



INJURY CARE FAMILY CARE RESEARCH

Current Studies

Knee Osteoarthritis


Sciatic Nerve Pain

Herniated Disc

Chronic Constipation

Opioid Withdrawal

Urinary Tract Infection

COVID-19 (NEW) 



Letter from the Director

Hello Study Participants and Friends,

Earlier this week my oldest daughter had X-Country practice at Ann Morrison Park so my youngest and I took the opportunity to walk to the Ann Frank Memorial right by the Public Library in Boise. As I watched her walk through this beautiful memorial and read the various quotes I thought about how much this year has delivered to us that allows us to reflect on our country, on the world and humanity in general. If you've never seen this memorial it's a beautiful wall of quotes from many different people and times in our world history. It inspires

us to look out for our fellow humans, to stand up for those that are oppressed and to treat each other with kindness and respect. October, as in every election year, proves to be filled with many headlines and negative messages from both sides. As I watched my 10 year old walk through this memorial in all her innocence and hopefulness I was struck by the thought that I wish I could fast forward a bit through this hard month. Since that's not possible I'll simply hope that when given a choice, we'll give each other the benefit of the doubt, treat each other with kindness and realize that we're all one country and are better and stronger for that unity.

Stay safe and well,

Jill

“

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Did you know?

Myth vs Fact courtesy of American Kidney Fund

Clinical Trials are scientific studies on volunteer human participants that help to discover better ways to prevent, detect, treat or cure diseases. FACT! The primary goals of clinical trials are to find new drugs, therapies or medical devices that improve or cure health conditions and to make sure they work well for patients.

Once you sign up for a clinical trial, you will not be allowed to drop out. MYTH! Participating in a clinical trial is always voluntary. You have the right to leave the study at any time, for any reason, without any penalty.



APPLY TO PARTICIPATE:

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

InjuryCareResearch.com



"To prevent a heart attack, take one aspirin every day. Take it out for a run, then take it to the gym, then take it for a bike ride..."

AWARENESS MONTH

October 10th is World Mental Health Day. Dr Ingrid Daniels, the President of the World Federation for Mental Health said it best, "The world is experiencing the unprecedented impact of the current global health emergency due to COVID-19 that has also impacted on the mental health of millions of people. We know that the levels of anxiety, fear, isolation, social distancing and restrictions, uncertainty and emotional distress experienced have become widespread as the world struggles to bring the virus under control and to find solutions." It's no secret this year has delivered us more challenges than is typical.

About 450 million people live with mental disorders that are among the leading causes of ill-health and disability worldwide (WHO's World Health Report, 2001). One person in every four will be affected by a mental disorder at some stage of their lives while mental, neurological and substance use disorders exact a high toll on health outcomes, accounting for 13% of the total global burden of disease (WHO, 2012). It's time to take the stigma out of mental health and ensure that we provide the resources needed to get help to people that are suffering. If you need help, please contact our offices and we will direct you to a number of local resources here in the Treasure Valley.



Texas Black Bean Soup

This is actually one of my kids' favorite meals and an added bonus is that it freezes really well.

RECIPE COURTESY OF MY AUNT CARLA

INGREDIENTS

- 1 lb ground hamburger (browned)
- 1 can petite diced tomatoes
- 1 can corn (do not drain)
- 1 can black beans (do not rinse or drain)
- 1 cup beef broth
- 1 cup salsa (mild, medium or hot you pick what suits you)
- 1 tsp garlic powder
- 1 tsp onion powder
- Mexican chili powder to taste.

INSTRUCTIONS

- 1 Brown and drain the hamburger in a large saucepan.
- 2 Combine all other ingredients and bring to boil.
- 3 Simmer until ready to serve. The longer it simmers the stronger the flavor.
- 4 Enjoy this healthy, low fat, soup.