



Current Studies

Gout

Knee Osteoarthritis

Post-Surgical Nerve Pain

Ankle Osteoarthritis

Degenerative Disc Disease



APPLY TO PARTICIPATE:

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

www.InjuryCareResearch.com

Letter from the Director

We hope this newsletter finds you well as we welcome the month of May. As always, we are grateful for your continued support and interest in our clinical research site! .

We are excited to announce that we are currently enrolling patients with chronic low back pain for a new clinical trial. If you or someone you know is living with Degenerative Disc Disease (DDD) and would like to learn more about this opportunity, please contact our site for further information or visit our webpage for more information on this study. Your participation can help advance medical knowledge and improve the lives of those suffering from chronic low back pain or Degenerative Disc Disease.

In addition to our clinical trial, we would also like to acknowledge the upcoming special/memorable events. Let me start with Memorial Day. Memorial Day is a day to remember and honor the brave men and women who made the ultimate sacrifice while serving our country. It is a day to reflect on the sacrifices that these individuals and their families have made to protect our country and preserve our freedom. As we enjoy the long weekend and spend time with family and friends, let's not forget the true meaning of Memorial Day and take a moment to honor and remember those who have served our country with bravery and selflessness.

Mother's Day! This day honors mothers and mother figures in our lives. It is a time to celebrate the love, sacrifice, and hard work that mothers show us every day. Whether is our own mothers, grandmothers, aunts, or other mother figures. While we celebrate with our mothers, it's important to take a moment to remember those who have passed away. One way I remember my mother is to create a memorial or tribute in their honor, for example, I would light a candle and place a bouquet of flowers next to a family picture. However, one of the most important things I do in honor of my mother is to continue their legacy and live my life in a way that would make her proud. This Mother's Day let's take some time to remember and celebrate the mothers who are no longer with us and hold them close to our hearts.

As always, we appreciate your support and look forward to continuing our mission of advancing medical research for the betterment of all.

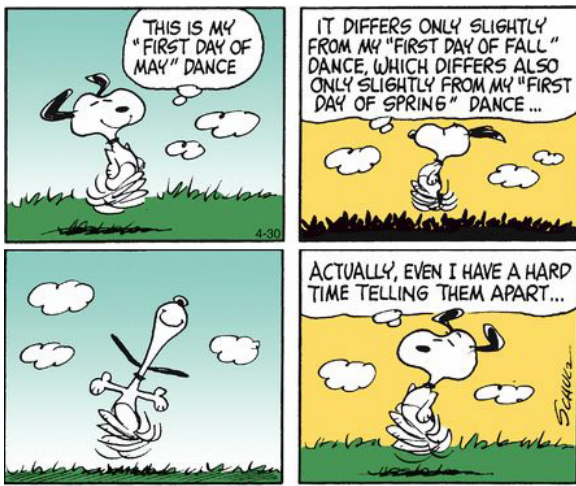
Warm regards,
Victor Capetillo

Did You Know?

Each year millions of Americans face the reality of living with a mental illness. May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many experience. Mental Health Awareness Month (or Mental Health Month) is recognized in the United States each May and has been observed every year since 1949.

<https://www.aha.org/mental-health-awareness-month>

“Honoring and remembering those who served our country with bravery and selflessness.”



Awareness Month

Back pain is one of most common reasons people see a doctor or miss days at work. It can range in intensity from a dull, constant ache to a sudden, sharp, or shooting pain. There are two types of back pain:

Acute (short-term) back pain lasts a few days to a few weeks. It usually resolves on its own within a few days with self-care and there is no long-term loss of function.

Chronic back pain is pain that continues for 12 weeks or longer, even after an initial injury or underlying cause of back pain has been treated.

Back pain can develop anywhere from the neck to the lower spine. The pain can be localized or spread across a wide area and radiate from a central point. The exact cause of pain may be difficult to identify because it can originate in soft tissue, bone, discs, or nerves. It can result from an injury, activity, and some medical conditions. It can affect people of any age and for different reasons. As people get older, the likelihood of developing lower back pain increases due to factors such as previous occupation and degenerative disk disease.

For more information and resources visit:
<https://www.medicalnewstoday.com/articles/172943#causes>



TERIYAKI CHICKEN

From: <https://www.cookingclassy.com/teriyaki-chicken/>

INGREDIENTS:

- 1 1/4 lbs. boneless skinless chicken breasts, diced into 1-inch cubes
- 1 Tbsp olive oil
- 1/4 cup low-sodium soy sauce
- 1/4 cup water*
- 2 Tbsp honey
- 1 1/2 Tbsp packed light brown sugar
- 1 Tbsp rice vinegar
- 1/4 tsp toasted sesame oil
- 2 tsp peeled and minced fresh ginger
- 2 tsp peeled and minced fresh garlic (2 cloves)
- 2 tsp cornstarch
- Sesame seeds and chopped green onions, for serving (optional)

DIRECTIONS:

- Heat olive oil in a 12-inch non-stick skillet over medium-high heat
- Add in chicken and let brown on bottom about 3-4 minutes then flip and continue to cook until center registers about 160 degrees, about 3 minutes longer.
- While chicken is cooking, in a small mixing bowl (or liquid measuring cup) whisk together soy sauce, water, honey, brown sugar, rice vinegar, sesame oil, ginger, garlic and cornstarch
- Stir the sauce in with the cooked chicken and continue to cook and toss until sauce has thickened, about 30-60 seconds longer.
- Serve warm garnished with green onions and sesame seeds if desired