



INJURY CARE FAMILY CARE RESEARCH

Current Studies

Knee Osteoarthritis

Sciatic Nerve Pain

Herniated Disc

Chronic Constipation

Opioid Withdrawal

Urinary Tract Infection **NEW**

COVID-19 (NEW) **NEW**



Letter from the Director

Hello Study Participants and Friends,

We're heading into such a great season for this area. I adore fall in the Treasure Valley. Admittedly, like most of this year, the fall will be looking a bit different than in years past (what am I going to do with all my blue and orange this year!). There's a saying that, "Hard time's are like washing machines. They twist, turn and knock us around but, in the end we come out cleaner, brighter and better than before." We've had a lot of twists, turns and hard knocks this year to be sure but I have faith that it's leading to

better understanding, better processes and a brighter future for collaboration in clinical research. In the research community we're working hard to find solutions to COVID-19. At our Family Care Research clinic we're starting a new study to help manage symptoms while recovering from the virus at home. Advanced Clinical Research just up the road from is working on a vaccine study. If you want to learn about either of these studies please contact our offices and we'll be happy to get you the information. If we work together as a community we'll be able to find solutions to this pandemic that allow us to get back to the activities we love (Go BSU!) and save lives. The research community across the globe has been tackling this problem at a level of cooperation that I've never seen before and I'm grateful to be a small part of it. Helen Keller said it best, "Alone we can do so little, Together we can do so much".

Stay safe and well,

Jill

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Alone we can do so little, together we can do so much.

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Did you know?

Did you know, Aspirin is older than you may think.

One of the first drugs to come into common use is aspirin. It is still one of the most researched drugs in the world, with an estimated 700 to 1,000 clinical trials conducted each year. Aspirin's use can be traced back to when the Sumerians and Egyptians used Willow as a medicine circa 3000 BC. Aspirin was termed such in 1899 by Bayer and has been researched heavily ever since.

Aspirin was the first Non-Steroidal Anti-Inflammatory (NSAID) to be discovered and is still one of the most widely used drugs in the world. It is estimated that around 35,000 metric tons of aspirin is consumed annually.



APPLY TO PARTICIPATE:

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

InjuryCareResearch.com



“People always feel happier when a dog licks their face, so we’re developing a new antidepressant made from dog drool!”

AWARENESS MONTH

September is Chronic Pain Awareness Month. In 2001 a number of organizations across the country whose missions complement the American Chronic Pain Association’s formed Partners for Understanding Pain. This coalition was committed to raising awareness through mass media, public forums, and other sources so that chronic pain may be more readily recognized, better understood without the traditional stigma attached, and more fittingly treated and managed. The partnership, spearheaded by the ACPA, strived to create greater understanding among health care professionals, individuals and families who are struggling with pain management, the business community, legislators, and the general public that pain is a serious public health issue.

At Injury Care Research we specialize in chronic pain research and currently have a number of studies geared towards finding new solutions to managing pain. Our Principal Investigator for these studies is Dr. Richard Radnovich, a pain specialist and nationally known speaker on the subject. If you’re interested in learning more about any of our studies please contact our offices.



Lemon Chicken Breasts

RECIPE COURTESY OF INA GARTEN

INGREDIENTS

- 1/4 cup good olive oil
- 3 tablespoons minced garlic (9 cloves)
- 1/3 cup dry white wine
- 1 tablespoon grated lemon zest (2 lemons)
- 2 tablespoons freshly squeezed lemon juice
- 1 1/2 teaspoons dried oregano
- 1 teaspoon minced fresh thyme leaves
- Kosher salt and freshly ground black pepper
- 4 boneless chicken breasts, skin on (6 to 8 ounces each)
- 1 lemon

INSTRUCTIONS

- 1 Preheat the oven to 400 degrees F.
- 2 Warm the olive oil in a small saucepan over medium-low heat, add the garlic, and cook for just 1 minute but don't allow the garlic to turn brown. Off the heat, add the white wine, lemon zest, lemon juice, oregano, thyme, and 1 teaspoon salt and pour into a 9 by 12-inch baking dish.
- 3 Pat the chicken breasts dry and place them skin side up over the sauce. Brush the chicken breasts with olive oil and sprinkle them liberally with salt and pepper. Cut the lemon in 8 wedges and tuck it among the pieces of chicken.
- 4 Bake for 30 to 40 minutes, depending on the size of the chicken breasts, until the chicken is done and the skin is lightly browned. If the chicken isn't browned enough, put it under the broiler for 2 minutes. Cover the pan tightly with aluminum foil and allow to rest for 10 minutes. Sprinkle with salt and serve hot with the pan juices.