



INJURY CARE FAMILY CARE RESEARCH

Currently Enrolling Studies

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



LETTER FROM THE DIRECTOR

Hi All,

I thought I'd introduce myself. I'm Jill and I'm the Owner and Director of Injury Care Research and Family Care Research. We work closely with a number of physicians in the Boise Area conducting clinical research. That may be how you're getting these newsletters. Many people don't know about research or that research can be an option for your care. With this monthly newsletter it is our goal to accomplish a few things: **1)** First and foremost, to educate you about research and what is available out there. If we're not currently enrolling a study you're interested in we can still help you find a study at some of the other research clinics in the Treasure Valley. Likewise, if you have questions about research we'd love to help shed some light on them. **2)** Second, we'd like to offer content that interests you. This month we provided a yummy fall soup that also contains pumpkin—a natural anti-inflammatory that helps with arthritis and other inflammatory diseases. We'd love to have your opinion on what you'd like to see more of, though. Please click on the following link for a five questions survey that will help us determine what you'd like to see more of: [<link here>](#).

As always, your help and support in a clinical trial is essential for advancing our medical knowledge and helping bring new drugs and devices to market. We appreciate you so much!

Warm regards,
Jill Heinz

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DID YOU KNOW?

Did you know that every clinical research trial must follow a very detailed, strict protocol. This is what people in the industry refer to as our “research bible”. The protocol is a detailed plan that sets forth the objectives, study design, and methodology for a clinical trial. The protocol must be reviewed and approved by an Institutional Review Board (ethics committee) as well as the Food and Drug Administration (FDA) if it is an industry sponsored study where the drug or device maker is looking to obtain FDA approval. This review must occur before any investigational drugs or devices are given to a human.



MYTH BUSTER

MYTH: Research Patients are "Guinea Pigs"

This is rather misleading. It implies that patients don't really understand what they are putting themselves up for, and that they are somewhat at the mercy of researchers.

This really isn't the case.

Patients volunteer to take part in clinical research, and they do so for a whole number of reasons.

Sometimes it is because a clinical trial can offer a new treatment option.

Sometimes it is because they just want to help other people like themselves, and make a contribution to improving healthcare.

The key point is that there are strict rules about gaining the consent of patients before they take part in a clinical research study—and these rules are taken very seriously indeed.

80% people in America have heard of clinical trials but only 18% have or have had a family member participate in a clinical trial.

Thanks to those patients participating, we are learning more all the time about how to deal with a whole range of medical conditions—and make some real breakthroughs that will affect thousands of lives.



5 INGREDIENT THAI PUMPKIN SOUP

Pumpkins are an excellent source of beta-cryptoxanthin, a powerful anti-inflammatory. This antioxidant is absorbed best when paired with a fat, making the butter and oil in this recipe important for more than just flavor.

INGREDIENTS

- 2** tablespoons red curry paste
- 4** cups chicken or vegetable broth about 32 ounces
- 2** 15 ounce cans pumpkin puree
- 1 3/4** cup coconut milk or a 13.5 ounce can, reserving 1 tablespoon
- 1** large red chili pepper sliced
cilantro for garnish if desired

INSTRUCTIONS

- 1.** In a large saucepan over medium heat, cook the curry paste for about one minute or until paste becomes fragrant. Add the broth and the pumpkin and stir.
- 2.** Cook for about 3 minutes or until soup starts to bubble. Add the coconut milk and cook until hot, about 3 minutes.
- 3.** Ladle into bowls and garnish with a drizzle of the reserved coconut milk and sliced red chilis. Garnish with cilantro leaves if desired.

Adapted from *The Instant Cook* by Donna Hay