



## Current Studies

Acute Low Back Pain

Degenerative Disc Disease

Knee Osteoarthritis

Ankle Osteoarthritis

Post-Surgical Nerve Pain

Gout



**APPLY TO PARTICIPATE:**

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

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

## Letter from the Director

Top o the mornin' to ya! Welcome to our March newsletter, where we will be discussing the latest on our Knee Osteoarthritis study enrollment and celebrating St. Patrick's Day!

We are excited to announce that our knee osteoarthritis study is still open for enrollment.

Our study aims to evaluate the safety and efficacy of a new treatment for knee osteoarthritis.

If you or someone you know is suffering from knee osteoarthritis and would like to participate in this study, please do not hesitate to contact us for more information. Your participation can help us better understand and potentially treat this painful condition.

On another note, as we appreciate St. Patrick's Day, we would like to take this opportunity to celebrate with our participants and vendors. St. Patrick's Day is a day of Irish heritage and culture, and it's a time when people all over the world come together and celebrate. Don't forget to wear green and enjoy a nice green treat!

We wish you all a happy St. Patrick's Day and look forward to your participation in our clinical trials.

Warm regards,  
**Victor Capetillo**

“

May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go

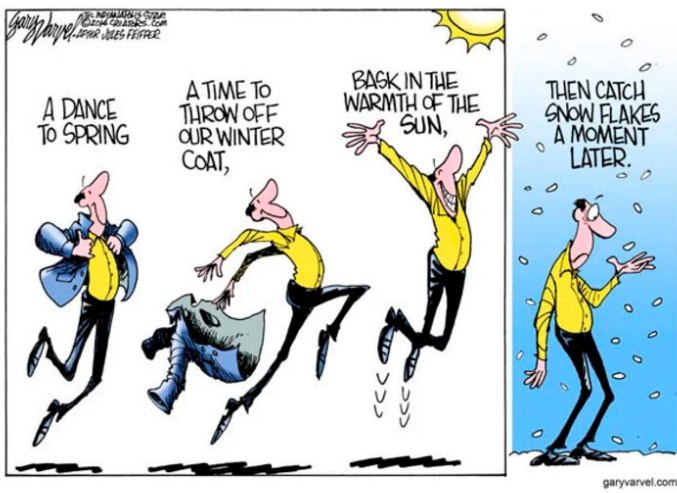
- Irish Blessing

”

## Did You Know?

March 14 marks Pi Day, an annual celebration of the mathematical sign pi. Founded in 1988 by physicist Larry Shaw, March 14 was selected because the numerical date (3.14) represents the first three digits of pi, and it also happens to be Albert Einstein's birthday. Mathematicians, scientists and teachers hope the holiday will help increase interest in math and science nationwide, through instruction, museum exhibitions, pie-eating (or throwing) contests and much more.

<https://www.history.com/news/where-did-pi-day-come-from>



## Awareness Month

Deep-Vein Thrombosis Awareness Month is observed in March to raise awareness. D.V.T. refers to a blood clot that forms in one or more veins deep inside a person's body. D.V.T. usually develops in the leg, but it can occur elsewhere. It blocks normal blood circulation in the body. Blood clots in the deep veins can break off and travel through the bloodstream and become lodged in one of the blood vessels in the lungs. Some D.V.T. symptoms can include swelling, pain, discoloration, and abnormally hot skin in the affected area. Almost half of D.V.T. cases have minimal symptoms. Some conditions such as muscle strain, skin inflection, and vein inflammation have similar symptoms, making it more difficult to diagnose.

D.V.T. below the knee usually doesn't lead to severe complications. Blood clots above the knee can break off and travel up the bloodstream. People with prior D.V.T., stroke, pregnancy, obesity, undergoing major surgery, over the age of 65, and those confined to long periods of immobility such as travel or bed rest are more at risk for deep-vein thrombosis than others.



## NO BAKE PEANUT BUTTER PIE

From:

<https://www.allrecipes.com/recipe/12181/no-bake-peanut-butter-pie/>

### INGREDIENTS:

- 1 (8 ounce) package cream cheese
- 1 ½ cups confectioners' sugar
- 1 cup peanut butter
- 1 cup milk
- 1 (16 ounce) package frozen whipped topping, thawed
- 2 (9 inch) prepared graham cracker crusts

### DIRECTIONS:

- Combine cream cheese and confectioners' sugar in a large bowl; beat with an electric mixer until smooth and creamy. Add peanut butter and milk; beat until smooth. Fold in whipped topping until well combined; spoon mixture evenly into graham cracker crusts.
- Cover and freeze until firm.

This recipe can be made with reduced-fat ingredients.

### NUTRITION FACTS: (per serving)

432 Calories, 28g Fat, 41g Carbs, 7g Protein