



Current Studies

Gout

Knee 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

Greetings from the heart of clinical research in Boise, Idaho! As the leaves turn golden and the crisp autumn air fills our city, we are thrilled to bring you the latest updates, discoveries, and initiatives from our vibrant Clinical Research Site.

We are thrilled to announce that we are actively enrolling participants for our ongoing Gout Clinical Study. If you or someone you know is living with gout, this trial presents a unique opportunity to contribute to medical research and potentially access cutting-edge treatments. Gout is a painful debilitating condition, and your participation can make a significant difference. Did you know that gout was once charmingly known as the “Disease of Kings” or the “Rich Mans’s Disease”? It gained this regal reputation because it seemed to favor those who could indulge in huge feasts filled with delights like juicy red meats, delectable seafood, and fine wines. Gout, you see, arises when tiny crystals form in the joints due to excess uric acid, often brought on by indulging in such lavish treats.

On another note, Thanksgiving is a time for reflection, gratitude, and coming together with loved ones. This year, we want to take a moment and express our heartfelt thanks to each and every one of you who have subscribed to our newsletters! Your support, trust, and participation in our research efforts mean the world to us!

As we gather with family and friends to celebrate, let us not forget the importance of gratitude. Whether it's for the progress we've made in clinical research, the patients who entrust us with their care, or the broader community we serve, your contributions make a difference every day. Around this time of year, I'm reminded of the heartfelt phone call from my mother, her excitement as she anticipated the approaching Thanksgiving holiday. It was a time when her messages would fill my inbox, detailing the grand menu for our Thanksgiving feast. For her, the essence of Thanksgiving lay in that cherished moment when we all gathered around the table as a united family. It's a beautiful reminder of the profound significance that sharing a meal holds in our lives and the heartfelt gratitude we share for being able to gather around the table as a loving family.

Injury Care and Family Care Research is wishing you a Thanksgiving filled with warmth, good food, and cherished moments with loved ones. May your hearts be full of gratitude and your spirits uplifted this holiday season!

Warm regards,

Victor

Did You Know?

Veterans Day is a time for us to pay our respects to those who have served. When first celebrated as Armistice Day, the day marked the end of World War I, formally recognized on the “11th hour, of the 11th day, of the 11th month” in 1918. Today we continue to celebrate the day as Veterans Day, still recognizing the original tie with November 11. That means Veterans Day is on the same day every year -- November 11 -- regardless of on which day of the week it falls.

<https://www.military.com/veterans-day>

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As we gather around the table, let's be grateful for the moments we share and the love that binds us

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Awareness Month

The word "epilepsy" simply means the same thing as "seizure disorders." Seizures involve sudden, temporary, bursts of electrical activity in the brain that change or disrupt the way messages are sent between brain cells. These electrical bursts can cause involuntary changes in body movement or function, sensation, behavior, or awareness.

Every brain has the potential to seize. A person with epilepsy has a lower seizure threshold - this means they are more likely to have seizures than people without epilepsy.

The correct seizure first aid is simple: Stay. Safe. Side. STAY with the person and start timing the seizure. Keep the person SAFE. Turn the person onto their SIDE if they are not awake and aware. Do NOT put anything in their mouth. Do NOT restrain. Stay with them until they are awake and alert after the seizure. Call 911 if the seizure lasts longer than 5 minutes; repeated seizures; difficulty breathing; seizure occurs in water; person is injured, pregnant or sick; person does not return to their usual state, first time seizure; or the person asks for medical help.

For more information and resources visit:
<https://www.epilepsy.com/what-is-epilepsy>



BUTTER PECAN COOKIE BARS WITH PENUCHE DRIZZLE

From: <https://www.tasteofhome.com/recipes/butter-pecan-cookie-bars-with-penuche-drizzle/>

INGREDIENTS:

- 2 cups packed dark brown sugar
- 1/2 cup butter, melted
- 2 large eggs, room temperature
- 1 tablespoon vanilla extract
- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1 cup chopped pecans, divided

ICING:

- 3 tablespoons butter
- 1/4 cup packed dark brown sugar
- 1 tablespoon 2% milk
- 1/2 cup confectioners' sugar

DIRECTIONS:

1. Preheat oven to 350°. In a large bowl, beat brown sugar and butter until blended. Beat in eggs, then vanilla. In another bowl, whisk flour and salt; gradually beat into sugar mixture. Stir in 3/4 cup pecans. Pour into a greased 13x9-in. Baking pan; sprinkle with remaining 1/4 cup pecans. Bake until a toothpick inserted in center comes out clean (do not overbake). Cool completely in pan on a wire rack.
2. For icing, in a small saucepan, melt butter over low heat. Stir in brown sugar; cook and stir 30 seconds. Add milk; cook and stir 30 seconds. Remove from heat; whisk in confectioners' sugar until smooth. Immediately drizzle over bars; let stand until set. Cut into bars.

NUTRITION FACTS:

1 bar: 212 calories, 9g fat (4g saturated fat), 103mg sodium, 30mg cholesterol, 32g carbohydrate (23g sugars, 1g fiber), 2g protein.