



INJURY CARE FAMILY CARE RESEARCH

Current Studies

Knee Osteoarthritis

Sciatic Nerve Pain

Herniated Disc

Chronic Constipation

Opioid Withdrawal

Urinary Tract Infection **NEW**

COVID-19 (NEW) **NEW**



Letter from the Director

Hello Study Participants and Friends,
This month holds my absolute favorite holiday and I'm so excited. What's not to love about Thanksgiving? I love that there is no need to get wrapped up in candy, presents, or crazy costumes. The simplicity of making a beautiful meal (or ordering one if you want to go really simple), inviting the people you love, and celebrating the day appeals to me. I think this year more than most I'll be enjoying the simplicity (and the day off) even more. I'll be celebrating the

day with my immediate family but we'll be thinking of my extended family in the mid-west. I'll count my blessing for having a cozy home and a job that brings me so much satisfaction by helping to bring new medications and treatments to patients who are looking for solutions to their health issues where others have failed or fallen short. I'll be thinking of the coworkers and colleagues I'm blessed to work with every day to accomplish this goal. And, of course, I'll be thinking of the thousands of patients (I've been at this for almost 20 years now) that I've met along the way. Some have knitted baby blankets, some have shared their stories, many have made me laugh but all have made me want to work harder. I'm so thankful for our patients and that they were willing to volunteer for clinical research.

Stay safe and well,

Jill

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Did you know?

Benjamin Franklin wanted the turkey to be the national bird
In 1920 Gimbel's department store in Philadelphia staged a parade of about 50 people with Santa Claus at the rear of the procession. Since 1924 the annual Macy's parade in New York City has continued the tradition, with huge balloons since 1927

A woman named Sarah Josepha Hale lobbied Congress for years to make Thanksgiving an official holiday. If it wasn't for this determined woman, Thanksgiving wouldn't exist today. In 1863 President Lincoln finally declared Thanksgiving a national holiday. Seeing as the President did this in throws of the Civil War, Thanksgiving is considered by some to be an attempt on behalf of the president to bring some peace back to the country.



APPLY TO PARTICIPATE:

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

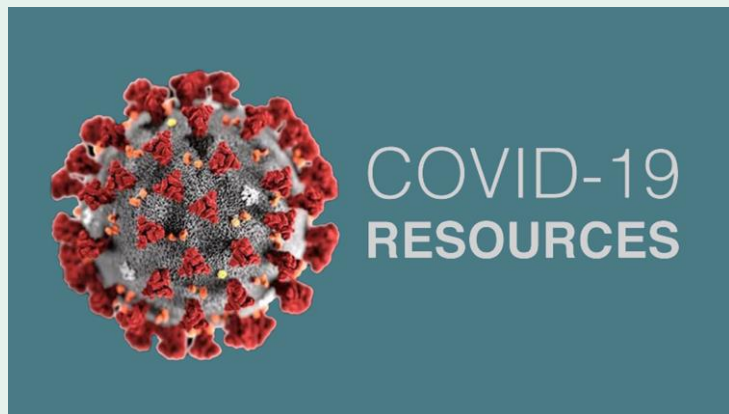
InjuryCareResearch.com



COVID-19 Resources

Family Care Research is now enrolling patients into three clinical trials for COVID-19. These studies are for individuals who are convalescing at home. The purpose of all three trials is to assist with the patient's COVID-19 symptoms and to prevent the need for hospitalization. These clinical trials are testing investigational products and may offer an alternative to assist patients with their COVID-19 symptoms.

When a patient enrolls in a clinical trial their care and follow up are managed by our experienced clinical staff and Principal Investigator, Dr. Richard Radnovich. All patients are followed closely until the resolution of their COVID-19 illness. For some of these trials telemedicine will be used. When testing of viral load is necessary, patients will come to Family Care Research's clinical offices or receive a home visit. As with most clinical trials, there is no cost and all three studies reimburse for time and/or travel.



Maple Roasted Brussels Sprouts

INGREDIENTS

- 1/2 cup pecans
- 6 slices bacon
- 2 pounds brussels sprouts, halved (stem and ragged outer leaves removed)
- 3 tablespoons extra virgin olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2-1/2 tablespoons balsamic vinegar
- 1 tablespoon maple syrup

INSTRUCTIONS

- 1 Preheat oven to 350 degrees. Line a baking sheet with heavy duty aluminum foil. Place pecans on the prepared baking sheet and bake until lightly toasted and fragrant, about 5 minutes. Keep a close eye on them, as they can burn fast. Chop coarsely. Set aside.
- 2 Turn the oven heat up to 400 degrees. Lay the bacon strips out flat on the same foil-lined baking sheet, leaving space in between so they don't overlap. Roast for 12-20 minutes. Transfer bacon to a plate lined with paper towels; pour rendered bacon fat into a small dish. Chop into small pieces.
- 3 Turn the oven heat up to 425 degrees, and line the baking sheet with fresh aluminum foil. Toss the brussels sprouts with the rendered bacon fat, olive oil, salt and pepper directly on the baking sheet. Roast, stirring midway through to promote even browning, until brussels sprouts are tender and caramelized, about 20 minutes. Add balsamic vinegar and maple syrup and toss to coat evenly. Taste and adjust seasoning, then transfer to a serving dish. Right before serving, top with chopped pecans and bacon. Serve hot or warm.