



## Current Studies

Herniated Disc

Urinary Tract Infection

Gout

Post Surgical Nerve Pain **new**

Sciatic Nerve Pain **new**

Knee Osteoarthritis **COMING SOON**

Shoulder Arthritis **COMING SOON**

Hot Flash **COMING SOON**



**APPLY TO PARTICIPATE:**

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[www.InjuryCareResearch.com](http://www.InjuryCareResearch.com)

## Letter from the Director

For those of you with younger kids or grandchildren, this month will likely find you scrambling around for costumes, heading to a corn maze, and indulging in too much candy. If costume selection is as big of a deal for you as it is for my two kiddos then know that I see you. If you're lucky enough not to have the costume battle, I envy your ability to sit back and just admire all the other kids' cute costumes. My kids will likely only be dressing up for a few more years, and yes, I know I'll miss it someday. Until then, I'll try to keep my overwhelm in check.

In this newsletter we talk about Mental Health Awareness Day. The past year and a half have been challenging to say the least, and most of us have found that we're more on edge and easier to have emotional reactions. As cases of COVID have been going up this month and Idaho is making the news, I hope that we realize that, no matter where you stand on this issue, many are struggling and going through an increase in anxiety or frustration. I get it, I'm tired of hearing about this virus too. I just ask that when the frustration or overwhelm gets to be a bit too much, we can take a deep breath (just not too close to our neighbor, please) and find the kindest way possible to react. We don't all have to agree but taking a few moments to walk a country mile in our neighbor's shoes never hurt anyone and only serves to increase our empathy for all... which goes a long way toward keeping us all sane.

Stay safe and well,,

**Jill**

“

**We don't all have to agree but taking a few moments to walk a country mile in our neighbor's shoes never hurt anyone**

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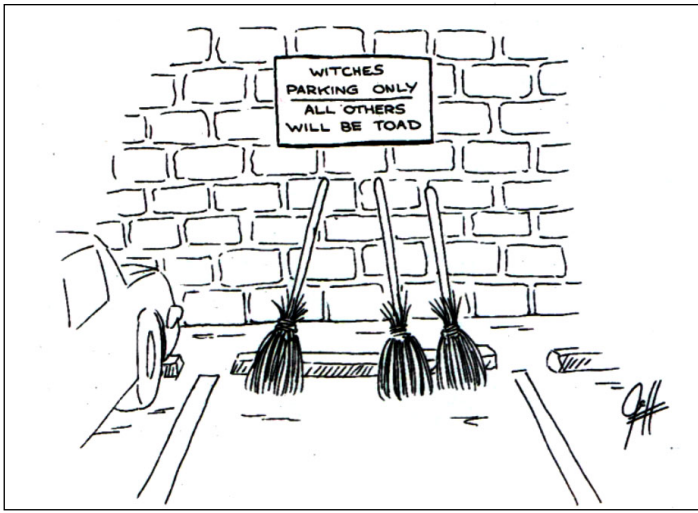
## Myth vs Fact?

Participating in a clinical trial has the potential to improve your quality of life.

**FACT!** Participating in a clinical trial could possibly provide benefits that could improve your quality of life. For example, you may gain access to new and effective treatments available only to people participating in the trial, receive focused health care for your particular condition or learn more about your disease.

Once you sign up for a clinical trial, you will not be allowed to drop out.

**MYTH!** Participating in a clinical trial is always voluntary. You have the right to leave the study at any time, for any reason, without any penalty.



## Awareness Month

In the face of global upheaval, it is crucial to observe the 10th of October, World Mental Health Day. There is an urgent need to exercise more thoughtfulness around mental health concerns. It is, after all, a chance to understand and raise awareness about mental health. In fact, World Mental Health Day is an opportunity to reduce the traditional stigma about mental health issues and focus on resources and data.

**This year's theme for World Mental Health Day is:** Mental health care for all: let's make it a reality. Remember, just like the heart and lung, your brain needs proper medical care and attention. Some quick ways to give it that attend are:

1. Developing a regular sleep routine.
2. Adjusting your diet to healthier options.
3. Taking lunch breaks, and going on long walks.
4. Seek help from a professional.

The point of self-care is to understand your specific needs. Find time to ask yourself what you want and go for it. We tend to hold onto the idea that pushing through and carrying on is the best way, but issues can arise unexpectedly if they aren't properly dealt with.

For more information about

**WORLD MENTAL HEALTH DAY** visit:

<https://www.who.int/campaigns/world-mental-health-day/2021>



## Autumn Stew from A Taste of Home

From: <https://www.tasteofhome.com/recipes/autumn-stew/>

### INGREDIENTS:

- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, divided
- 2 tablespoons canola oil
- 2 tablespoons butter
- 1 large onion, chopped
- 2 to 3 garlic cloves, minced
- 3 medium carrots, thinly sliced
- 2 celery ribs, thinly sliced
- 4 cups water
- 1 to 2 bay leaves
- 1 to 2 teaspoons beef bouillon granules
- 1 to 1-1/2 teaspoons dried thyme
- 3 cups cubed peeled pumpkin
- 2 pounds beef stew meat, cut into 1-inch cubes

### DIRECTIONS:

- In a large resealable plastic bag, combine the flour, salt and 1/4 teaspoon pepper. Add meat, a few pieces at a time, and shake to coat. In a Dutch oven, brown meat in oil and butter. Add onion and garlic; cook and stir for 2-3 minutes. Stir in the carrots, celery, water, bay leaves, bouillon, thyme and remaining pepper. Bring to a boil. Reduce heat; cover and simmer for 1-1/4 hours.
- Stir in pumpkin. Return to a boil. Reduce heat; cover and simmer for 20-25 minutes or until meat and pumpkin are tender. Discard bay leaves.

### NUTRITION FACTS:

**1 CUP:** 248 calories, 13g fat (5g saturated fat), 70mg cholesterol, 302mg sodium, 12g carbohydrate (4g sugars, 2g fiber), 21g protein.