



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

Welcome to the June edition of our monthly newsletter! As summer unfolds, we are thrilled to share exciting updates and events happening at Injury Care and Family Care Research. Your support and participation are integral to our mission of advancing and improving patient outcomes. We are currently enrolling participants for our Chronic Low Back Pain Study. This important research aims to develop

better treatments for chronic back pain sufferers. If you or someone you know is interested in participating, please contact our recruitment team for more details.

We are fortunate to have a dedicated team and a supportive community. This month, we want to acknowledge:

Celynn G. for her exceptional recruitment skills and amazing customer service. If you had a wonderful time speaking with Celynn please give our site some recognition via our Google reviews to show how amazing your call was with Celynn.

Boise is brimming with exciting activities and events this month. Here are some highlights to enjoy with your family and friends:

Boise Music Festival: Head over to Expo Idaho on June 22nd for a day of music, food, and fun. This festival features a diverse lineup of artists and is perfect for a family outing.

Boise Farmers Market: Every Saturday you can support our local farmers and artisans by visiting the Boise Farmers Market. Enjoy fresh produce, handmade crafts, and live entertainment.

Alive After Five: Starting June 19th relax midweek with live music, food, and drinks at this free summer concert series at the Grove Plaza downtown.

We encourage you to stay connected with us and participate in our upcoming events and studies. Your improvement helps us to achieve our goals and make a difference in the community. Thank you for your continued support and engagement. Let's make June a productive and enjoyable month together!

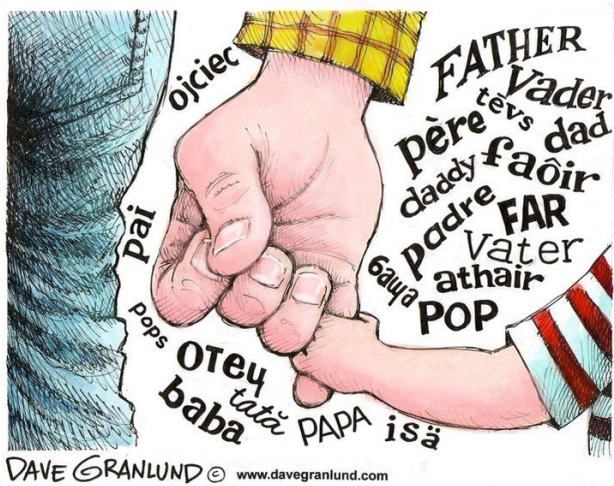
Warm regards,
Victor Capetillo

Did You Know?

The History of Father's Day dates to 1910 in Spokane, WA, where 27-year-old Sonora Dodd proposed it to honor the man (a civil war veteran William Jackson Smart) who raised her and her five siblings alone after her mom died in childbirth. Dodd was thinking about how grateful she was for her father when she had the idea for Father's Day, which would mirror Mother's Day but be celebrated in June, her dad's birthday month. Father's Day is celebrated annually on the third Sunday of June.

<https://www.calendar-365.com/holidays/father%27s-day.html>

“
**Together, we
achieve more.**
”



DAVE GRANLUND © www.davegranlund.com

Awareness Month

June is recognized globally as Men's Health Awareness Month, dedicated to raising awareness about the various health issues affecting men and encouraging them to prioritize their well-being. This annual observance aims to shed light on the importance of maintaining a healthy lifestyle, regular check-ups, and open conversations about mental and physical health.

Men often neglect their health due to societal expectations, but it's crucial to understand that prioritizing one's well-being is not a sign of weakness. The focus extends beyond physical health, encompassing mental health, nutrition, and preventive care. Regular exercise, a balanced diet, and sufficient sleep play pivotal roles in maintaining overall health.

As we celebrate Men's Health Awareness Month, let us collectively work towards dismantling stereotypes that hinder men from addressing their health concerns. Empowering men with knowledge and fostering a supportive environment will lead to healthier, happier lives. This June, let's prioritize men's health, recognizing that it is an essential component of a thriving society.

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



HEALTHY 5-INGREDIENT CAKE BATTER FREEZER FUDGE

From: <https://www.ambitiouskitchen.com/healthy-5-ingredient-cake-batter-freezer-fudge/>

INGREDIENTS:

- 3/4 cup cashew butter
- 3/4 cup coconut butter
- 2 tablespoons pure maple syrup
- 1 teaspoon vanilla extract
- 2 tablespoons rainbow sprinkles (vegan if desired)

DIRECTIONS:

- Line a 8x4 or 9x5 inch loaf pan with parchment paper for easy fudge removal; set aside.
- Heat a medium saucepan over low heat; add in coconut butter, cashew butter, maple syrup and vanilla. Stir until ingredients are smooth and well combined. Remove from heat and stir in sprinkles.
- Pour into prepared pan, cover, and freeze for 30 minutes or until the fudge is set. Once ready to serve, thaw fudge out at room temperature for 5-10 minutes. Remove from pan and cut into 18 squares. Store in freezer safe container until ready to serve.

NOTE:

Coconut butter is hard at room temperature (except in the summer at warmer temps). All you need to do is warm it up in the microwave or on the stove top. If it's a glass jar, microwave at 15 second intervals until softened enough for scooping. Feel free to use any nut butter of choice if you cannot find cashew (almond, peanut). If vegan/gf, make sure to use vegan/gf sprinkles.

SERVING: 1 PIECE OF FUDGE

CALORIES: 136cal **CARBOHYDRATES:** 7.5g
PROTEIN: 2.6g **FAT:** 11.3g **FIBER:** 2g **SUGAR:** 3.8g