



Current Studies

Degenerative Disc Disease

Gout

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

Welcome to the February edition of our newsletters! We have some exciting news! We are actively enrolling participants for our Chronic Low Back Pain and Sciatica Pain Clinical Research studies. If you or someone you know is interested in participating, please visit our website at injurycareresearch.com and explore the details on our Current Studies page. Your involvement could contribute to advancements in pain management and improve the lives of many.

In spirit of love and connection, we extend our warmest wishes for a happy Valentine's Day. Take a moment to cherish your loved ones and prioritize self-care. At Injury Care and Family Care Research, we believe that a healthy heart is essential for overall well-being.

We want to express our heartfelt gratitude for being a valued part of the Injury Care and Family Care Research community. As we celebrate Valentine's Day, let's remember the importance of love, connection, and self-care. In the midst of this cold weather, may you find warmth in the embrace of your loved ones and take moments to nurture your well-being. We appreciate your ongoing support, and we look forward to continuing our journey together toward a healthier and happier community.

Warm regards,
Victor Capetillo



Warm Valentine's wishes! In this chilly weather, find joy and healing love. From all of us at Injury Care and Family Care Research.



Did You Know?

The extra Leap Day is added to the calendar every four years so that our calendar stays synchronized with the astronomical seasons. If our calendar had the same amount of days every year, the calendar would eventually drift away from the events it is supposed to track and coincide with. The extra day corrects this discrepancy between the dating system and the solar system. Leap years have 366 days instead of the usual 365 days and occur almost every four years. Yes, 2024 is a leap year. The 2024 leap day will fall on February 29, 2024. The next one is February 29, 2028.

<https://www.calendarr.com/united-states/leap-year/>



Awareness Month

FEBRUARY IS NATIONAL CANCER PREVENTION MONTH

According to the American Institute for Cancer Research, about 50% of the most common U.S. cancer cases are preventable. There are many things that we can do to dramatically reduce our risk of certain cancers like taking steps to quit smoking, maintaining a healthy weight, exercising regularly, protecting our skin, and getting vaccinated against viruses that cause certain cancers.

In the United States, important strides in reducing the impact of cancer have come through valuable public education efforts and policy changes. Take, for instance, the significant decrease in adult cigarette smoking rates, which dropped by more than half from 1965 to 2017 due to these initiatives. However, despite this progress, three out of every 10 cancer deaths are still linked to smoking. Even today, lung cancer remains the primary cause of cancer-related deaths among both men and women.

Knowing what you need to do and making small, consistent changes to the lives of you and your loved ones can help you avoid preventable cancers.

For more information and resources visit: <https://www.aacr.org/patients-caregivers/awareness-months/national-cancer-prevention-month/>



SHRIMP AND MUSHROOM LINGUINI WITH CREAMY CHEESE HERB SAUCE

From: <https://www.allrecipes.com/recipe/11798/shrimp-and-mushroom-linguini-with-creamy-cheese-herb-sauce/>

INGREDIENTS:

- 1 (8 ounce) package linguini pasta
- 2 tablespoons butter
- ½ pound fresh mushrooms, sliced
- ½ cup butter
- 2 cloves garlic, minced
- 1 (3 ounce) package cream cheese
- 2 tablespoons chopped fresh parsley
- ¼ teaspoon dried basil
- ⅔ cup boiling water
- ½ pound cooked shrimp

DIRECTIONS:

- Step 1
Bring a large pot of lightly salted water to a boil. Add linguini and cook until tender, about 7 minutes. Drain.
- Step 2
Meanwhile, heat 2 tablespoons butter in a large skillet over medium-high heat. Add mushrooms; cook and stir until tender. Transfer to a plate.
- Step 3
In the same pan, melt 1/2 cup butter with the minced garlic. Stir in the cream cheese, breaking it up with a spoon as it melts. Stir in the parsley and basil. Simmer for 5 minutes. Mix in boiling water until sauce is smooth. Stir in cooked shrimp and mushrooms, heat sauce through.
- Step 4
Toss linguini with shrimp sauce and serve.

NUTRITION FACTS:

Calories 601, Fat 38g, Carbs 44g, Protein 23g