



## 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](http://www.InjuryCareResearch.com)

## Letter from the Director

Dear Readers,

Welcome to the April edition of our newsletter, dedicated to keeping you informed about the latest updates offered at our clinical research site! As spring unfolds, we're excited to share some informative content alongside recommendations for fun activities to enjoy here in our beautiful city!

We are actively enrolling participants for our study on chronic low back pain. If you or someone you know is suffering from this condition, we invite you to visit our website which is located on the bottom left hand side of this newsletter for more information on how to participate and contribute to the advancement of medical science.

Boise, Idaho is buzzing with activity this April! Here are some exciting events and activities you won't want to miss!

**Boise Farmers Market:** Kicks off the first weekend of April if the weather permits! Don't forget to head over to their website for more information.

**Hiking and nature trails:** Its prime time to hit the trails and soak in the splendid weather! Explore some of my favorites like Table Rock Trail, Freddys Stack Rock Trail, and Hulls Gulch Nature Trail. Boise has an extensive network of over 234 miles and 199 unique trails across the area.

**Yoga classes:** Discover the plethora of yoga classes with exceptional instructors in Boise! Explore new classes through a quick google search or opt for some YouTube sessions in your backyard or on your balcony for some well-deserved mediation and yoga this month!

With spring in full swing, its essential to stay active and prioritize your physical health. Whether you're dealing with an injury or simply aiming to maintain your well-being, remember to listen to your body, stay hydrated, and incorporate gentle exercises into your routine to promote flexibility and strength.

Thank you for joining us for another edition of our newsletter. Stay tuned for more updates, clinical research insights, and community highlights in the months to come!

Warm regards,  
**Victor Capetillo**

## Did You Know?

On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, United States, and Canada. This will be the first total solar eclipse in the continental U.S. in 7 years. The last one occurred on August 21, 2017. It crossed the country from Oregon to South Carolina, and millions of people viewed it successfully. After the total solar eclipse on April 8, 2024, the next total solar eclipse that can be seen from the contiguous United States will be on Aug. 23, 2044.

<https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/>

“  
**Your health is  
your wealth.  
Let's invest  
wisely**

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## Awareness Month

Autism Acceptance Month, previously named Autism Awareness Month, in April aims to celebrate and promote acceptance for the condition that occurs in one in every 54 children as of 2020 in the United States.

Autism, a complex developmental condition affecting the patient's ability to interact, communicate, and progress, has not one but many subtypes. First held in the year 1972 by the Autism Society, Autism Acceptance Month emphasizes the need for public awareness to promote acceptance, celebrate the differences, and be more inclusive towards autistic individuals around us.

Every April, the Autism Society works to build an inclusive community where autistic individuals are embraced and supported to achieve the highest quality of life possible. The Autism Society was founded in 1965 by Bernard Rimland and remains one of the few grassroots organizations in the autistic community. This month reminds us to be empathetic, warm, and welcoming to autistic individuals and families around us.

For more information and resources visit:  
<https://nationaltoday.com/autism-awareness-month/>



## BAKED CHICKEN PARMESAN BUNDLES

From: <https://butterwithasideofbread.com/parmesan-chicken-bundles/>

### INGREDIENTS:

- 4 oz. (1/2 of 8-oz. pkg.) Cream Cheese, softened
- 10 oz pkg frozen chopped spinach, thawed and well-drained
- 1 1/4 cups shredded mozzarella cheese, divided
- 6 Tbsp grated parmesan cheese, divided
- 6 small boneless, skinless chicken breast halves, or 12 chicken tenders, pounded to 1/4 inch thickness
- 1 egg
- 10 round buttery crackers (Ritz), crushed (about 1/2 cup)
- 1 1/2 cups pasta sauce

### DIRECTIONS:

1. Preheat oven to 375°. Mix cream cheese, spinach, 1 cup of mozzarella cheese and 3 Tbsp of parmesan cheese until well blended. Spread evenly onto the chicken breasts/tenders. Starting at one of the short ends of each breast/tender, roll up each chicken tightly. Secure with wooden toothpicks and set aside.
2. Beat egg in shallow bowl or pie plate. Mix the remaining 3 Tbsp Parmesan cheese and the cracker crumbs in separate shallow bowl or pie plate. Dip chicken bundles in egg and then roll in crumb mixture. Place seam-side down in a greased 9X13 baking dish.
3. Bake for 30 minutes or until chicken is cooked through (165 F). During the last 10 minutes of baking, heat the pasta sauce in a saucepan over medium heat. Once chicken is out of the oven, remove and discard toothpicks. Serve topped with the heated sauce and the remaining 1/4 cup mozzarella cheese. If you want to melt the cheese on top, just return to the oven for a few minutes or place it under the broiler for a minute or two, just until the cheese is melted.