



## CURRENTLY ENROLLING STUDIES

Knee Osteoarthritis  
 Sciatic Nerve Pain  
 Herniated Disc  
 Chronic Constipation  
 Opioid Withdrawal  
 Myasthenia Gravis (NEW STUDY)



## DID YOU KNOW?

There are many foods that help decrease inflammation in the body. According to Harvard Medical School diets high in the following foods can reduce inflammation, and with it, chronic disease:

- tomatoes
- olive oil
- green leafy vegetables, such as spinach, kale, and collards
- nuts like almonds and walnuts
- fatty fish like salmon, mackerel, tuna, and sardines
- fruits such as strawberries, blueberries, cherries, and oranges



## October 2019

### What is

### Osteoarthritis?

Osteoarthritis is inflammation where the bones meet (the joints). It is chronic and degenerative.

Unlike rheumatoid arthritis, it does not always occur on both sides of the body and it does not involve the immune system. Instead, it typically occurs in joints that have been damaged by repetitive overuse or by bearing too much weight. Both of these can cause cartilage in the joint to wear away. Bone begins to run painfully on bone without the cushion cartilage provides. Swelling and joint immobility follow.

### Want More Information on

### What It Means To Participate?

Then head to our website for more information at:

**[InjuryCareResearch.com](http://InjuryCareResearch.com)**  
**or [FamilyCareResearch.com](http://FamilyCareResearch.com)**

Injury Care Research  
 4850 N. Rosepoint Way, Ste 100  
 Boise, ID 83713

Family Care Research  
 720 N. Allumbaugh, Ste 105  
 Boise, ID 83704



Applying to participate is  
 as easy as going to our website:



or call us at 208-621-2503