHP BrainTrust is heading up this expansive global initiative to bring evidence based research to support brain and mental health advocacy.

This initiative, grounded in the BrainTrust's mission to advance women's brain health, explores how creative expression can serve as an evidence-based strategy across prevention, intervention, and end-of-life care.

Research shows that arts engagement supports emotional regulation, reduces stress, and builds neural resilience, while mitigating trauma, anxiety, and depression, conditions that disproportionately affect women. Using the NeuroArts economic model, the initiative will assess both health and economic impacts, including workforce productivity, caregiving capacity, and community resilience.

Embracing a lifespan approach, it highlights how creative engagement supports cognitive and emotional wellbeing from childhood through older adulthood, including for those facing cognitive decline or terminal illness.





# Shaping tomorrow's Leaders

## The First Year of the “NextGen Women’s Leadership Grant”

### *Awarded to Saskia Amelia Sartor*

The Global BHP BrainTrust is proud to announce that Saskia Amelia Sartor has been selected as the first recipient of the “Global BHP BrainTrust NextGen Women’s Leadership Grant”.

The grant was created to empower emerging voices tackling global challenges through fresh perspectives. It aims to recognize and support outstanding young innovators who demonstrate exceptional promise in leadership, global vision and social impact.

Saskia graduated as Valedictorian of her Bachelor’s degree in International Management in Geneva, Switzerland, before completing a Master’s degree in Stockholm, Sweden. She is currently a Visiting Student at the University of California, Berkeley, where she is a recipient of the Berkeley Haas Leadership Principles Scholarship.





For 2026, we look forward to continuing our growth journey with existing and new exciting initiatives. Particularly, in Q1 2026 we will focus on celebrating and supporting member initiatives such as the “SuperAgers: Be BrainPowerful Event” or BREATHE.

We will also continue with our monthly Brainwire Newsletter with our new interview series “BrainView: Collection of Insights” to showcase the latest updates and news for women’s brain health.

Additionally, we are excited for the further development of the collaboration together with the International Arts + Mind Lab, Center for Applied Neuroaesthetics, Johns Hopkins University School of Medicine and the Neuroarts Academic Network (NAN).

More events will be planned throughout Q2-Q4.



Gain specific insights into our upcoming BHP member initiatives in Q1 on the following pages.

# Envisioning Tomorrow, Embracing Opportunities

## 2026 Global BHP BrainTrust Promotes Member Driven Priorities & Initiatives

### J.P. Morgan Healthcare Conference

#### Profit Meets Precision: The Market Edge of Sex-Based Science

- January 13th | The Intercontinental Hotel | 5th Floor
- Program 2:30 - 4:30PM | Reception 4:30 - 6:30PM

Join leading researchers, investors, and strategics to explore how sex-based science is reshaping medicine, advancing longevity, and driving market growth with insights from the release of the **2026 WHAM Report**.



### Thursday, January 29, 2026 - “SuperAgers: BeBrain Powerful Event”

The Global BHP BrainTrust is a co-sponsor with UsAgainstAlzheimer’s Women’s Leadership Council of a US based San Diego “**Super Agers: Be Brain Powerful Event**”, supported by US Representatives to the Global BHP, led by Host Committee Chair Muffy Walker and Honorary Chairs Renée Fleming, David Hyde Pierce, and Mandy Moore.



More info here

[https://action.usagainstalzhaimers.org/a/be\\_brain\\_powerful\\_dinner2026](https://action.usagainstalzhaimers.org/a/be_brain_powerful_dinner2026)

#### ‘SuperAgers: A Be Brain Powerful Event’ to shine a light on brain health in San Diego

The Alzheimer’s community will unite on Thursday, Jan. 29, 2026 for “SuperAgers: A Be Brain Powerful Event”, hosted by the U.S. BrainTrust of UsAgainstAlzheimer’s Women’s Leadership C...

San Diego Union-Tribune / Nov 25



## 2026 Global BHP BrainTrust Promotes Member Driven Priorities & Initiatives

### BREATHE

Breathe is transforming the way communities understand mental health by offering accessible tools, fostering open conversations, and promoting a message rooted in compassion and resilience. One of its standout initiatives, the Uniform of Hope, brings together Greek Olympic athletes who bravely share their stories to break stigma and inspire others.

The Global BHP BrainTrust is proud to support this meaningful work. We stand with Tatiana Blatnik and Breathe in championing hope, strengthening youth wellbeing, and advancing a shared commitment to mental and brain health for all.



#### The Uniform of Hope

The Uniform of Hope – our collaboration with 28 Greek Athletes – is designed to share tools for mental health and raise awareness in our communities.

 Breathe Hellas

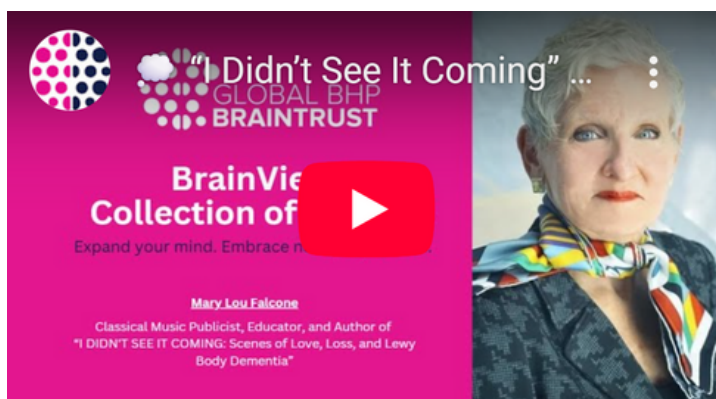




## BHP Initiatives - Q1 2026

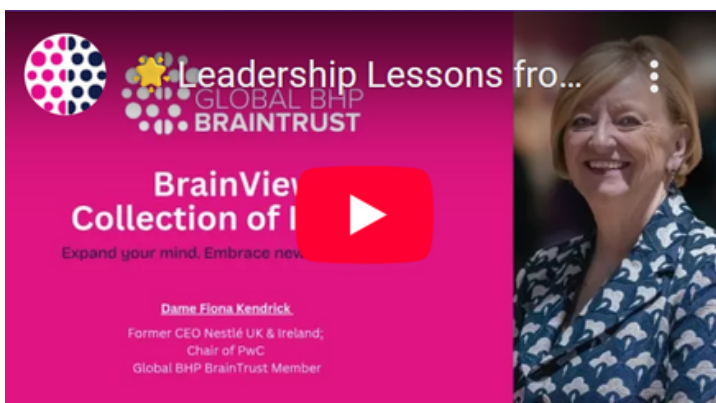
### BrainView: Collection of Insights

In 2025, the Global BHP BrainTrust launched a new video series highlighting the remarkable work and projects of its Members and U.S. Representatives, designed to broaden perspectives and inspire fresh thinking. In 2026, we look forward to continuing this journey, sharing even more insights to expand one's mind and spark new ideas.



#### Mary Lou Falcone

New York publicist for top musical artists



#### Dame Fiona Kendrick

Chair of PwC public interest body; Former Chairman and CEO of Nestlé UK and Ireland



#### Stephanie Blum Sperisen

Board of Directors at Probi (Sweden), Former Senior Executive, Head Translational Research at Nestlé Health Science, BHP Research & Funding, FINGERS for Women Study Coordinator



# Gratitude, Collaboration, and Continued Success

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We express our sincere appreciation to all stakeholders, including partners, employees, and members/representatives, for their unwavering support and dedication. We look forward to continued collaboration in 2026!



 <https://globalbhptrust.com/>

 [Linkedin](#)

 [Instagram](#)

 [Youtube](#)