



## Current Studies

Acute Low Back Pain

Hot Flash

Gout **new**

Post Surgical Nerve Pain

Psoriasis

Knee Osteoarthritis

Chronic Low Back Pain

Contraception **new**



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

## Letter from the Director

Eight months into the year and, I don't know about you, but it's been a wild ride! There's been more ups and downs than a Six-Flags rollercoaster. When I look back at these past few months I've been so grateful for a strong grip and a love of adrenaline because, without these two things, I may not have made it. I'm looking forward to the ice-cream and funnel cake reward once this wild ride finally decides to settle down for a moment.

I know I'm not the only one feeling this year has packed a bit of an extra wallop. As I speak with many of my colleagues, friends, and patients it's been a bit of a theme for all of us this year. My favorite part of healthcare are the stories we get the privilege of being a part of when a patient is coming to us for care. I get excited hearing about the grandbabies being born and then feel the pain when I hear about the loss of a spouse. I, like so many in healthcare, am grateful and honored to be a part of each of those moments. As I get older, I'm still always amazed at how much whiplash life can give us while at the same time being so darn beautiful.

It reminds me that, like a rollercoaster, life has it's ups and downs. It's your choice, however, as to whether you decide to scream or enjoy the ride.

Enjoy the ride,  
**Jill**



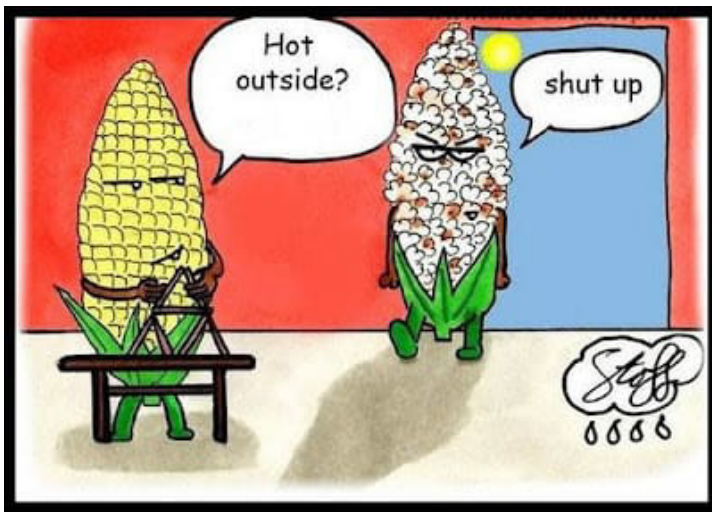
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## Did You Know?

August was once the sixth month of the year. In the original ten-month Roman calendar, the month went by the name of Sextilis, meaning "the sixth month" in Latin. Around 700BC January and February were added to the beginning of the year by King Numa Pompilius. In the ten-month Roman calendar, the months all had either 30 or 31 days but the number of days in August went down to 29. When Julius Caesar introduced the Julian calendar it was changed to 31 days, and it's stayed the same ever since.

<https://www.thefactsite.com/august-facts/>



## Awareness Month

### PSORIASIS AWARENESS MONTH

Psoriasis Awareness Month is a time to increase awareness of psoriasis, promote the need for a cure after a psoriasis diagnosis, and spur advocacy on behalf of those suffering with the emotional and physical burden of psoriasis.

Psoriasis Awareness Month calls attention to the fact that many people do not understand psoriasis, which makes it difficult for those with the condition to cope. Psoriasis is not contagious, but rumors are. Many people mistakenly think this condition is contagious when, in fact, it is not. Psoriasis is a non-contagious, chronic, autoimmune disorder that is passed down through genes.

There isn't a cure for psoriasis. However, there are now many treatment options available to help manage the condition. Each patient has a unique treatment plan, which is dependent upon the severity of the disease, and the type of psoriasis present in the patient. Each patient also reacts differently to treatment, so while one treatment method may be effective for some it might be completely ineffective for others.

For more information and resources visit:

<https://www.psoriasis.org/>

<https://www.personalizedcause.com/health-awareness-cause-calendar/psoriasis-awareness-month>



## SUMMER LENTIL SALAD

From: <https://kitchenconfidante.com/summer-lentil-salad-recipe>

### INGREDIENTS:

- 2 tablespoons white balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 tablespoon extra virgin olive oil
- 2 scallions finely chopped
- 2 cups cooked lentils
- 2 cups peeled and cubed English cucumber
- 1 cup halved cherry tomatoes
- 1 shallot finely chopped
- 1/2 cup feta cheese crumbled
- 1/4 cup chopped cilantro
- 2 fresh mint leaves minced
- kosher salt to taste
- freshly ground black pepper to taste

### DIRECTIONS:

- In a small bowl, whisk together the white balsamic vinegar and Dijon mustard. Whisk in the olive oil, then stir in the scallions. Set the dressing aside. Whisk once more before using.
- In a medium bowl, combine the lentils, cucumber, tomatoes, shallot, feta cheese, cilantro, and mint. Toss with the dressing. Season to taste with salt and pepper.