



## Current Studies

Acute Low Back Pain

Hot Flash

Gout

Post Surgical Nerve Pain

Psoriasis

Knee Osteoarthritis

Ankle Osteoarthritis

Chronic Low Back Pain

Contraception **new**



### APPLY TO PARTICIPATE:

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

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

## Letter from the Director

We continue to have some great things happening at Injury Care Research and Family Care Research. Our renovation is wrapping up and we couldn't be more grateful. For anyone that's lived through a renovation you know how chaotic it can feel. We'll now have more exam rooms to see patients in and another new provider coming into the building to help us conduct research. There's a fun saying that I love, "By the yard it's hard but inch-by-inch it's a cinch." It hasn't always felt like a cinch this past month but as we've slowly been chipping away at this renovation, here at our research site we all finally feel like we're getting to the goal line. Stay tuned, however, as there are certainly more great big goals on the horizon just waiting for us to take on.

In this newsletter we also highlight low back pain. This is something most Americans will suffer from at one point or another in the life. We're also currently enrolling two studies for back pain. One targets the acute, or shorter-term onset of back pain via a patch while the other is targeting more chronic low back pain or pain that's lasted for more than 3 months. If you or someone you know is currently suffering from low back pain I encourage you to contact our office. We may be able to help.

Warm regards,  
**Jill**

“

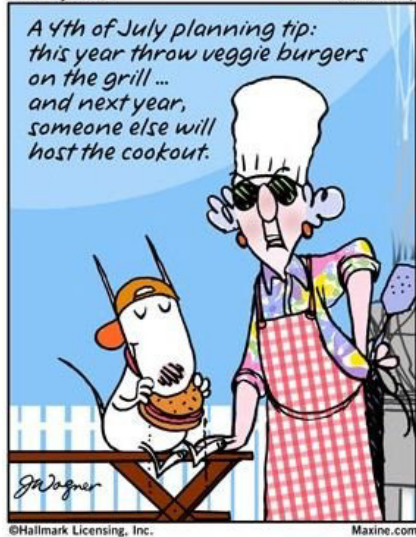
**By the yard it's hard  
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”

## Did You Know?

A few fun facts about the Fourth of July: Americans typically eat 150 million hot dogs on Independence Day, "enough to stretch from D.C. to L.A. more than five times," according to the National Hot Dog and Sausage Council. Three presidents have died on July 4: Thomas Jefferson, John Adams, and James Monroe. Massachusetts became the first state to make the 4th of July an official state holiday in 1781. President Zachary Taylor died in 1850 after eating spoiled fruit at a July 4 celebration.

<https://whnt.com/news/what-you-dont-know-about-july-4th/>



## Health Update

Back pain is one of most common reasons people see a doctor or miss days at work. Even school-age children can have back pain.

Back pain can range in intensity from a dull, constant ache to a sudden, sharp or shooting pain. It can begin suddenly as a result of an accident or by lifting something heavy, or it can develop over time as we age.

There are two types of back pain:

**Acute, or short-term back pain** lasts a few days to a few weeks. Most low back pain is acute. It tends to resolve on its own within a few days with self-care and there is no residual loss of function. In some cases a few months are required for the symptoms to disappear.

**Chronic back pain** is defined as pain that continues for 12 weeks or longer, even after an initial injury or underlying cause of acute low back pain has been treated. About 20 percent of people affected by acute low back pain develop chronic low back pain with persistent symptoms at one year.

If you're experiencing acute back pain, contact our office to learn more about our current study.

For more information and resources visit:  
<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>



## Peanut Butter-Banana V'ice Cream

From: <https://www.delish.com/cooking/recipe-ideas/recipes/a52645/peanut-butter-banana-vice-cream-recipe/>

### INGREDIENTS:

- 4 very ripe bananas
- 1/4 c. peanut butter (smooth or chunky)
- 1 tbsp. coconut oil
- 1/2 tsp. ground cinnamon
- 1/4 tsp. grated nutmeg
- pinch of kosher salt

### DIRECTIONS:

- Slice bananas into 1/4"-thick rounds and put in a zip-top plastic bag. Lay the slices flat in a single layer in the freezer so the rounds freeze individually and not in a big clump. Freeze the bananas for at least 2 hours and up to overnight.
- Place the frozen bananas, peanut butter, coconut oil, cinnamon, nutmeg, and salt in a food processor or blender and let sit for 2 or 3 minutes. Then puree until creamy and smooth.
- If you like a frozen yogurt consistency, then serve it up. If you like a firmer ice cream experience, spoon it into a container and freeze for about an hour.

| YIELDS | PREP TIME       | TOTAL TIME      |
|--------|-----------------|-----------------|
| 2 - 4  | 0 HOURS 10 MINS | 2 HOURS 10 MINS |