



Current Studies

Acute Low Back Pain

Degenerative Disc Disease

Knee Osteoarthritis

Ankle Osteoarthritis

Post-Surgical Nerve Pain

Gout

Hot Flash

Contraception



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Letter from the Director

New year, new beginnings, new adventures.

That is what we all tend to say around this year. Everyone is ready to start their New Year's resolutions. Others are trying to find out what new or innovative idea they will try for this upcoming year. No matter which one of these you fit in, we do have to face the fact that we will be entering a New Year.

“

Having a can-do attitude in the New Year.

”

Every year, I tend to always try and create a New Year's resolution that I will commit to. This time I am dedicated to making this happen. My New Year's resolution is to continue to build this healthy company. With my teams drive and dedication, I am more than certain that we will be able to advocate for patient safety, perform quality data and always strive for our core values.

Over the past 10 years in the medical field, I put so many obstacles in front of me. I always wondered how long I would be able to continue to jump those obstacles. I am so grateful to have been able to be a part of so many great projects. I look back at those years of service I contributed to the medical industry and am so grateful that I can bring all those skills together to continue to build this healthy company.

As the torch is passed over to me, I am humbled and more than a little nervous about the responsibility with which I have been entrusted. However, I have spent my entire healthcare career with a can-do attitude. Those three words of affirmation is what feeds into my dedication to continue building a healthy company. Follow me in these newsletters for this upcoming year to have the inside scoop of our clinic and how we operate as a team and to see how we collectively collaborate as a team to provide quality data to our sponsors all while ensuring patient safety.

Warm regards,

Victor

Did You Know?

The old Roman calendar had only ten months. January and February did not exist—the year started in March. Around the year 700 BC, the Roman king Numa Pompilius is said to have added the two winter months. January is named after Janus, the god of beginnings and transitions in Roman mythology. January is, on average, the coldest month of the year within most of the Northern Hemisphere and the warmest month of the year within most of the Southern Hemisphere.

<http://justfunfacts.com/interesting-facts-about-january/>



Awareness Month

According to the American Red Cross, winter is “one of the most difficult times of year to collect enough blood products to meet patient needs.” That’s because of, among other things, busy holiday schedules and bad weather often resulting in canceled blood drives. Furthermore, seasonal illnesses such as the flu force potential donors to forgo their blood donations.

That’s just one of the reasons that National Blood Donor Month, which has taken place each January since 1970, is such an important observance. Donating blood saves many lives and improves health for many people. According to the World Health Organization, “blood is the most precious gift that anyone can give to another person – the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components – red cells, platelets and plasma.”

Someone needs blood every few seconds in the United States. And more than 4.5 million Americans would die every year without lifesaving blood transfusions. National Blood Donor Month helps us remember these vital statistics.

For more information and resources visit:
<https://nationaltoday.com/national-blood-donor-month>



ENGLISH-MUFFIN BREAKFAST PIZZA

From: <https://www.foodnetwork.com/recipes/ellie-krieger/english-muffin-breakfast-pizza-recipe-1973030>

INGREDIENTS:

- 1 whole-wheat English muffin, split
- 1 small tomato, seeded and diced
- 1 teaspoon extra-virgin olive oil
- 1 thin slice (1/2 ounce) Canadian bacon, diced
- 1/4 cup shredded part-skim mozzarella cheese
- Chopped fresh basil, for garnish

DIRECTIONS:

- Preheat the oven to 450 degrees. Line a small baking sheet with foil.
- Place the English muffin halves cut-side up on the baking sheet. Top each with tomato and drizzle with the olive oil. Sprinkle the Canadian bacon over the tomatoes, then top with the mozzarella. Bake for 10 to 12 minutes, or until the cheese is melted and beginning to brown. Sprinkle with basil.

YIELD: 1 Serving