



# 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,

The sun is finally shining and the weather is getting nicer. We're still being asked to practice social distancing and find ourselves in our homes more often than ever before but this weather has been calling to me and I've been happily getting out on the greenbelt and up in our beautiful Boise Foothills for some wonder walks. It's my way of staying sane when I can't hug all the people I love or travel to the places I want to see. Today I was graced with seeing four bald eagles along one of my favorite stretches of the greenbelt. It seems as though they picked a tree to nest in and

they got the memo about sticking close to their own homes. It was a beautiful sight. Staying at home every weekend instead of traveling to kids sporting events has found me enjoying my family more (and, admittedly, less at other times). We've been spending a lot of time working and playing in our back yard and we've found a new love for puzzles. Someday life will get back to normal but, for now, I hope you're finding some time to pick up some new hobbies or appreciate the things we typically take for granted. And, speaking of taking things for granted, I want to take the time to recognize all the amazing healthcare workers who have put themselves on the front line helping those sick with this virus. I also want to recognize all those that helped "flatten the curve" so that those same healthcare workers were able to help all those that needed it. Our community here in Idaho is just one of the many reasons I love where we live.

Be well,

**Jill**

“

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## Did you know?

National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday. The theme for National Nurses Week in 2020 is Compassion, Expertise and Trust. I think it goes without saying that the nurses in our country and around the world have been true heroes during this time (as if they weren't already). As historian Stephen Ambrose wrote, "It would not be possible to praise nurses too highly." If you have a nurse in your life be sure to show them extra love this week and thank them for their dedication to their job with a quick note, small gift or an extra hour of sleep (what they likely really want after a hard day).



### APPLY TO PARTICIPATE:

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

[InjuryCareResearch.com](http://InjuryCareResearch.com)



## AWARENESS MONTH

May is Arthritis Awareness month. 1 in 4 Americans are afflicted with arthritis, that's an estimated 54.4 million people. Arthritis is an umbrella term covering over 100 conditions that affect the joints, tissues around the joint and other connective tissues. In a broad definition, arthritis means inflammation or swelling of one or more joints.

A diagnosis of arthritis is often due to acute or chronic inflammation of a joint, which is often accompanied by pain and structural changes. The specific causes of arthritis are unknown, but may be triggered by infection, crystal deposition, genetics, injury or repetitive use. Specific symptoms vary depending on the type of arthritis, but usually include joint pain and stiffness. We're currently enrolling patients in a knee osteoarthritis study. If you're interested in hearing more please give our office a call.



## Roast vegetable and buckwheat salad

By Taste.com.au

### INGREDIENTS

- 2 bunches baby rainbow carrots, trimmed, scrubbed
- 2 red peppers, coarsely chopped
- 1 red onion, cut into wedges
- 2 tablespoons Extra Virgin Olive Oil
- 1/4 cup fresh orange juice
- 1 teaspoon cumin seeds
- 2 teaspoons finely grated fresh ginger
- 1 garlic clove, crushed
- 1 1/2 tablespoons honey
- 1 cup raw buckwheat, rinsed, dried
- 1 1/2 tablespoons red wine vinegar
- 1 cup fresh coriander, firmly packed
- 1 cup fresh parsley leaves, firmly packed
- 3/4 cup reduced fat feta, crumbled
- 2 1/2 cups arugula
- 1/4 cup roasted almonds, coarsely chopped

### INSTRUCTIONS

Preheat oven to 350 degrees. Line 2 baking trays with baking paper. Spread vegies over prepared trays. Drizzle with half the oil. Season. Roast for 15 minutes. Whisk juice, cumin, ginger, garlic and 1 tbs honey in a bowl. Drizzle over vegies. Roast, turning halfway, for a further 20 minutes or until tender.

Meanwhile, heat a non-stick frying pan over medium heat. Add buckwheat and cook, stirring, for 2 minutes or until toasted. Allow to cool for 5 minutes. Bring a saucepan of water to the boil over high heat. Add buckwheat to pan. Reduce heat to medium-low and simmer for 5 minutes or until al dente. Drain and refresh under cold running water. Spread over a tray lined with paper towel to dry.

Whisk vinegar and remaining oil and honey in a bowl. Season. Add buckwheat, herbs, feta, arugula and roast vegies. Toss to combine. Divide among plates. Top with almonds.