



## Current Studies

Gout

Knee Osteoarthritis

Post-Surgical Nerve Pain

Ankle Osteoarthritis

Degenerative Disc Disease

Sciatica Pain



**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

We're excited to bring you the latest updates from Injury Care Family Care Research, your dedicated Clinical Research site right here in Boise, Idaho. As fall approaches and the weather begins to change, we continue our mission of advancing medical knowledge and improving lives through cutting-edge research. In this month's newsletter, I am thrilled to share information about our ongoing studies and add a sprinkle of September cheer to kick start this month on a positive note and on the right foot.

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**Let us honor the labor that shapes our world and find inspiration!**

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Our commitment to enhancing healthcare hasn't stopped! We're actively enrolling participants for our Knee Osteoarthritis, Chronic Low Back Pain, and Gout studies. These studies pave the way for innovative treatment that could transform the lives of individuals living with these conditions. If you or someone you know is interested in participating, reach out to us today to see if you qualify for one of our studies by completing a phone screening questionnaire.

As we drive into September, one of the first things that comes to mind is Labor Day! This well-deserved holiday honors the contribution of workers and the labor movement. Did you know that the first Labor Day parade was held in New York City in 1882, and it was attended by over 10,000 workers? It eventually led to the creation of a national holiday dedicated to the hardworking individuals who make our communities thrive. As we celebrate this day, let us honor the labor that shapes our world and find inspiration in the collective efforts that lead to a brighter tomorrow!

We're humbled by the stories of progress we encounter every day. Our research not only contributes to scientific advancement but also touches lives. If you or a loved one have been part of our studies and experienced positive changes, we'd love to hear from you. Your journey could inspire others to explore new possibilities for their health. Visit our Google review page or email the Site Manager Victor Capetillo.

Stay connected with Injury Care Family Care Research by following us on social media like Instagram, Facebook and visiting our website for the latest updates, success stories and opportunities to get involved. Your support fuels our passion for driving medical breakthroughs right here in Boise!

Warm regards,  
**Victor Capetillo**

## Did You Know?

National Suicide Prevention Week, which begins on September 10 and ends on September 16 this year, is an annual campaign observed in the United States to educate and inform the general public about suicide prevention and to warn about rising suicide rates. It also aims to reduce the stigma surrounding suicide and encourage the pursuit of mental health assistance because going to therapy should be as normalized as going to the gym.

<https://nationaltoday.com/suicide-prevention-week/>



## Awareness Month

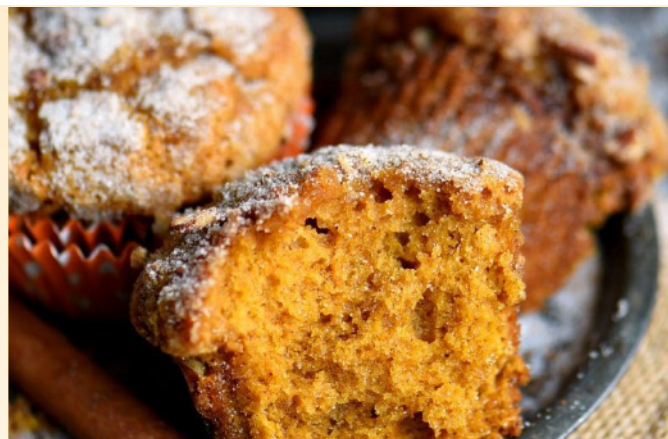
Gout is a form of arthritis caused by too much uric acid build-up in your body. Gout often causes sudden pain and swelling in one joint, often the big toe or other joints in the feet. Uric acid is a natural substance that's in your blood. Your kidneys filter uric acid, but if levels get too high or the kidneys can't remove enough of it, urate crystals can form and settle into a joint, causing pain, swelling, and redness.

Gout affects men more often than women. Foods rich in purines, high alcohol intake, and drugs like immunosuppressants and diuretics can raise your risk of gout.

Gout's main symptoms are sudden, intense pain and swelling in one or two joints. Severe attacks are typically followed by periods of no symptoms. Urate crystals can form tophi, or swollen growths, under the skin, often located over a joint or on the outer ear and can damage the joints over time.

A rheumatologist can diagnose gout. Diagnosis is based on history and exam findings and laboratory tests. Blood tests can measure uric acid, although high levels don't always mean you have gout. Some people with gout may have low uric acid levels at times, even during flares.

For more information and resources visit:  
<https://rheumatology.org/patients/gout>



## CINNAMON SUGAR PUMPKIN MUFFINS

From: <https://www.momontimeout.com/cinnamon-sugar-pumpkin-muffins/>

### INGREDIENTS:

- 2 3/4 cups all-purpose flour
- 1 tsp salt
- 1 tsp ground cinnamon
- 1 tsp baking soda
- 2 cups sugar
- 2/3 cup brown sugar
- 3 eggs
- 15 oz pumpkin 1 can
- 3/4 cup coconut oil
- 1/4 cup milk or almond milk
- 1 tsp vanilla extract
- Cinnamon Sugar Topping
- 2/3 cups sugar
- 2/3 cup chopped pecans
- 1 tsp ground cinnamon OR pumpkin pie spice

### DIRECTIONS:

1. Preheat oven to 350°F.
2. Line two muffin pans with muffin liners (24 total) and set aside.
3. Combine flour, salt, 1 teaspoon of cinnamon and baking soda in a medium bowl and whisk to combine. Set aside.
4. In a large bowl, combine sugar, brown sugar, eggs, pumpkin, coconut oil, almondmilk, and vanilla extract. Whisk to combine.
5. Slowly fold dry mixture into wet mixture just until combined.
6. Use an ice cream scoop to fill muffin liners about three-quarters full.
7. Cinnamon Sugar Topping
8. Combine sugar, pecans, and cinnamon in small bowl. Stir.
9. Sprinkle a teaspoon or more of the topping on top of the muffins.
10. Bake for 25 minutes or until an inserted toothpick comes out clean. Let cool for 10 minutes in muffin pan before removing to a cooling rack.