



Current Studies

Gout

Degenerative Disc Disease

Shoulder Osteoarthritis **new**



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 our July Newsletter!

We hope this newsletter finds you well and enjoying the summer months. Here at Injury Care and Family Care Research, we are excited to share updates on our latest Clinical Research Endeavors.

We are pleased to announce that we are currently enrolling participants for a new study on shoulder

osteoarthritis (OA). If you or someone you now are interested in participating, please visit our website listed on the lower left corner of this newsletter and complete the form under the "currently enrolling studies" tab. One of our recruitment specialists will reach out to you shortly.

Now for some exciting events going on this month in Boise, Idaho. Don't forget to catch the firework display and festivities at Ann Morrison Park kicking off at 6:00pm on 4th of July. Alive after 5 is still ongoing through the end of this month with some amazing band lineups. You can find their full lineup on the downtown-boise.org events page. If you're in the mood to hike don't miss the chance to head up to Table Rock Trail. This trail continues to be one of my favorite trails to hike.

It is with mixed emotions that we announce Liam W. Clinical Research Coordinator will be leaving Injury Care and Family Care Research this July and would like to wish him the best of luck as he's getting ready to go to medical school and become a Doctor soon. Liam has been an integral part of our team for the past two years, dedicating himself to advancing our Clinical Research and providing excellent care to our participants. His commitment and hard work have made a lasting impact on our organization. You will be missed Liam!

We at Injury Care and Family Care Research would like to wish you and your family a Happy Fourth of July and hope you spend some quality time with your loved ones.

Warm regards,
Victor Capetillo

Did You Know?

On July 5, 2024, we mark the inaugural Research Appreciation Day—a celebration of the global health researchers impacting lives. Research propels progress, solving problems, driving innovation, and achieving milestones like polio eradication, space exploration, smartphone invention, and advancements in mental health treatments. Join us in acknowledging the vital role of research in shaping a brighter future in all aspects of our lives.

https://www.mqmentalhealth.org/research-appreciation-day/?lang=en_us

“

May we think of freedom as the opportunity to do what is right
- Peter Marshall

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Awareness Month

In July 2024, the global community is once again gearing up for Plastic-Free July, a movement that encourages individuals and communities to embrace a plastic-free lifestyle for a month. This annual initiative, which started in 2011, has gained significant momentum, inspiring millions worldwide to reduce their plastic consumption and make more sustainable choices.

People are asked to rethink their daily routines, making conscious decisions to minimize single-use plastics. Plastic-Free July is not about perfection; it's about progress. Celebrate small victories and learn from challenges, understanding that every effort counts. The collective impact of millions making conscious choices is a powerful force for change, sending a clear message to industries and policymakers about the urgent need for sustainable alternatives.

As Plastic-Free July 2024 unfolds, the hope is that the momentum generated during this month will spark a long-lasting commitment to reducing plastic consumption. By embracing the challenge and collectively striving for a plastic-free future, individuals around the world can contribute to healing the planet and ensuring a healthier, more sustainable tomorrow.

For more information and resources visit:
<https://www.plasticfreejuly.org/get-involved/>



BERRY CRUMB BARS

From: <https://www.allrecipes.com/recipe/11050/berry-crumb-bars/>

INGREDIENTS:

- 1 cup white sugar
- 1 teaspoon baking powder
- 3 cups all-purpose flour
- 1 cup shortening
- 1 egg
- 1 pinch salt
- 1 pinch ground cinnamon
- 4 cups raspberries
- ½ cup white sugar
- 3 teaspoons cornstarch

DIRECTIONS:

- Preheat the oven to 375°F (190°C). Grease a 13x9-inch pan.
- Combine 1 cup sugar, flour, baking powder, salt, ground cinnamon, shortening, and egg. The dough will be crumbly. Pat half of the dough into the prepared pan.
- Combine remaining ½ cup sugar, cornstarch, and berries. Place mixture over dough in pan. Crumble the remaining dough over the tops of the berries.
- Bake in the preheated oven until top is slightly browned, about 45 minutes.

NUTRITION FACTS: (Per Serving)

Calories 312, Fat 14g, Carbs 44g, Protein 3g