



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

As we enter the month of June, we're excited for the summer season and all the outdoor activities it brings. Here are some of the things we're looking forward to in Boise, Idaho. Let us know if you will be doing some of these fun activities or take this time to share this with your loved ones to start planning.

Hiking: Boise has a great network of trails, from easy strolls to more challenging hikes. Some of my favorite spots are Camel's Back Park, Hulls Gulch Reserve, and Table Rock.

Biking: With over 180 miles of bike paths in Boise, it's a great way to explore the city and get some exercise. Check out the Boise River Greenbelt or the Ridge to Rivers trail system for some scenic routes.

Water Activities: The Boise River is a popular spot for tubing, kayaking, and paddleboarding. You can also visit Lucky Peak State Park for swimming, fishing, and boating.

Outdoor Concerts and Events: Boise has a lively arts and music scene, and many events are held outdoors during the summer. Keep an eye out for the Alive After Five concert at The Grove Plaza which is free to attend! We also cannot forget about the Boise Farmers Market!

In addition to enjoying the great outdoors, we're also continuing our efforts to advance our medicine through clinical trials. We're currently enrolling patients in trials for the mentioned studies on the side of this newsletter. Feel free to visit our webpage for more information on each study and to schedule a phone screen today!

Finally, we want to remind everyone to stay safe and healthy during the summer months. Wear sunscreen, stay hydrated, and take breaks in the shade if you are spending time outdoors.

Thank you for your continued support of our clinic, and we hope you have a wonderful summer season!

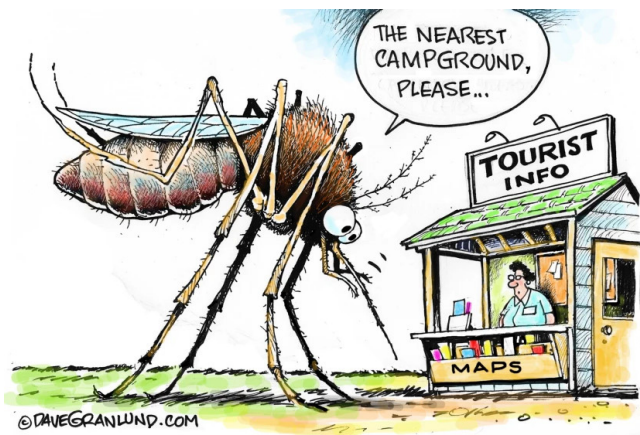
Warm regards,
Victor Capetillo

“
**Don't forget
sunscreen and
stay hydrated!**
”

Did You Know?

On June 19, 1865, enslaved African Americans in Texas were told they were free. Juneteenth, also called “Juneteenth Independence Day,” “Freedom Day,” “Jubilee Day,” “Black Independence Day,” or “Emancipation Day,” marks our country's second Independence Day. Although it has long been celebrated in the African American community, this monumental event remains largely unknown to most Americans. It was made a federal holiday in 2021.

<https://nmaahc.si.edu/explore/stories/historical-legacy-juneteenth>



Awareness Month

Alzheimer's and Brain Awareness Month is observed in June as an opportunity to spread the word about and discuss Alzheimer's disease and other dementias. Throughout the month, the Alzheimer's Association encourages people around the globe to support the movement by wearing purple and training their brains to fight the disease.

In 1906, German physician Alois Alzheimer described the case of Auguste Deter, a 50-year-old woman with profound memory loss. This was the first recorded case of Alzheimer's disease, although it was not called so then.

President Ronald Regan initiated the observance of Alzheimer's and Brain Awareness Month in 1983 to raise awareness about Alzheimer's and get people involved in the recognition of the diseases as well as the types of care required by someone suffering from it.

Alzheimer's and Brain Awareness Month is a way to propel research and find a cure for Alzheimer's disease. When more people come together, things are achieved faster.

For more information and resources visit:
<https://nationaltoday.com/alzheimers-brain-awareness-month/>



AVOCADO ALFREDO ZOODLES WITH CHICKEN + SUN DRIED TOMATOES

From: <https://cafedelites.com/avocado-alfredo-zoodles/>

INGREDIENTS:

- 4 medium-sized zucchini , spiralized

Avocado Alfredo Sauce:

- 2 large ripe avocados
- 2 cloves garlic
- 3/4 cup freshly grated parmesan cheese
- 1 1/2 cups skim milk (or almond milk to lower calorie count)
- Salt to season
- 1 tablespoons reserved sun dried tomato oil
- 1 teaspoon lemon juice (optional to prevent avocado browning)

Chicken:

- 1 tablespoon reserved sun dried tomato oil
- 500 g | 1 lb chicken breast fillets (or thighs), cubed
- 3/4 cup (150g | 5 oz) sun dried tomatoes in oil, drained and oil reserved
- Extra parmesan cheese to garnish
- Mixed Italian herbs to garnish (oregano, basil, parsley)
-- adjust to your tastes

DIRECTIONS:

- Prepare zoodles first with your zoodle maker (I use a Veggetti). Set aside.
- Combine the avocados, garlic, parmesan cheese, milk, salt to your tastes, oil and lemon juice in a food processor bowl. Process until smooth and creamy (about 2 minutes). Set aside.
- Add reserved oil to a preheated nonstick pan or skillet on medium heat. Fry chicken until sauté until beginning to change colour. Add sun dried tomatoes and fry together with the chicken until chicken is browned. Add the zoodles; mix through chicken and tomatoes; and allow to cook through for 3-5 minutes, or until just beginning to soften (don't leave them too long or a lot of water will be released from the zucchini). Pour the avocado sauce over the top and stir through until warmed.
- Serve with extra parmesan cheese and mixed herbs.

NUTRITION:

Calories: 403kcal Protein: 42g Fat: 26g Fiber: 8.5g
Carbohydrates: 16.5g