



INJURY CARE FAMILY CARE RESEARCH

Current Studies

Knee Osteoarthritis

Sciatic Nerve Pain

Herniated Disc

Chronic Constipation

Opioid Withdrawal

Urinary Tract Infection **NEW**

Irritable Bowel Syndrome **NEW**



Letter from the Director

Hello Study Participants and Friends,

This is a hard letter to start. It's been a hard month to live through, right? How do you even put words to the events that have been shaking our world these past few months and especially March in this country? While things are quite unsettled at this time, I can assure you that the clinical research world is ramping up into high gear to find solutions to COVID-19.

I'm amazed and in awe at the research community's ability to jump into action and to tackle this global pandemic. In an industry that typically operates very slowly and is not favorable to quick change,

I'm encouraged to see the innovation and collaboration that is occurring. I will be interested to see the long term effects this is going to have on our research community. Virtual trials, where much of the data needed in studies is collected in the comfort of the patients' homes rather than in clinics, have been a buzz word in our industry for quite a while now. COVID-19 is certainly hastening the adoption of these designs and, in my opinion, this will make participating in clinical trials much easier on patients in the future, even after the COVID-19 crisis abates. As we hunker down and work to fight this pandemic, have hope that there are many people in all industries innovating, collaborating and working to solve this problem. As our situation within our own clinics is changing daily, please feel free to call our office if you have any questions as to the status of our current studies: 208-621-2503.

Be well,

Jill

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Did you know?

You can help a child in impoverished countries receive much needed vaccines or children in America who are food insolvent receive a meal just by participating in clinical research at Injury Care Research or Family Care Research. For every patient that comes into the clinic and screens for one of our research studies Injury Care Research and Family Care Research donates either a vaccine or a meal to children in need. Since 2018 we've partnered with a company called Greater Gift helping us to provide a way to express our gratitude to patients for participating in clinical research and as a way to give back to our communities and enhance the health of our communities.



APPLY TO PARTICIPATE:

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

InjuryCareResearch.com



Frank started to get a funny feeling that his doctor was a quack.

AWARENESS MONTH

April is Irritable Bowel Syndrome (IBS) Awareness month. The below table includes some interesting facts. Family Care Research also just started enrollment for an IBS study. If interested head to our website for more information or call our offices.

APRIL IS IBS AWARENESS MONTH

Although often trivialized, **Irritable Bowel Syndrome (IBS)** is one of the most burdensome chronic ailments reported by patients.

Individuals with IBS restrict their activities an average of **73 DAYS** out of the year.

On average, it takes more than **6 YEARS** from symptom onset to diagnosis.

Less than **50%** of people with IBS seek medical care.

Approximately **20 - 40%** of all visits to gastroenterologists are due to IBS symptoms.

10 - 15% of people worldwide have IBS.

Costs to society in terms of direct medical costs and work absenteeism amount to **\$21 BILLION** or more annually.

IBS AT A GLANCE

iffgd  WWW.ABOUTIBS.ORG



Broccoli Cauliflower Soup

By Alexa Federico Wellness

INGREDIENTS

- 2 tbsp olive oil
- 1/2 yellow diced onion
- 1 garlic clove
- 2 cups broccoli florets
- 2 cups cauliflower florets
- 1 cup bone broth (I used homemade, but store-bought broth or stock works)*
- 1/2 cup coconut milk
- 2 tsp sea salt
- Optional: 2 chives, extra olive oil and/or extra sea salt for topping, black pepper (not AIP)

INSTRUCTIONS

- 1 Set a large stock pot on medium-low heat.
- 2 Set a large stock pot on medium-low heat.
- 3 Stir occasionally for about 5 minutes until the onions are translucent.
- 4 Add the broccoli and cauliflower, bone broth, coconut milk, and sea salt.
- 5 Turn the heat up to medium-high and let cook until the vegetables are fork tender.
- 6 Use an immersion blender or transfer to a separate blender and combine until the soup is completely mixed.
- 7 If using, chop the chives and sprinkle on the top of the soup with an extra drizzle of olive oil and sea salt.