



Current Studies

Gout

Knee 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

Letter from the Director

Greetings, fearless volunteers and curious readers.

As the leaves fall and the nights grow longer, something eerie is happening at our Clinical Research Site in Boise, Idaho. But fear not, for this October, Our clinical studies are both exciting and intriguing, and we've got some thrilling events to share!

If you've ever felt like your back was playing a spooky trick on you, you're not alone! We're still enrolling participants for our chronic low back pain study. Join us in uncovering the secrets of pain relief! Feel free to reach out to our recruitment specialist for more information on scheduling your first screening appointment.

We would also like to continue with the Halloween spirit and encourage you to dress up in your spookiest costumes when visiting us at your scheduled screening visit! Expect treats, no tricks! As you revel in Halloween celebrations, remember to lift those heavy candy bags with care! Avoid turning your Halloween into a horror story by watching your back. If you do find yourself in this situation don't forget to give us call!

Boise sure does know how to put the "boo" in October! Here are some thrilling events you won't want to miss!

WCA Witches Night Out at The Village 18 October - The last call will be performing at Witches Night Out an event to benefit Women and Children's Alliance. There will be survivor stories, prize drawings, costume contests, lots of rock 'n' roll and dancing!

Witches and Warlocks Paddleout 08 October - Join Boise's 5th annual Witches and Warlocks Paddleout 2023 at Quinn's Pond, Boise Idaho.

Boo at the Zoo 28 & 29 October - Join the Boise Zoo with this spectacular event. There will be trick-or-treat candy stations, costume contests for all ages, vendors, face painting, and much more!

To become part of our spine-tingling research or enroll in the chronic low back pain study, reach out to us today! Our team is dedicated to ensuring a seamless, ghost-free experience. Injury Care and Family Care Research wishes you a fang-tastic October filled with laughter, research adventures, and a spooktacular Halloween!

Warm regards,
Victor Capetillo

Did You Know?

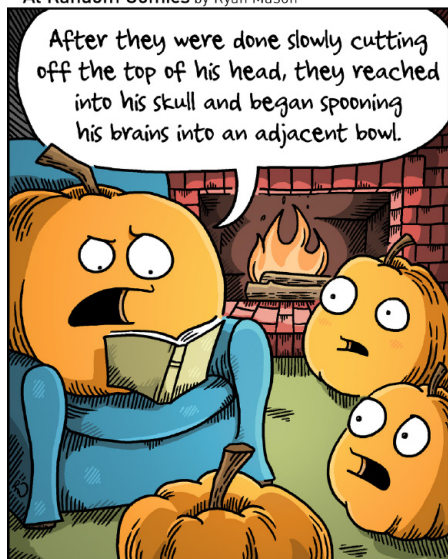
Some locations in the United States honor Native American culture on the second Monday in October with a holiday called Indigenous Peoples' Day. Since the late 1980s, this day has been celebrated instead of or alongside Columbus Day. The purpose of Indigenous Peoples' Day is not to erase Columbus Day from history, but rather to recognize, honor, and celebrate the Native American cultures and people who have inhabited the Americas since long before European explorers arrived.

<https://www.almanac.com/content/columbus-day>

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Is your back playing a spooky trick on you, you're not alone!

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Awareness Month

Everybody can have difficulty sitting still, paying attention, or controlling impulsive behavior occasionally. For some people, however, the problems are so common and persistent that they interfere with every aspect of their life: home, academic, social, and work.

Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder affecting 11 percent of school-age children. Symptoms continue into adulthood in more than three-quarters of cases. ADHD is characterized by developmentally inappropriate levels of inattention, impulsivity, and hyperactivity.

Individuals with ADHD can be very successful in life. However, without identification and proper treatment, ADHD may have serious consequences, including school failure, family stress and disruption, depression, problems with relationships, substance abuse, delinquency, accidental injuries, and job failure. Early identification and treatment are extremely important.

ADHD is clearly a brain-based disorder. Currently research is underway to better define the areas and pathways that are involved.

For more information and resources visit:
<https://chadd.org/about-adhd/overview/>



PUMPKIN PECAN COBBLER

From: <https://laurenslatest.com/pumpkin-pecan-cobbler/>

INGREDIENTS:

For the Cobbler

- 1 cup + 3 tablespoons all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup granulated sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cloves
- 1/2 cup pumpkin puree
- 1/4 cup milk
- 1/4 cup melted butter or vegetable oil
- 1 1/2 teaspoons vanilla

For the Topping

- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1/4 cup chopped pecans
- 1 1/2 cups very hot water

DIRECTIONS:

1. Preheat oven to 350°F.
2. In a medium sized bowl, stir together flour, baking powder, salt, sugar and spices. Set aside.
3. In a smaller bowl, stir pumpkin, milk, melted butter and vanilla together to combine. Pour wet ingredients into dry ingredients and mix to create a thick batter. Pour into a small 8-inch casserole dish with high sides.
4. In a separate bowl, stir sugar, brown sugar, and pecans together. Spread over the top of the batter evenly. Pour hot water over the entire thing {WITHOUT STIRRING A THING!} and bake for 40 minutes or once the middle is set. {Be sure to place on a baking sheet in case it bubbles over.} Cool 5-10 minutes before serving. Serve with more pecans and vanilla ice cream.