

## Current Studies

Sciatic Nerve Pain

Herniated Disc

Urinary Tract Infection

Gout 

Shoulder Arthritis  
(Coming Soon)



## Letter from the Director

Hello Study Participants and Friends,

We're well on our way into the full swing of summer and I've been busy with track meets, softball tournaments and wrapping up the school year. This is the month we celebrate being a mom and all the carpooling, cheering, and uniform washing is helping to make sure I'm making the most of it. In all seriousness, it's my favorite job and I'm so grateful for every moment... even the hectic ones.

The other job I've had the privilege of having is overseeing this company and meeting the wonderful patients who have become medical heroes by volunteering for a clinical trial. We're starting a video campaign and our first one is to highlight how clinical trial volunteers really are medical heroes. If you'd like to see this video please head to our website. We conduct clinical trials to find treatments and devices that may help not only our volunteers but our communities as a whole if/when the new treatment is available thanks to our clinical trial volunteers. When we are suffering from a serious or even terminal illness we, of course, think about the new research trials for that condition but we don't always think about it for less serious conditions that affect our daily lives like gout, glaucoma, or sciatic pain. I encourage you to call our office to find out if there is a clinical trial that you might be eligible for. We'll help find a clinical trial for you even if it's not necessarily at our clinic. It's a great way to become a hero.

Stay safe and well,

**Jill**

“

**It's a great way to become a hero.**

”

## Did you know?

### Mother's day has roots in ancient Greek celebrations?

Ancient Greeks used to celebrate their annual spring festival to honor Rhea, wife of Cronus and the mother of many deities of Greek mythology. The celebration of the festival as it is seen today is a recent phenomenon and not even a hundred years old. It is currently celebrated in 46 countries. Millions across the globe use Mother's Day as an opportunity to honor their mothers, thank them for their efforts in giving them life, raising them and being their constant support and well-wisher.



### APPLY TO PARTICIPATE:

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

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



## Awareness Month

### Asthma and Allergy Awareness Month

It is a peak season for people with asthma and allergies, and a perfect time to educate patients, family, friends, co-workers and others about these diseases. More than 65 million Americans overall have asthma and allergies.

#### Steps to reduce seasonal allergies:

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a pollen mask if you do outside chores.

Learn more at: [www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343](http://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343)



## Creamy Turmeric Chicken Skillet

BY JENNIFER CLAIR

### INGREDIENTS

- 2 tablespoons unsalted butter
- 1 medium yellow onion, thinly sliced
- 1 tablespoon peeled and minced fresh turmeric root
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon kosher salt, plus more for seasoning
- 1 ½ pounds boneless, skinless chicken thighs
- 1 ½ teaspoons ground turmeric
- ½ cup dry white wine
- ½ cup heavy cream
- ½ cup low-sodium chicken broth
- Cooked basmati or jasmine rice, for serving
- Chopped fresh cilantro leaves and tender stems, for garnish

### PREPARATION

1. Melt the butter in a 12-inch or larger skillet over medium heat. Add the onion, fresh turmeric, pepper, and 1/2 teaspoon of the salt. Cook, stirring occasionally, until the onions are softened, about 5 minutes. Meanwhile, place the chicken on a large plate with the smooth-top side facing up. Season with salt and all of the ground turmeric.
2. Push the onions to the outer edges of the pan and place the chicken, seasoned-side down, in a single layer in the middle of the pan. Season the chicken with more salt. Cook, undisturbed, until the chicken just begins to brown, no longer than 3 to 4 minutes (any longer and the turmeric will start to burn).
3. Using tongs, flip the chicken and cook for 2 minutes more. Pour in the wine and use a wooden spoon to scrape the browned bits from the bottom of the pan. Cook for 1 minute, pour in the cream and broth, and stir gently to combine.
4. Reduce heat to medium-low, cover, and cook until the chicken is tender and cooked through, and registers at least 165°F on an instant-read thermometer, 18 to 22 minutes. Serve over rice and garnish with cilantro.