



Current Studies

Gout

Degenerative Disc Disease

Shoulder Osteoarthritis



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 August edition of our newsletters! As summer continues and we move into the latter half of the year, I want to take a moment to reflect on our accomplishments and share some exciting updates and events happening in August.

I am thrilled to announce that we have added a new member to our team. Aiden has joined us as a Clinical Research Coordinator Assistant. Aiden brings a wealth of enthusiasm and dedication, and I am confident that he will be a valuable asset to our Clinical Research Site. Please join me welcoming Aiden to Injury Care & Family Care Research.

August is a vibrant month in Boise, and there are plenty of events to look forward to. Don't miss the Western Idaho Fair at Expo Idaho starting on August 16th. If you are looking into attending a play, head over to Idaho Shakespeare Festival, they will be starring in "A midsummer nights dream" and will be playing this from August 9th through August 31st. If you have little ones the Discovery Center of Idaho will be having their Mummies of the world: The Exhibition. This and many more fun activities are going on in our community don't miss out on all the fun!

Our ongoing studies are progressing well, thanks to the hard work and dedication of our entire team. We continue to see positive results and are making significant strides in our clinical research endeavors. Your commitment to excellence is truly appreciated.

As we look ahead to the rest of the year, let's stay focused on our goals and continue to support each other. Our collective efforts are what make Injury Care & Family Care Research a leading site in Clinical Research in the treasure valley.

Thank you for your ongoing dedication and hard work. Here's to a productive and enjoyable August!

Warm regards,
Victor Capetillo



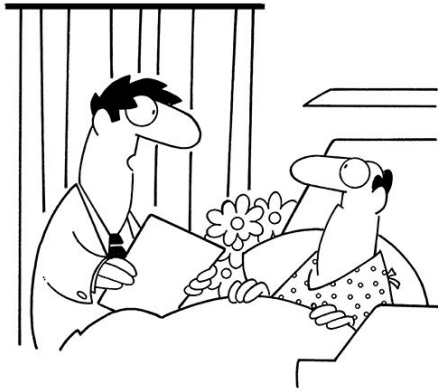
Our team's dedication and collaboration are the heart of our success, making every achievement possible.



Did You Know?

August is National Eye Exam Month. As we age, getting a baseline eye exam can detect early signs of disease or damage to your eyes. Ophthalmologists recommend periodic eye exams every 2-4 years from the ages of 40 to 65, and every 1-2 years after the age of 65. While most symptoms are often disregarded, getting a simple checkup, and following a doctor's orders can greatly lower risks of more severe and future damage, and you can continue to enjoy healthy vision.

<https://nationaltoday.com/national-eye-exam-month/>



“Good news — your insurance company says you’re feeling much better!”

Awareness Month

National Immunization Awareness Month (NIAM) takes place in August to spotlight the significance of vaccinations for individuals of all ages, emphasizing their role in preventing severe and potentially fatal diseases and illnesses.

The impact of immunizations extends beyond personal well-being, playing a vital role in maintaining the health of both your family and the broader community. Vaccines not only safeguard the recipient but also contribute to preventing the spread of diseases to family members, neighbors, classmates, coworkers, and the wider community. Particularly crucial is the protection offered to vulnerable groups, such as infants, seniors, and individuals with weakened immune systems.

People are encouraged to engage in discussions with your healthcare provider—be it a doctor, nurse, or other professional—to ensure that you and your family are adequately shielded from serious diseases by staying up to date on routine vaccinations.

While acknowledging that no vaccine provides absolute protection, embracing vaccination serves as the initial and crucial step in safeguarding not only yourself but also your family and others from the impact of serious illnesses.

For more information and resources visit: <https://www.cdc.gov/vaccines/events/niam/index.html>



SALSA VERDE CHICKEN CASSEROLE

From: <https://www.tasteofhome.com/recipes/salsa-verde-chicken-casserole/>

INGREDIENTS:

- 2 cups shredded rotisserie chicken
- 1 cup sour cream
- 1-1/2 cups salsa verde, divided
- 8 corn tortillas (6 inches)
- 2 cups chopped tomatoes
- 1/4 cup minced fresh cilantro
- 2 cups shredded Monterey Jack cheese

OPTIONAL TOPPINGS:

Additional salsa verde, avocado slices, thinly sliced green onions and fresh cilantro leaves

DIRECTIONS:

- In a small bowl, combine the chicken, sour cream and 3/4 cup salsa. Spread 1/4 cup salsa on the bottom of a greased 8-in. square baking dish.
- Layer with half the tortillas and chicken mixture; sprinkle with half the tomatoes, the minced cilantro and half the cheese. Repeat layers with the remaining tortillas, chicken mixture, tomatoes, and cheese.
- Bake, uncovered, at 400° until bubbly, 20-25 minutes. Serve with remaining salsa and toppings of your choice.

NUTRITION FACTS:

1 SERVING: 400 calories, 23g fat (13g saturated fat), 637mg sodium, 102mg cholesterol, 26g protein, 22g carbohydrate (5g sugars, 3g fiber),