



Current Studies

Acute Low Back Pain

Gout

Hot Flash

Knee Osteoarthritis 

Post-Surgical Nerve Pain

Chronic Low Back Pain

Contraception

Ankle Osteoarthritis

Psoriasis



APPLY TO PARTICIPATE:

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

www.InjuryCareResearch.com

Letter from the Director

Happy October everyone! The leaves are falling, the mornings (and perhaps even days) are chilly now, and I've broken out my sweaters. If you're a hunter then this may just very well mean the start of your favorite season. If you're into football, well, then you're likely in heaven as well (unless your team isn't doing so well or you made some poor choices when picking your fantasy football team). I have mixed feelings about fall. I absolutely love it but always miss the long, sunny days of summer. As the saying goes, "A fallen leaf is nothing more than summer's wave goodbye."

This month is Breast Cancer Awareness month and I think most of us have been impacted by this disease in some way. Either a friend, family member, co-worker, or even maybe yourself, have fought this battle. The first real loss I experienced was that of my grandmother to this disease. Early detection is key to winning the battle on this disease so if you or someone you know needs a mammogram give them a gentle prodding this month. If you suffer from hot flashes and decide to participate in our research trial, a free mammogram is even part of that study. Please find a way to get in and get yourself or your loved one checked.

Stay safe,
Jill

“

A fallen leaf is nothing more than summer's wave goodbye.

”

Did You Know?

According to History.com, the first Halloween celebrations can be traced back to the ancient Celts. They celebrated a festival called Samhain on October 31st. It marked the day before their new year, the start of winter, and a time when the dead were believed to return to Earth. During the Celtic festival, it was customary for poor children to go door-to-door begging for food and money. In exchange for their charity, children would offer to pray for the souls of their recently lost loved ones.

<https://www.countryliving.com/life/g37154795/halloween-facts/>



Awareness Month

October is Breast Cancer Awareness Month, which is a worldwide annual campaign to increase awareness and to promote regular screening and early detection of breast cancer. Other than skin cancer, breast cancer is the most common cancer affecting American women, with 1 in 8 receiving the diagnosis of breast cancer during one's lifetime. Early detection provides the best chance of successful treatment and cure. Over 3.5 million breast cancer survivors are alive today thanks to advances in screening, detection and treatment.

Routine care is the best way to keep you and your breasts healthy. Although detecting breast cancer at its earliest stages is the main goal of routine breast care, other benign conditions, such as fibrocystic breasts or cysts, may also be discovered.

According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams, and scheduling regular clinical breast exams and mammograms.

For more information and resources visit:

<https://www.cancer.org/cancer/breast-cancer.html>

<https://www.uclahealth.org/breasthealth/breast-cancer-awareness-month>

<https://www.nationalbreastcancer.org/early-detection-of-breast-cancer/>



PUMPKIN BUTTER CUPS

From: <https://eat-drink-love.com/pumpkin-butter-cups/>

INGREDIENTS:

- 2 1/2 cups dark or semi-sweet chocolate
- 1 cup smooth peanut butter or almond butter
- 1/2 cup pumpkin puree
- 1/4 teaspoon cinnamon
- 1/4 cup maple syrup or agave nectar
- muffin liners

DIRECTIONS:

- Line a muffin tin with liners and set aside. Add about 1 1/2 cups of the chocolate to a microwave-safe bowl and heat for 30 seconds. Stir and continue heating in 30-second increments until the chocolate is fully melted.
- Spoon about 2 teaspoons of the chocolate to a cavity and spread the chocolate along the bottom of the liner and slightly up the sides. Repeat with the remaining liners until all are filled. Chill for 5 minutes.
- While the chocolate is chilling, add the nut butter, pumpkin puree, cinnamon, and maple syrup to a mixing bowl and mix until well-combined.
- Remove the pan from the fridge. Spoon about 1 1/2 tablespoons of the pumpkin mixture evenly amongst each cup and push down lightly with a spoon so it mostly covers the bottom. Melt the remaining chocolate in a bowl. Then spoon or pour evenly on top of each cup, spreading to cover the pumpkin mixture. Lightly bang the pan on the counter three times. Chill or freeze for about 2 hours.
- Store in the fridge in an airtight container for up to 1 week or freeze.

NUTRITION INFORMATION:

YIELD: 12 SERVING SIZE: 1 CUP

AMOUNT PER SERVING: Calories: 279 Total fat: 18g
Saturated fat: 7g Trans-fat: 0g Cholesterol: 3mg Sodium: 5mg
Carbohydrates: 28g Fiber: 1.6g Sugar: 21g Protein: 7g