



INJURY CARE  
FAMILY CARE  
RESEARCH

## Current Studies

Knee Osteoarthritis

Sciatic Nerve Pain

Herniated Disc

Chronic Constipation

Opioid Withdrawal

Myasthenia Gravis



### APPLY TO PARTICIPATE:

Call 208-621-2503,  
Scan the QR Code, or head  
to our website.

## Letter from the Director

Hello Study Participants and Friends,

Welcome to another new year and another new decade! I don't know about you but I love new beginnings and all the possibilities they offer. This time of year is typically filled with goal setting and resolutions. At Injury Care Research and Family Care Research we've been working hard on setting our strategic plan for this year as well as the next few years. We are striving to grow into new therapeutic areas so we can offer research as treatment options to even more patients in the Treasure Valley.

Research is moving so fast and it's been exciting to be a part of it these past few years. Did you know, that half of what we know about medicine or drug development will be obsolete in 7 years! That's how quickly we are learning and improving medical research and outcomes. I don't know about you but that makes me feel so hopeful. Hopeful that major advances in chronic illness can be made to enhance the quality of life for many patients. Hopeful that therapies for terminal and debilitating disease can be made to extend the life and improve the experiences of so many who suffer. Without conducting clinical research these advances can't be made. In this New Year and new decade I want to, again, recognize and thank anyone who has ever taken part in a clinical research trial. The gift of your participation is changing lives.

Warm regards,

**Jill**

## Did you know?

Did you know when you participate in a clinical research study you're a volunteer? That means that, just like in clinical care, if the study isn't working for you or you are having a side effect you are able to come off the protocol. You're able to withdraw from a trial at any time and for any reason. If you do withdraw from a trial you should let the research team know about it and the reasons for leaving the study. As a volunteer there is no charge for the clinic visits. In fact, very often you may be compensated for your time and travel.

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"QUICK! GET SOME ICE ON THIS INJURY."

## AWARENESS MONTH

January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease. At Family Care Research we are proud to work with Dr. Adam Reynolds of Intermountain Eye Centers to conduct valuable research on glaucoma.

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

According to the Glaucoma Research Foundation, glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness.



## 6 Ingredient Avocado Guacamole

Lutein and zeaxanthin are antioxidants found in the eyes, but they need to be regularly replenished by food sources. Great sources of the nutrients are dark, green vegetables like kale, spinach and broccoli, bright orange and yellow produce like oranges, corn, carrots and pumpkins, and deep red fruits like tomatoes. Here's an eye healthy recipe for Glaucoma Awareness Month.

### INGREDIENTS

- 1/2 cup chopped onions
- 1 1/2 cups chopped spinach
- 1/2 cup chopped carrot
- 2 tsp butter
- 2 cups milk
- Salt and freshly ground black pepper to taste

### INSTRUCTIONS

1. Heat the butter in a deep non-stick pan, add the onions and salute on a medium flame for 2 minutes.
2. Add the carrot and 1/2 cup of water and mix will. Cover with a lid and cook for 4 minutes, while stirring occasionally.
3. Add the spinach, mix well and cook for 1 minute, while stirring occasionally.
4. Add the milk, mix well and cook for 3 to 4 minutes, while stirring occasionally.
5. Allow the mixture to cool. Once cooled, use an immersion blender or blend in a mixer until smooth.
6. Add the salt and pepper, mix well and cook an additional 2 minutes.
7. Serve immediately.