



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

Greetings from Injury Care & Family Care Research! We're excited to connect with you through our May newsletter and share some updates and opportunities.

Firstly, a huge thank you to everyone who has supported our research endeavors. Your participation is invaluable, and it drives us to innovate and strive for excellence in healthcare.

We're currently enrolling patients for our Chronic Low Back Pain Study. If you or someone you know is dealing with chronic low back pain and is interested in participating, please don't hesitate to reach out to us. Your involvement can make a significant difference not only in your life but also in the lives of countless others who suffer from similar conditions.

Now onto something lighter! May is the perfect time to explore the Boise River Greenbelt. Whether you prefer a leisurely stroll or a bike ride, the Greenbelt offers a serene escape surrounded by the beauty of nature. It's a wonderful opportunity to recharge, unwind, and appreciate the natural beauty that surrounds us. Just remember to help our community by keeping our Greenbelts clean and safe for others to enjoy.

As we continue our journey of discovery and innovation, we invite you to stay connected with us. Follow our updates, participate in our studies, and join us in our quest to improve healthcare outcomes for our community and beyond.

Thank you for being a vital part of our community and for your ongoing support.

Warm regards,
Victor Capetillo

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**May: a month
blooming with
potential**
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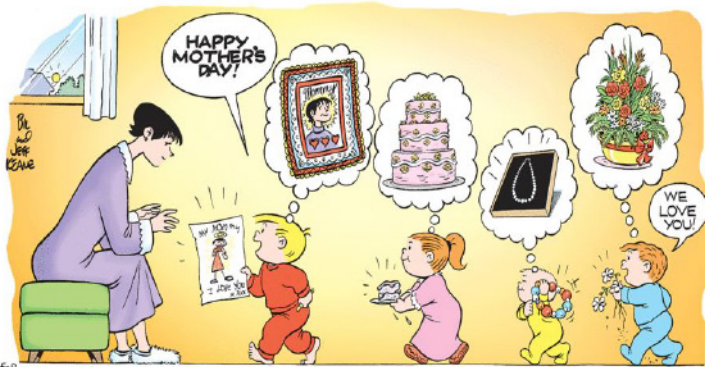
Did You Know?

May's the perfect time to celebrate National Salad Month. The Association for Dressing and Sauces (naturally) created this event in 1992. National Salad Month is all about cleaning up your eating habits and incorporating a healthier food regimen. So, this May, take advantage of this holiday and ask friends and family to join in. Change your eating habits, get creative with your salads, and inspire others in your life to do the same.

<https://nationaltoday.com/national-salad-month/>



By Bill Keane



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Awareness Month

ALS, or amyotrophic lateral sclerosis, is a disease that progressively affects nerve cells in the brain and spinal cord. Unfortunately, there's no cure for ALS at the moment.

First identified by French neurologist Jean-Martin Charcot in 1869, ALS gained international recognition in 1939 when it cut short the career of the beloved baseball player Lou Gehrig.

Our body's movement is controlled by motor neurons that extend from the brain to the spinal cord and muscles. They play a crucial role in voluntary movements. ALS causes these motor neurons to break down over time until they die. When this happens, the brain loses the ability to initiate and control muscle movement. This leads to a gradual loss of functions like speaking, eating, moving, and breathing.

Living with ALS is challenging, and those affected gradually lose essential functions. While a cure remains elusive, ongoing research aims to improve our understanding and find new ways to support those facing this difficult journey.

For more information and resources visit:
<https://www.als.org/>



BLACK BEAN AND COUSCOUS SALAD

From: <https://www.allrecipes.com/recipe/24833/black-bean-and-couscous-salad/>

INGREDIENTS:

- 1 ¼ cups chicken broth
- 1 cup uncooked couscous
- 3 tablespoons extra virgin olive oil
- 2 tablespoons fresh lime juice
- 1 teaspoon red wine vinegar
- ½ teaspoon ground cumin
- 2 (15 ounce) cans black beans, drained
- 8 green onions, chopped
- 1 red bell pepper, seeded and chopped
- 1 cup frozen corn kernels, thawed
- ¼ cup chopped fresh cilantro
- salt and pepper to taste

DIRECTIONS:

1. Bring broth to a boil in a 2-quart or larger saucepan. Stir in couscous, cover the pot, and remove from heat. Let stand for 5 minutes
2. Whisk together olive oil, lime juice, vinegar, and cumin in a large bowl. Add beans, green onions, red bell pepper, corn, and cilantro; toss to coat.
3. Fluff couscous well, breaking up any chunks. Add to vegetables in the bowl and mix well. Season with salt and pepper. Serve at once or refrigerate until ready to serve.