



Current Studies

Gout

Post Surgical Nerve Pain

Psoriasis

Knee Osteoarthritis **new**

Hot Flash

Acute Low Back Pain **new**



APPLY TO PARTICIPATE:

Call 208-621-2503,
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www.InjuryCareResearch.com

Letter from the Director

This month I've been caught up with all the end of school craziness. There is so much to do this month that it's easy to get lost in coordinating all the details of life and not pick my head up to look at the big picture of life. This month ends with Memorial Day. It's a day so many of us celebrate with BBQs and backyard games while so, so many (too many) others celebrate by bending low in front of a headstone.

This never hit home more for me than when I visited the National Memorial Cemetery in Punchbowl Crater, Hawaii when I was twenty. As we saw the number of headstones and walked along the memorial wall documenting the Pacific wars there is a chapel at the end with a guest book. I was brought to my knees reading an entry that read, "We missed you Dad." This was written from an adult daughter who lost her father in war when she was a toddler.

Each Memorial Day I think back to that entry and remember. I offer my gratitude to the sacrifice both the serviceman made to our country, as well as to that daughter who missed the love of her father in the defense of my freedom.

Have a safe and memorable Memorial Day.

Warm regards,

Jill

“

We missed you Dad

”

Did You Know?

Memorial Day is observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. The holiday was originally called Decoration Day-named for the decoration of soldiers' graves-but the name gradually changed until it officially became Memorial Day in 1967. Memorial Day is not the same as Veteran's Day. The latter celebrates all service men and women throughout history, while Memorial Day technically only celebrates those who died while serving.

<https://worldstrides.com/blog/2018/05/7-facts-you-probably-didnt-know-about-memorial-day/>



Awareness Month

MAY IS STROKE AWARENESS MONTH.

Stroke is the No. 5 cause of death and a leading cause of disability in the U.S. Stroke can happen to anyone – any age, any time – and everyone needs to know the warning signs.

Early treatment leads to higher survival rates and lower disability rates. Calling 911 lets first responders start treatment on someone experiencing stroke symptoms before arriving at the hospital.

Use the letters **F.A.S.T.** It can mean the difference between life or death, and recovery or disability.

F = Face Drooping - Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A = Arm Weakness - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S = Speech Difficulty - Is speech slurred?

T = Time to call 911.

Other Stroke Symptoms

Watch for Sudden:

NUMBNESS or weakness of face, arm, or leg, especially on one side of the body

CONFUSION, trouble speaking or understanding speech

TROUBLE SEEING in one or both eyes

TROUBLE WALKING, dizziness, loss of balance or coordination

SEVERE HEADACHE with no known cause

For more information and resources visit:

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



MEDITERRANEAN QUINOA SALAD

From: <https://www.skinnytaste.com/mediterranean-quinoa-salad/>

INGREDIENTS:

- 1 cup uncooked quinoa
- 2 cups water
- 1/4 cup red onion, diced
- 1/2 - 3/4 lemon, squeezed
- 1/4 cup about 10 kalamata olives, pitted and sliced
- 2 tbsp extra virgin olive oil
- 2 cups cucumber, peeled and diced (from 1 English)
- 1 cup cherry tomatoes, quartered
- 1/3 cup crumbled feta
- salt and fresh pepper, to taste

DIRECTIONS:

- Rinse quinoa for about 2 minutes, using your hands to make sure all the saponins are removed.
- Fill a medium pot with water, add quinoa and salt to taste and bring to a boil. When the water boils, reduce heat to low and cover; simmer covered 15 minutes.
- Remove from heat and keep covered an additional 5 minutes without lifting the lid; then fluff with a fork and set aside in a large mixing bowl to cool.
- While the quinoa cools, dice all the vegetables.
- Add the red onion, olives, cucumber, tomatoes to the cooled quinoa, and squeeze 1/2 lemon over it.
- Drizzle the olive oil over the quinoa, then add feta, salt and pepper to taste and toss well.
- Taste for salt and adjust as needed, add more lemon juice if needed.