



Current Studies

Gout

Knee Osteoarthritis

Sciatica Pain

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

As we approach the end of the year, we're excited to share our December edition of the Injury Care and Family Care Research Newsletter! This newsletter celebrates our achievements, offers insights into clinical research in our community, and pays tribute to the upcoming holiday season!

Throughout this year, our dedicated team has tirelessly pursued excellence in Injury Care and Family Care Research clinical trials. We've made

remarkable strides, thanks to the collective efforts and commitment of every member of our team. Together, we've achieved milestones and contributed significantly to advancing our medical industry. Celynn, Liam, Serena, Bridget, and Jill this one goes to you! Thank you for all the hard work you have done this past year. To include our Principal Investigators and sub-investigators, we thank you all for the dedication and impact you've made with Injury Care and Family Care Research.

As we wind down 2023, we're gearing up to kick-start 2024 with renewed energy and enthusiasm. Our team has laid the groundwork for groundbreaking clinical research that will further enhance our sites capabilities.

Amidst our reflections and plans for the future, we're actively enrolling participants for our Knee osteoarthritis studies. Your participation in these studies will play a pivotal role in shaping the future of knee OA treatment. Reach out to our team to see how you can get involved.

This time of year holds a special significance for many of us, especially as we reminisce about cherished memories. Among those memories, I fondly recall the infectious spirit of my mom, a beloved individual whose love for Christmas was truly inspiring. Her enthusiasm for the holiday season was out of this world. She lit up the room with her smile and warmth, decorating it with twinkling lights and sharing stories of holiday traditions that touched our hearts. Her joy was contagious and made every Christmas a magical experience for my siblings and I. In her honor let's take a moment to reflect on the magic of Christmas and the importance of spreading love with your family and friends.

Thank you for being an essential part of our journey. Wishing you and your loved ones a Christmas filled with love, peace, and cherished moments.

Warm regards,
Victor Capetillo

Did You Know?

By participating in clinical research, you can help scientists develop new medications and other strategies to treat and prevent disease. Many effective treatments that are used today, such as chemotherapy, cholesterol-lowering drugs, vaccines, and cognitive-behavioral therapy, would not exist without research participants. Whether you're healthy or have a medical condition, people of all ages and backgrounds can participate in clinical trials.

<https://www.nia.nih.gov/health/what-are-clinical-trials-and-studies>

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Warmest wishes for a joyous Christmas filled with love, laughter, and cherished moments with those you hold dear

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Awareness Month

International Day of Persons with Disabilities on December 3 lets us focus on challenges faced by people living with disabilities. The day doesn't discriminate between mental and physical disabilities, and the spirit of the day is to ensure that all people in the world have equal opportunities for work, play, health, and success. People with disabilities can be and very often are contributing and valued members of society, and today is all about appreciating them.

People living with disabilities sometimes feel invisible in our society. People rush around them in their daily routines, barely noticing them. Sometimes just delivering medication, dropping off the mail, or picking up a few things at the grocery – simple tasks for you – will make a world of difference to someone living with a disability.

IDPWD is one day on the international calendar, yet it symbolizes the actions we should take every day, to create diverse and accepting communities. To look towards the future and the creation of a world where a person is not characterized by their disabilities, but by their abilities.

For more information and resources visit:
<https://idpwd.org/about/>



RED VELVET CANDY CANE FUDGE

From: <https://www.tasteofhome.com/recipes/red-velvet-candy-cane-fudge/>

INGREDIENTS:

- 1 teaspoon butter
- 2 packages (12 ounces each) white baking chips, divided
- 2/3 cup semisweet chocolate chips
- 3 teaspoons shortening, divided
- 1 can (14 ounces) sweetened condensed milk
- 1-1/2 teaspoons red paste food coloring
- 4 cups confectioners' sugar, divided
- 6 ounces cream cheese, softened
- 1 teaspoon vanilla extract
- 1/4 teaspoon peppermint extract
- 3 tablespoons crushed peppermint candies

DIRECTIONS:

1. Line a 13x9-in. pan with foil; grease foil with butter.
2. In a large microwave-safe bowl, combine 3-1/4 cups white baking chips, the chocolate chips and 2 teaspoons shortening. Microwave, uncovered, on high 1 minute; stir. Microwave at additional 15-second intervals, stirring until smooth. Stir in milk and food coloring; gradually add 1 cup confectioners' sugar. Spread into prepared pan.
3. In another large microwave-safe bowl, melt remaining white baking chips and shortening; stir until smooth. Beat in cream cheese and extracts. Gradually beat in remaining confectioners' sugar until smooth. Spread over red layer; sprinkle with crushed candies. Refrigerate for 2 hours or until firm.
4. Using foil, lift fudge out of pan. Remove foil; cut fudge into 1-in. squares. Store between layers of waxed paper in an airtight container.

NUTRITION FACTS

1 piece: 70 calories, 3g fat (2g saturated fat), 15mg sodium
4mg cholesterol, 10g carbohydrate (10g sugars, 0 fiber),
1g protein.