



## Current Studies

Acute Low Back Pain

Gout

Hot Flash

Knee Osteoarthritis 3 Studies!!

Post-Surgical Nerve Pain

Chronic Low Back Pain

Contraception

Ankle Osteoarthritis

Psoriasis



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

## Letter from the Director

I am so GRATEFUL for this time of year. What's not to love about November? It's "sweater weather," cozy weekends watching football, and it has my absolute favorite holiday occurring on the 4th Thursday of the month. Below you'll learn the benefits of gratitude and this is sure the season to be offering it.

In addition to all the above reasons to love November, on the 2nd it's also Book Lover's Day and if that doesn't describe me I don't know what would- so if you have a great recommendation please feel free to let me know. In the interest of sharing great books that I'm definitely grateful for having read, I strongly encourage you to read my favorite book: Laura Hillenbrand's *Unbroken*. Yes, I know it was made into a movie but, as always, the book is much better and does a fantastic job of getting into the mind of Louis Zamperini- an Olympian, Prisoner of War, and advocate for at risk youth. He once said, "If you hate somebody, it's like a boomerang that misses its target and comes back and hits you in the head. The one who hates is the one who hurts." How can you not want to read about this amazing man?!

Let's show everyone a little gratitude and a lot of love this month.

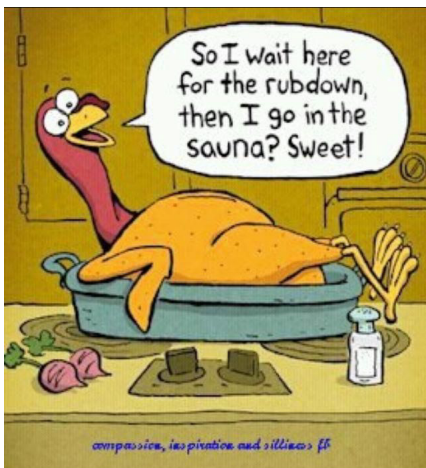
Warm regards,  
**Jill**

“  
The one who  
hates is the one  
who hurts.  
”

## Did You Know?

According to a vast majority of psychologists, researchers, and experts, gratitude is one of the few things that can literally change our lives for the better. Research has shown that gratitude can enhance our moods, decrease stress, and drastically improve our overall level of health and wellbeing. There is a strong correlation between increased feelings of happiness and self-worth and giving or receiving gratitude. We are happy because we are grateful, not the other way around.

<https://halo.com/10-amazing-statistics-to-celebrate-national-gratitude-month/>



## Awareness Month

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. This year's focus is on prediabetes and preventing diabetes

Prediabetes is a serious health condition where your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. According to the CDC, more than 1 in 3 U.S. adults have prediabetes—that's 88 million people—but the majority of people don't know they have it.

By making small healthy lifestyle changes, it is possible to prevent type 2 diabetes and even reverse your prediabetes.

Move more. Limit time spent sitting and try to get at least 30 minutes of physical activity, 5 days a week. Start slowly by breaking it up throughout the day.

Pick foods that are high in fiber and low in fat and sugar. Choose a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.

Lose weight, track it, and keep it off.

Making a plan, tracking your progress, and getting support from your health care professional and loved ones can help you make the necessary lifestyle changes.

For more information and resources visit:

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

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month#>



## AIR-FRYER TURKEY CROQUETTES

From: <https://www.tasteofhome.com/recipes/air-fryer-turkey-croquettes/>

### INGREDIENTS:

- 2 cups mashed potatoes (with added milk and butter)
- 1/2 cup grated parmesan cheese
- 1/2 cup shredded swiss cheese
- 1 shallot, finely chopped
- 2 teaspoons minced fresh rosemary or 1/2 teaspoon dried rosemary, crushed
- 1 teaspoon minced fresh sage or 1/4 teaspoon dried sage leaves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups finely chopped cooked turkey
- 1 large egg
- 2 tablespoons water
- 1-1/4 cups panko breadcrumbs
- Butter-flavored cooking spray
- Sour cream, optional

### DIRECTIONS:

- Preheat air fryer to 350°. In a large bowl, combine mashed potatoes, cheeses, shallot, rosemary, sage, salt and pepper; stir in turkey. Mix lightly but thoroughly. Shape into twelve 1-in.-thick patties.
- In a shallow bowl, whisk egg and water. Place breadcrumbs in another shallow bowl. Dip croquettes in egg mixture, then in breadcrumbs, patting to help coating adhere.
- Working in batches, place croquettes in a single layer on greased tray in air-fryer basket; spritz with cooking spray. Cook until golden brown, 4-5 minutes. Turn; spritz with cooking spray. Cook until golden brown; 4-5 minutes. If desired, serve with sour cream.

### NUTRITION FACTS: 2 CROQUETTES:

322 calories, 12g fat (6g saturated fat), 124mg cholesterol, 673mg sodium, 29g protein. 22g carbohydrate (2g sugars, 2g fiber), Diabetic Exchanges: 4 lean meat, 1-1/2 starch, 1 fat.