

Current Studies

Sciatic Nerve Pain

Herniated Disc

Urinary Tract Infection

Gout **NEW**

Shoulder Arthritis
(Coming Soon)



Letter from the Director

Hello Study Participants and Friends,

Every year I get so excited when I start seeing my rhubarb come up in my garden because I absolutely love strawberry rhubarb pie. Every year I get worried that because the rhubarb shriveled in fall and there is no sign of it above ground over the winter it must not be coming back.

Then, right about this time every year, I start seeing it emerge and I know all is

well. Spring is a time of rebirth and growth and, even though we'll definitely have a few April showers, those are just to help wash away the grime of winter and the darker days. To get a little sappy here, this is a time to emerge and grow ourselves as well. What choices are you going to make for a healthier version of yourself? I developed some unhealthy habits during 2020 so, for me, it's going to be switching my strawberry rhubarb pie addiction to the healthier version of the salad that's on the second page of this newsletter. Just when I was worried that life would forever be dictated by this awful virus and I'll never get to see everyone's smiles in public again, we're starting to see the dawning of some hope. Vaccination rates around the country are going up while we're seeing COVID cases go down. I'm ready to see the emergence from our homes (with necessary precautions taken, of course) and relish the warmer days and spring flowers.

Stay safe and well,

Jill

“

What choices are you going to make for a healthier version of yourself?

”

Did you know?

“He who laughs, lasts!” - MARY PETTIBONE POOLE

The adage “laughter is the best medicine” has some basis in reality! Though it is difficult to establish a cause-effect relationship, laughter has been observed coinciding with many positive symptoms. According to WebMD, these include increased blood flow, better sleep, reduced stress, better immune system response, and decreased blood sugar levels. Bring on the April Fool's Day pranks and dad jokes!



APPLY TO PARTICIPATE:

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

InjuryCareResearch.com



Awareness Month

Defeat Diabetes Month

During April, The Defeat Diabetes Foundation highlights the preventable nature of Type 2 diabetes. While genetics, age, and pre-existing conditions can increase a person's risk of developing type 2 diabetes, lifestyle choices greatly impact whether or not someone will develop this condition.

According to the Defeat Diabetes Foundation, it is important to know your predisposed risk for type 2 diabetes. But don't stop there! Learn to manage and decrease your risk of developing type 2 diabetes with diet and lifestyle choices.

Steps to reduce risk of type 2 diabetes:

- Avoid artificial sweeteners, processed foods, and sugar-sweetened drinks
- Limit your intake of fruit juice and red meat
- Limit snacking, and choose healthy munchies
- Get plenty of restful, restorative sleep
- Stay active! Limit sedentary habits and screen time

Learn more at :

defeatdiabetes.org/resources/diabetes-risk-factors/



Walnut Crusted Lemon Chicken Piccata

BY [WISE SONS JEWISH DELICATESSEN](#)

INGREDIENTS

- ½ cup blanched hazelnuts
- 2 rhubarb stalks, thinly sliced on the diagonal
- 2 tablespoons sugar
- 1 tablespoon Cointreau or fresh orange juice
- 1 tablespoon fresh lemon juice
- 2 pounds strawberries, hulled, quartered
- ¼ cup torn fresh mint leaves

PREPARATION

1. Preheat oven to 350°. Toast hazelnuts on a rimmed baking sheet, tossing occasionally, until golden brown, 8–10 minutes. Let cool, then chop.
2. Meanwhile, toss rhubarb, sugar, Cointreau, and lemon juice in a medium bowl. Let sit until rhubarb is slightly softened and releases its juices, about 30 minutes. Toss with strawberries, mint, and hazelnuts.