

Treatment of hearing loss with hearing aids **may delay cognitive decline.***



Recent studies have found that treating hearing loss can support healthy aging and reduce the risk of cognitive decline by 48% over three years.¹

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*Source: Sarant et. al 2023 <https://healthsciences.unimelb.edu.au/research-groups/audiology-and-speech-pathology-research/hearing-and-cognition-research-program/research/medication-hearing-aid>. ¹Lin, F., et al. (2023, July 17). Hearing intervention versus health education control to reduce cognitive decline in older adults with hearing loss in the USA (ACHEVE): a multicentre, randomised controlled trial. *DOI: [https://doi.org/10.1016/S0140-6736\(23\)01406-X](https://doi.org/10.1016/S0140-6736(23)01406-X)*

²Certain types of hearing loss may require a hearing instrument model that is not appropriate for the trial. Hearing evaluation required. See clinic for details. Only available for selected hearing instruments. Offers expire 02/28/26.

SPRINGFIELD NEWS-LEADER

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Lisa Luu Smith, left, with her daughter and her parents Lee and David Luu in front of Cashew Station at 620 E. Battlefield Road on Feb. 4. The restaurant will celebrate its 35-year anniversary in March. MARTA MIEZE/SPRINGFIELD NEWS-LEADER

‘Because of the hope’

How Cashew Station’s owners escaped Vietnam and built a business here

Marta Mieze
Springfield News-Leader
USA TODAY NETWORK

Growing up in Vietnam, owning a business in the U.S. was a far-fetched daydream for Lee and David Luu. But on March 29, the couple will celebrate 35

years of owning Springfield’s Cashew Station Drive-Thru.

The local Chinese food spot at 620 E. Battlefield Road serves Springfield’s classic cashew chicken and is known for its crab rangoon. The restaurant has grown and evolved through the past 35 years, but it had a humble beginning.

Owners left Vietnam, found new home in Springfield

Lee and David Luu, both of southern Chinese descent, grew up in Vietnam and escaped the country after the Vietnam War ended with North Vietnamese forces quickly taking over and forming the Socialist Republic of Vietnam. Lee Luu left Vietnam in 1981 alongside her parents and sister at the age of 14,

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Estrogen patches in short supply

Women are going great lengths to get treatment

Laura Trujillo
USA TODAY

Each month when Jenny Carrick calls her pharmacy, it feels like a gamble.

Will they have her estrogen patch in stock?

It causes stress, makes her wonder if she should ration (no), and if it causes her as much anxiety as her menopause does (maybe).

A shortage in estrogen patches – due to manufacturing issues and some brand discontinuation – has been exacerbated by an increase in prescriptions for estrogen since the Food and Drug Administration removed its black box warning label last fall. The shortage has left women exhausted, frustrated, and scrambling each month, calling pharmacies for the medicine they need to treat their menopause symptoms.

Some women have switched from generic medication to available brand names, costing them as much as \$300 a month and not covered by insurance. Others have been forced to use a different brand of estrogen each month, leading to inconsistent care. Women have driven 45 miles to pick up a coveted box of the tiny plastic patch they place near their belly button and change twice weekly to help with their symptoms, from frozen shoulders to vaginal

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Springfield zoo mourns death of 19-year-old lioness

Susan Szuch
Springfield News-Leader
USA TODAY NETWORK

Dickerson Park Zoo announced the death of a lioness due to chronic kidney disease this week, according to a press release.

Shetani, a 19-year-old lioness, was euthanized Feb. 3, 2026. She had been at Dickerson Park Zoo since March 2008.

The veterinarian team had been managing Shetani’s CKD for the past year, the news release said. The care

team saw that the lioness’ quality of life was declining due to the disease and that she had rapid changes to her personality and overall health.

“We had been managing Shetani’s kidney disease for the past year and monitoring her very closely for the past few months for signs of cognitive dysfunction,” said Dickerson Park Zoo associate veterinarian Dr. Shelby Nester in a press release. “Shetani was always so playful and eager to train, which made providing her medical care much easier.

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Shetani the lioness lounges in this undated photo from Dickerson Park Zoo. The DPZ veterinary care team made the decision to euthanize the 19-year-old lioness on Feb. 3, after her quality of life declined due to chronic kidney disease. PROVIDED BY DICKERSON PARK ZOO



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