



## Current Studies

Gout

Knee Osteoarthritis

Post-Surgical Nerve Pain

Ankle Osteoarthritis

Degenerative Disc Disease

Sciatica Pain **new**



**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

As we move forward into the heart of the summer, we have some exciting updates to share with you regarding our clinic and research studies!

We are thrilled to announce that our site is currently enrolling participants for a groundbreaking Sciatica Pain Study. This study aims to explore innovative treatments and interventions for individuals suffering from this debilitating condition. By taking part in this study, patients have the opportunity to contribute to medical advancements and find potential relief from sciatica pain. If you or anyone you know is interested in participating, please reach out to our research team for further information.

At Injury Care Family Care Research, we firmly believe in fostering an environment of positivity and continued growth. Our dedicated team of researchers, physicians, and staff members work tirelessly to ensure that every patient's journey toward wellness is met with care, compassion, and support. Your health and well-being are the heart of everything we do, and we are committed to enhancing our services and research endeavors continually.

We are delighted to share some inspiring success stories from patients who have been part of our research studies. Through your participation and trust, we have made significant strides in understanding and treating various medical conditions. These achievements motivate us to push the boundaries of medical knowledge further and make a positive impact on the lives of countless individuals.

We are grateful for your continued trust and support in our mission to advance healthcare through research. Your participation and dedication play a pivotal role in shaping the future of medical discoveries. If you have any questions, suggestions, or would like to learn more about our current studies, please do not hesitate to contact our team.

Warm regards,  
**Victor Capetillo**

“  
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”

## Did You Know?

National Sandwich Month is celebrated each year in August. The idea of having a filling between two pieces of bread was popularized in England by John Montagu, the 4th Earl of Sandwich. The Earl ordered his cook to prepare a meal he could eat with one hand while still playing during a major gambling match. The cook created a dish by placing sliced meat between two pieces of bread which could be eaten without utensils and held in one hand.

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



## Awareness Month

All of us have experienced grief in one way or another throughout our lives. National Grief Awareness Day takes place on August 30th each year, with the mission to educate people on grief and create space for loss. The day also offers resources for those experiencing grief and an opportunity to share stories of grief and let others know they are not alone.

Grief doesn't always entail the loss of a life. It can occur through life transitions, changes in identity, and both large and small traumas. You may be grieving a cancer diagnosis and an idea of what you thought your life would look like. Regardless, every type of grief is valid.

There are numerous ways to cope with loss and grief. You can find support through therapy and support groups. Be gentle and patient with yourself as you honor grief, and don't be afraid to ask for help from loved ones. Express yourself through hobbies, art or writing, and come up with ways to process and honor what you've lost.

For more information and resources visit: <https://caringhouse.org/news/national-grief-awareness-day>



## VEGAN CAESAR PASTA SALAD

From: <https://www.ambitiouskitchen.com/vegan-caesar-pasta-salad/>

**SERVES: 4**

### INGREDIENTS:

- 8 ounces rotini or bowtie pasta (or pasta of choice -- gluten free, if desired)
- 1 batch vegan caesar dressing
- 2 hearts romaine, chopped
- 1 firm but slightly ripe avocado, diced or sliced
- 1 ½ cups halved cherry or grape tomatoes
- 1 ½ cups roasted chickpeas -- we love the Biena ranch flavor or sea salt (regular, unroasted chickpeas is also fine, but roasted will have more flavor)\*
- Freshly ground salt and pepper, to taste

### DIRECTIONS:

- Boil the pasta according to directions on the package. Drain, then transfer to a large bowl.
- While pasta is cooking, you can make the vegan Caesar dressing. Once done, toss the dressing in the bowl with the cooked pasta until well combined.
- Next, add in the romaine, sliced avocado, halved tomatoes and roasted chickpeas; toss again until well combined. Add more salt and pepper to taste. Caesar salads usually need to have a decent amount of salt in order for the flavor to be spot on, so be generous with your salt and pepper!

SERVES	PREP TIME	COOK TIME	TOTAL TIME
4	15 MINS	10 MINS	25 MINS