



Current Studies

Gout

Knee Osteoarthritis

Degenerative Disc Disease

Sciatica Pain

Glaucoma



APPLY TO PARTICIPATE:

Call 208-621-2503,
scan the QR Code, or head to
our website.

www.InjuryCareResearch.com

Letter from the Director

Happy New Year! As we step into 2024, I am honored to share our exciting developments and plans for our research endeavors aimed at advancing our medicine. This newsletter highlights our commitment to this upcoming year with exciting new opportunities and participation from our community.



New year, new health horizons ahead.



I'm pleased to announce that our team has commenced enrollment for our comprehensive sciatica pain study. This study holds promise in investigating innovative approaches to address the challenges posed by sciatica, a condition impacting the daily lives of many. Your participation or referrals to individuals experiencing sciatica would greatly contribute to advancing our understanding and treatment of this debilitating condition.

Looking ahead, our clinical research site is gearing up for an exciting year. We're enthusiastic about expanding our focus to include a broader spectrum of indications. This strategic initiative aims to diversify our research site, allowing us to explore novel treatments and interventions across various health concerns affecting our community.

I invite you to join us in this journey toward advancements at Injury Care and Family Care Research. Whether it's participation in our studies, spreading awareness, or simply staying informed about our ongoing projects, your engagement plays a pivotal role in our collective pursuit of better health outcomes.

We wish you and your loved ones a Happy New Year filled with many cherished moments.

Warm regards,
Victor Capetillo

Did You Know?

Martin Luther King Day is observed every year on the third Monday of January – on January 15 this year. King was an influential civil rights leader – best known for his work on racial equality and ending racial segregation in the United States. MLK Day of Service is intended to empower individuals, strengthen communities, bridge barriers, create solutions to social problems, and move us closer to Dr. King's vision of a "Beloved Community."

<https://nationaltoday.com/martin-luther-king-day/>



Awareness Month

More than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called “the sneak thief of sight” since there are no symptoms and once vision is lost, it’s permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 3 million Americans, and 80 million people worldwide, have glaucoma. Experts estimate that half of them don’t know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don’t raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

For more information and resources visit:
<https://glaucoma.org/january-is-glaucoma-awareness-month/>



BEEF NOODLE SOUP

From: <https://www.tasteofhome.com/recipes/beef-noodle-soup/>

INGREDIENTS:

- 1 pound ground beef
- 1/2 cup chopped onion
- 2 cans (14-1/2 ounces each) Italian stewed tomatoes
- 2 cans (10-1/2 ounces each) beef broth
- 2 cups frozen mixed vegetables or 1 can (15 ounces) mixed vegetables
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup uncooked medium egg noodles

DIRECTIONS:

- In a Dutch oven, cook beef and onion over medium heat until meat is no longer pink, 5-7 minutes, crumbling beef; drain. Add the tomatoes, broth, vegetables, and seasonings. Bring to a boil; add noodles. Reduce heat to medium-low; cover and cook until noodles are tender, 10-15 minutes.

NUTRITION FACTS:

1 CUP: 144 calories, 5g fat (2g saturated fat), 32mg cholesterol, 804mg sodium, 12g protein, 11g carbohydrate (5g sugars, 2g fiber),