



# INJURY CARE FAMILY CARE RESEARCH

## Current Studies

Knee Osteoarthritis

Sciatic Nerve Pain

Herniated Disc

Chronic Constipation

Opioid Withdrawal

Urinary Tract Infection **NEW**



## Letter from the Director

Hello Study Participants and Friends,

We're coming into the final month of summer and, I don't know about you, but this summer seemed to have flown by. Maybe that's because with no real vacations this summer, kids home all the time, and me working from home most days it's all been a blur of looking at the inside walls of my house. I'm sure many of you feel the same way. Along with the boredom there's a lot of uncertainty and discourse at this time (Yes, that may just be the biggest understatement I could have written).

Staying active and pursuing new activities can help with both boredom and anxiety. I thought I'd share some of my favorite activities my family has been doing to counteract this anxiety and beat the boredom. I love gardening so my yard has never looked better. By the number of people I've seen in Lowe's Garden Center I think this is the case for many of you too. My kids have been having fun with a cheap badminton set I bought. Gets them out of the house and some exercise too. I've also discovered some great podcasts, my favorite currently is Malcom Gladwell's "Revisionist History". If you like history you'll enjoy this podcast. Also, did you know paddleboards are rented for \$20 at Sandy Point? On the weeknights there's very few people and you get a gorgeous sunset as you drive back into town. Finally, we love just walking on the Greenbelt in the early mornings. You beat the heat and the crowds.

Stay safe and well,

**Jill**

“

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”

## Did you know?

Did you know, the first reference to a clinical trial is recorded in the Book of Daniel in the Bible?

King Nebuchadnezzar II ordered his people to eat and drink only meat wine, a diet he believed would keep them fit. But several who preferred a vegetarian diet refused the king's decree. The king, his curiosity piqued, permitted the dissenters to instead follow a diet of legumes and water – but only for 10 days, after which he would assess their health. When the experiment ended, the king saw that those who ate the diet of beans and water were fitter than those who ate the diet of meat and wine, so he allowed them to continue their chosen diet.



### APPLY TO PARTICIPATE:

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

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



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

## AWARENESS MONTH

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases [like whooping cough, cancers caused by HPV, and pneumonia] through on-time vaccination.

This month's awareness is quite timely as the research community is working furiously to find a vaccine for COVID-19. At the time of this publication there are 167 vaccine studies listed on [clinicaltrials.gov](https://clinicaltrials.gov) for COVID-19. That's impressive an impressive amount of work in about 6 months' time.

During NIAM, Injury Care Research and Family Care Research encourages you talk to your doctor, nurse, or other healthcare professional to ensure your family are up to date on recommended vaccines.

We also encourage you to visit CDC's Interactive Vaccine Guide, which provides information on the vaccines recommended during pregnancy and throughout your child's life.



## BEETROOT AND FETA CHEESE SALAD

*This salad has the perfect balance of sweet and salty from the beetroot and feta cheese – SO good! Super healthy and tastes even better!*

### INGREDIENTS

#### FOR SALAD

- 4 medium beetroots
- 60 grams feta cheese
- 2 tablespoon roughly chopped parsley
- lemon vinaigrette

#### FOR LEMON VINAIGRETTE

- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- 2 garlic cloves - minced
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt (or to taste)

### INSTRUCTIONS

#### FOR SALAD

- 1 Boil the beetroot on medium heat for 45 mins or until it can be easily pierced through with a knife.
- 2 The skin will easily peel off. After removing the skin of the beetroots, chop the beetroot into cubes and do the same with the feta cheese.
- 3 Roughly chop the parsley.
- 4 Combine beetroot, feta cheese, parsley with the lemon vinaigrette and serve.

#### FOR LEMON VINAIGRETTE

- 1 Mix all ingredients together in a bowl and whisk slightly.