



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 in good health and high spirits. July is upon us, and we are excited to share the latest updates and opportunities happening at our research clinic. As we continue to strive for medical excellence, we are committed to keeping you informed about involved every step of the way.

We are thrilled to announce that our research clinic is currently enrolling participants for several groundbreaking clinical trials. These trials cover a wide range of medical fields, including knee osteoarthritis, gout, and degenerative disc disease. If you or someone you know is interested in participating, please contact our recruitment team for further information. Your involvement could make a significant impact on the lives of many.

Celebrating Independence Day on July 4th is a cherished tradition that fills the air with excitement and patriotic fervor. As we gather with family, friends, and fellow community members, we pay tribute to the values that define our nation. The vibrant fireworks display illuminates the night sky, painting it with brilliant colors, while parades march proudly through the streets, showcasing the rich tapestry of our diverse culture. It is time to reflect on the resilience, unity, and freedom that form the foundation of our great nation. So, as we come together to celebrate this Fourth of July, let us honor the past, embrace the present, and look forward to a future filled with hope and progress.

As always, we extend our heartfelt gratitude for your continued trust and participation in our research endeavors. Your dedication to advancing medical knowledge and improving healthcare is invaluable. If you have any questions, concerns or wish to inquire about our knee osteoarthritis study or any other ongoing trial listed on our website, please don't hesitate to contact our clinic. We are here to support you and provide the information you need.

Wishing you a month filled with health, joy, unforgettable experiences and a happy Fourth of July from our family to yours!

Warm regards,
Victor Capetillo



**Let us honor the past,
embrace the present,
and look forward to
the future!**



Did You Know?

July is National Picnic Month. Outdoor dining in one version or another has been around for ages. People have used picnics for everything from family gatherings to celebrations, to being a form of peaceful protest. The earliest known record of picnics by people is the outdoor meals served to medieval royal hunters. These early picnics were large fancy meals, and this trend continued through the Victorian Era, before eventually becoming a light repast with whatever a person could carry.

<https://nationaltoday.com/national-picnic-month/>



Awareness Month

WHAT IS MINDFULNESS?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

It helps you to be aware of thoughts and feelings. Yet you don't focus on them. Instead, mindful awareness helps you focus on the present and what is most important to you.

While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis. There's growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain

As you spend time practicing mindfulness, you'll probably find yourself feeling kinder, calmer, and more patient. These shifts in your experience are likely to generate changes in other parts of your life as well.

Mindfulness can help you become more playful, maximize your enjoyment of a long conversation with a friend over a cup of tea, then wind down for a relaxing night's sleep.

For more information and resources visit: <https://www.mindful.org/meditation/mindfulness-getting-started/>



STRAWBERRY SHORTCAKE ICEBOX CAKE

From: <https://iowagirleats.com/gluten-free-no-bake-strawberry-shortcake-icebox-cake/>

SERVES: 9

INGREDIENTS:

- 3 cups heavy whipping cream
- 1-1/2 teaspoons vanilla extract
- 1/4 cup + 2 Tablespoons powdered sugar
- 2, 6oz packages Enjoy Life Sugar Crisp Crunchy Cookies
- 1-1/2lbs strawberries, trimmed and sliced

DIRECTIONS:

- For the whipped cream: place the bowl and whisk attachment of an electric mixer, or a large glass bowl and the beaters if using a hand mixer, in the freezer to chill for at least 10 minutes. Add heavy whipping cream and vanilla to the chilled bowl then whip on low speed while gradually adding powdered sugar. Gradually increase the speed as the whipped cream thickens then whip until the cream can hold its shape but is not lumpy.
- Spread a thin layer of whipped cream into the bottom of an 8x8" baking dish. Layer in 9 the cookies, spread on another layer of whipped cream, then top with 1/3 of the strawberries. Repeat layers - cookies, whipped cream, and strawberries - two more times to create three layers total (you might have a little extra whipped cream at the end.) Cover dish with saran wrap then refrigerate overnight. When ready to serve, slice then serve.

TIPS:

Since the homemade whipped cream has no stabilizers, recommend keeping the icebox cake in the refrigerator when not serving.

You can use 2 tubs of Sodelicious coconut whipped topping, or your favorite DF whipped topping, as a dairy free "whipped cream" alternative.