



Current Studies

Gout

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

Warm greetings from Injury Care and Family Care Research as the days grow longer and the promise of spring fills the air, we're excited to share updates and insights with you in this month's newsletter,

I'm thrilled to witness the positive impact our clinical research studies have on the health and well-being of our community and within our

clinic. Our Gout Clinical Research study is in full swing, and we're actively seeking participants to join this important endeavor. If you or someone you know is living with gout and interested in contributing to the development of new treatment options, we encourage you to reach out to our clinic.

In the spirit of St. Patrick's Day, we encourage you to embrace the festive atmosphere and celebrate the rich culture heritage of Boise. Whether it's attending the YMCS's St. Patrick's Day River Dash and Leprechaun Loop or heading over to the St. Patrick's Day Party event hosted by High Desert Harley Davidson, there's no shortage of ways to join in the festivities and spread luck of the Irish throughout our community.

As we transition into spring, it's essential to prioritize your health and well-being. Take advantage of the longer daylight hours by incorporating outdoor activities into your daily routine, such as walking, hiking, or gardening. Remember to nourish your body with nutritious foods, stay hydrated, and get plenty of rest to support your overall health and vitality.

Wishing you a joyful St. Patrick's Day and a season filled with blessings, prosperity, and good health.

Warm regards,
Victor Capetillo



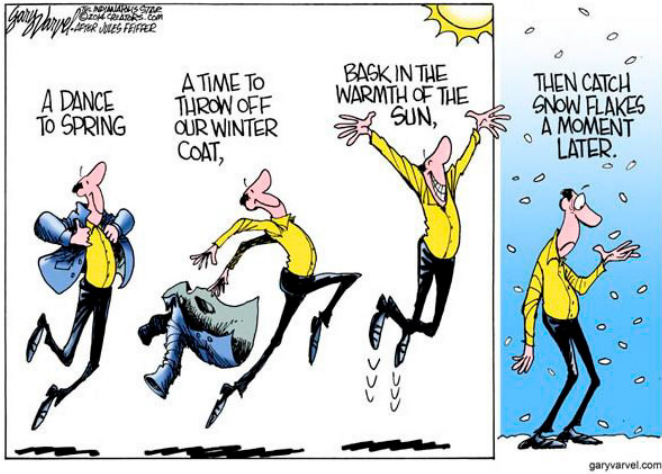
May the luck of the Irish dance joyfully in your heart



Did You Know?

March 14 marks Pi Day, an annual celebration of the mathematical sign pi. Founded in 1988 by physicist Larry Shaw, March 14 was selected because the numerical date (3.14) represents the first three digits of pi, and it also happens to be Albert Einstein's birthday. Mathematicians, scientists and teachers hope the holiday will help increase interest in math and science nationwide, through instruction, museum exhibitions, pie-eating (or throwing) contests and much more.

<https://www.history.com/news/where-did-pi-day-come-from>



Awareness Month

Deep-Vein Thrombosis Awareness Month is observed in March to raise awareness. D.V.T. refers to a blood clot that forms in one or more veins deep inside a person's body. D.V.T. usually develops in the leg, but it can occur elsewhere. It blocks normal blood circulation in the body. Blood clots in the deep veins can break off and travel through the bloodstream and become lodged in one of the blood vessels in the lungs. Some D.V.T. symptoms can include swelling, pain, discoloration, and abnormally hot skin in the affected area. Almost half of D.V.T. cases have minimal symptoms. Some conditions such as muscle strain, skin inflection, and vein inflammation have similar symptoms, making it more difficult to diagnose.

D.V.T. below the knee usually doesn't lead to severe complications. Blood clots above the knee can break off and travel up the bloodstream. People with prior D.V.T., stroke, pregnancy, obesity, undergoing major surgery, over the age of 65, and those confined to long periods of immobility such as travel or bed rest are more at risk for deep-vein thrombosis than others.

For more information and resources visit:
<https://nationaltoday.com/deep-vein-thrombosis-dvt-awareness-month>



NO BAKE PEANUT BUTTER PIE

From: <https://www.allrecipes.com/recipe/12181/no-bake-peanut-butter-pie/>

INGREDIENTS:

- 1 (8 ounce) package cream cheese
- 1 ½ cups confectioners' sugar
- 1 cup peanut butter
- 1 cup milk
- 1 (16 ounce) package frozen whipped topping, thawed
- 2 (9 inch) prepared graham cracker crusts

DIRECTIONS:

- Step 1
Combine cream cheese and confectioners' sugar in a large bowl; beat with an electric mixer until smooth and creamy. Add peanut butter and milk; beat until smooth. Fold in whipped topping until well combined; spoon mixture evenly into graham cracker crusts.
- Step 2
Cover and freeze until firm.

This recipe can be made with reduced-fat ingredients.

NUTRITION FACTS: (Per Serving)

432 Calories, 28g Fat, 41g Carbs, 7g Protein