INJURY CARE FAMILY CARE RESEARCH

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Letter from the Director

Hello Study Participants and Friends,

Happy March to everyone! As a lover of all things summer we're in the final stretch of cool weather here in Idaho and I couldn't be happier. This month we may even be lucky enough to start to see the crocus blooming and some daffodils poking their new stalks out. Speaking of luck, this is the month our Irish friends celebrate a day of mischief and hunting for gold.

> **Health and happiness to all of our wonderful patients and readers of this newsletter.**

Each March my daughters build epic Leprechaun traps with their father to try to catch one of these little men. It's a tradition they started when they were quite small and have carried it forward into a family tradition. It's said if you catch a Leprechaun he will grant you three wishes if you release him. What would your three wishes be? As I'm typing this with a blanket wrapped around me, hot tea, and my fireplace turned on I'll be wishing for 1. An early spring, 2. Blue skies and warm, sunny days and of course, 3. Health and happiness to all of our wonderful patients and readers of this newsletter.

Wishing you much health and sun on your face,

Jill

Did you know?

With society's increasing adoption and acceptance of Amazon's Alexa and Iphone's Siri, we're seeing more applications of Artificial Intelligence (AI) and machine learning in our everyday lives. In fact, did you know that Artificial Intelligence is even being used in some medical solutions today? Gendius is creating an app that helps measure and improve outcomes for patients with Type II Diabetes. Snoozeal has developed a program that helps with sleep apnea. Using machine learning and AI it develops and delivers personalized treatment programs. Every day, physicians have increasing technology at their hands to help patients increase their quality of life.
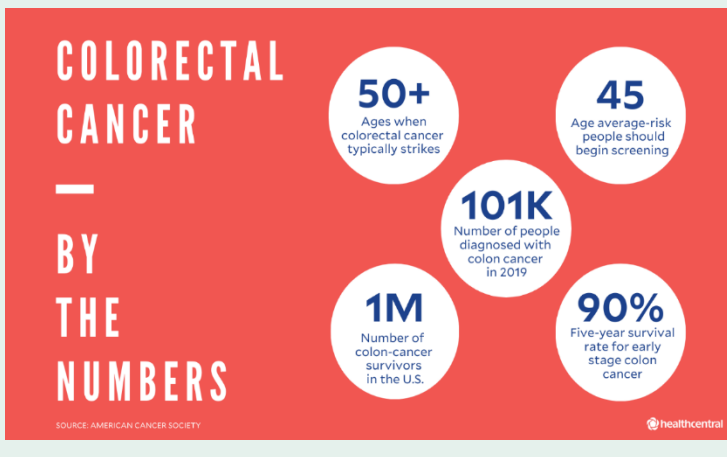
AWARENESS MONTH

This month is National Colorectal Cancer Awareness Month. We're "Marching" forth to save 100,000 lives through awareness and prevention by 2029. Screening is the number one way you can reduce your risk of colon cancer and rectal cancer. Despite its high incidence, colorectal cancer is unique in that it is one of the most preventable and, if found early, most treatable forms of cancer. The American Cancer Society recently recommended that adults without a family history should begin colorectal cancer screening at age 45. If you have risk factors or a family history talk to your doctor about getting screened earlier.

COLORECTAL CANCER — BY THE NUMBERS

50+ Ages when colorectal cancer typically strikes

45 Age average-risk people should begin screening

101K Number of people diagnosed with colon cancer in 2019

1M Number of colon-cancer survivors in the U.S.

90% Five-year survival rate for early stage colon cancer

SOURCE: AMERICAN CANCER SOCIETY

healthcentral

Tuscan Bean Soup

Recipe Courtesy of the Food Network

INGREDIENTS

- 2 tbls extra-virgin olive oil
- 2 ounces deli-sliced hot capicola or coppa ham, chopped
- ½ red onion, chopped
- 5 cloves garlic (4 minced, 1 whole)
- 2 stalks celery, thinly sliced
- 1 15-ounce can, no-salt-added cannellini beans
- 1 15-ounce can, no-salt-added petite diced tomatoes
- 2 tbls grated parmesan cheese, plus 1 small piece of parmesan rind
- Kosher salt and freshly ground pepper
- 4 think slices whole-grain bread
- 1 small head escarole, chopped

INSTRUCTIONS

Heat 1 tablespoon olive oil in a large heavy-bottomed pot over medium-high heat. Add the capicola, red onion and minced garlic. Cook, stirring, until the onion softens, about 2 minutes. Add the carrots and celery. Cook, stirring, until slightly softened, about 5 minutes. Add the beans, tomatoes, 2 cups water, the parmesan rind, 1/2 teaspoon salt and a few grinds of pepper. Bring to a simmer, then cover and cook until the vegetables are tender, 15 to 20 minutes. Remove the parmesan rind.

Meanwhile, lightly toast the bread; rub both sides with the whole garlic clove and sprinkle with grated parmesan. Stir the escarole into the soup and cook, stirring occasionally, until wilted, about 5 minutes. Top each serving of soup with a piece of toast. Drizzle with the remaining 1 tablespoon olive oil.