



# INJURY CARE FAMILY CARE RESEARCH

## Currently Enrolling Studies

Knee Osteoarthritis –  
ongoing knee pain

Sciatic Nerve Pain –  
pain radiating down leg

Herniated Disc

Chronic Constipation

Opioid Withdrawal

Myasthenia Gravis (new)

If you are interested in any of these studies please call 208-621-2503 or visit our website to see if you qualify to participate.



**APPLYTOPARTICIPATE:**

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

## Letter from the Director

Hello Study Participants and Friends,

This has been a year of growth for us with the addition of a new clinic, Family Care Research, and some new physicians coming on board to help conduct research with us. I'm so grateful for our wonderful physicians, staff, contractors and advisors that help me so much when it comes to both creating a vision for this company as well as implementing all the programs and systems we need to have in place to conduct quality, caring research. I'm also grateful to our patients, without whom we could not conduct research and fulfil our mission of advancing the development of new medications and devices that aid in advancing healthcare and our knowledge of disease.

We welcomed Heidi Orme, MD, with Les Bois neurology. She is an experienced neurologist who is helping us conduct research on Myasthenia Gravis- a debilitating neurological disease we believe is cause by an autoimmune malfunction in the body. We also welcomed Adam Reynolds, MD. He's a gifted glaucoma surgeon with and physician with Intermountain Eye and Laser. I've actually had the pleasure of working with him for the past 5 years. He'll be transitioning onto our team at Family Care Research and we have some exciting glaucoma research coming on soon.

Thank you to all those that answered our survey last month. This will help us provide even better content on social media (please follow us on [Facebook](#), [Instagram](#) or [Twitter](#)) as well as in this newsletter. There is still time to fill out the survey <https://www.surveymonkey.com/r/VF95ZDF> the winner of the \$50 Visa Gift Card for filling out the survey last month was Hanana. Congratulations!

Happy Holidays to all!

*Jill*

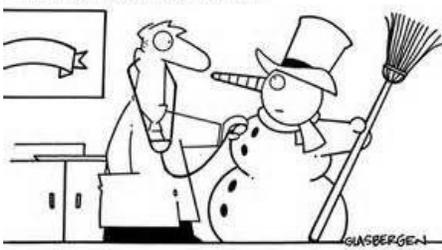
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## Did you know?

As a way of saying thank you to our patients who volunteer in a clinical research study, Injury Care Research and Family Care Research have partnered with Greater Gift, a clinical research non-profit organization. Their mission is to express gratitude and raise awareness for the importance of clinical research participation by donating one life-enhancing gift to honor medical heroes who make medical advancement possible. When a patient attends their first visit in one of our trials a donation of a vaccine or meal to a child in need is given on their behalf and in their honor as a way of saying thanks, for being our medical hero. It's a small way we choose to recognize our patient volunteer and the benefit of their contribution to research. You can learn more about Greater Gift by visiting their website



"Thumpity-thump-thump, thumpity-thump-thump...."

## Staff Highlight

**Injury Care Research** has actually partnered Dr. Daniel Marsh for a number of years now.

He is a doctor truly dedicated to providing pain management with distinction. He is a graduate of University of Alabama in Birmingham medical school. He is fellowship trained and board-certified in Physical Medicine and Rehabilitation.

His Pain Management sub-specialty is perfect for providing compassionate, dedicated care to our chronic pain research study participants. Dr. Marsh makes it his mission to restore his patient's functional ability, reducing their pain, and enhancing their quality of life. At his local practice, [Exodus Pain Clinic](#), he passionately cares for patients with physical impairments, disabilities, and all manner of painful conditions.

Expertise in the most modern medical technology *matters* when delivering these interventions. However, Dr. Marsh also believes the very best care is rooted in the basics, and that kindness should play a key role when delivering care to his chronic pain patients.

We believe that Dr. Marsh's combination of cutting-edge techniques and beneficent bedside manner are a perfect match for helping us meet the [Injury Care Research & Family Care Research mission](#). Like the rest of our team, Dr. Marsh is committed to providing the highest quality care in an effort to advance the development of new medications and, ultimately, revolutionize modern healthcare management. Medical conditions—and make some real breakthroughs that will affect thousands of lives.



## AWARENESS MONTH

Roughly 1 in 10 children's eye injuries that end up in the ER are caused by toys. In support of Safe Toys and Celebrations Month this December, the American Academy of Ophthalmology advises parents to be cautious when choosing holiday gifts for young people and recommends avoiding those that launch projectiles, such as crossbows and BB guns. The Academy also offers tips on how to safely open champagne to keep New Year's celebrations from turning tragic.

## Avocado BROWNIES



THE HEALTHY MAVEN

## 9 Ingredient Avocado Brownies

During the holidays it's all about dessert! Here's a recipe from [healthymaven.com](#) that will satisfy the sweet tooth while helping with inflammation- avocados are fantastic for combating inflammation in the body!

### INGREDIENTS

- 1 large avocado
- 1/2 cup unsweetened applesauce
- 1/2 cup maple syrup
- 1 3/4 tsp vanilla extract
- 3 large eggs
- 1/2 cup coconut flour
- 1/2 cup unsweetened dutch-processed cocoa powder\*\*
- 1/4 tsp sea salt
- 1 tsp baking soda

### INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. In a blender or food processor combine avocado, applesauce, maple syrup and vanilla.\*
3. Add these ingredients to a large bowl and whisk in eggs.
4. Add in coconut flour, cocoa powder, sea salt and baking soda and stir until well-combined.
5. Grease an 8 x 8 inch baking dish with coconut oil and add batter.
6. Place in oven to bake for 25 minutes (slightly less for fudgier brownies or slightly longer for more cake-like brownies).
7. Allow to cool for 20 minutes before cutting into 16 brownies.
8. Keep them on the counter in an airtight container at room-temperature for up to 2 days or for a longer shelf-life store in the fridge or freezer.

\*You can also mash these together by hand but make sure that you mash it up very well and there are no clumps

