



INJURY CARE FAMILY CARE

01 OCTOBER 2024

RESEARCH
208-621-2503

FROM THE MANAGER'S DESK

Happy October from all of us at Injury Care and Family Care Research in Boise, Idaho! As we embrace the spirit of Halloween, we're excited to share some treats of our own: we are currently enrolling participants in a new gout study. If you or someone you know is dealing with gout, this is a fantastic opportunity to contribute to vital research that could improve treatment options!

As the days grow shorter and the nights get spookier, we hope you're enjoying all the Halloween festivities—pumpkin carving, costume parties, and maybe even a ghost story or two! Don't forget to stock up on candy for the trick-or-treaters!

We encourage you to visit our website for more information about the gout study and how to participate. If you have any questions, our team is here to help!

Wishing you a fun and safe Halloween season filled with treats and laughter!

Warm regards,

Victor Capetillo

Victor Capetillo, CRC, Site Manager

ENROLLING NOW

Shoulder Osteoarthritis, Gout

COMING SOON

Degenerative Disc Disease

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FAMILY CARE RESEARCH

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GOUT

Gout is a type of arthritis that can cause intense pain, swelling, redness, and tenderness in the joints.

While the big toe is most commonly affected, gout can impact any joint, including the ankles, knees, elbows, wrists, and fingers. The pain is usually most severe within the first 4 to 12 hours.

It's caused by an excess of uric acid, which crystallizes and accumulates in the joints. Attacks are sudden and often occur at night. Gout can be managed with medications that block or reduce uric acid, along with dietary changes.



DID YOU KNOW?

Celebrate National Do Something Nice Day on October 5th by spreading joy among friends, family, and strangers. This day encourages acts of kindness, reminding us that simple good deeds can brighten the world and help us manage our own challenges. Amid life's struggles, it's easy to forget the impact of kindness. Let this day serve as a reminder to be generous and make a positive difference!

<https://nationaltoday.com/national-something-nice-day/>



AWARENESS MONTH

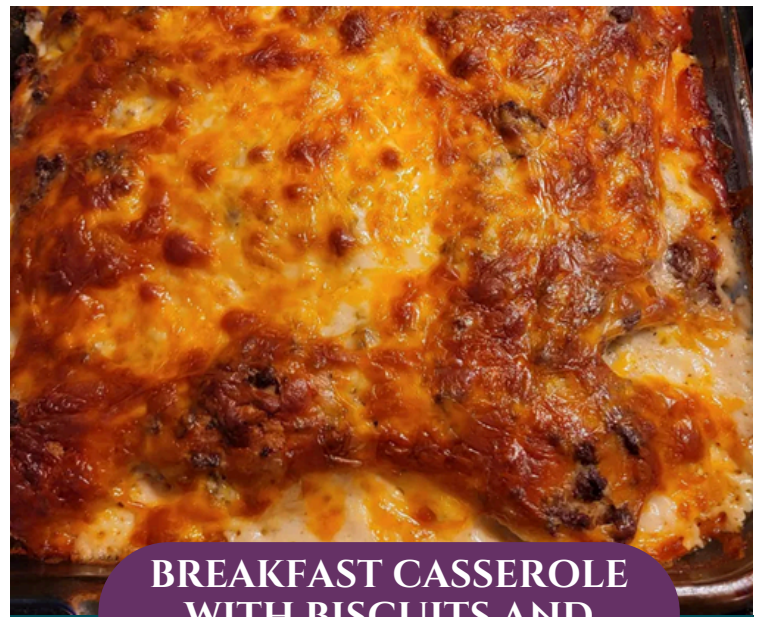
October marks Dyslexia Awareness Month, dedicated to supporting individuals facing challenges with this learning difference.

While dyslexia can make reading more difficult, with the right instruction, almost all individuals with dyslexia can learn to read. Many people with dyslexia have gone on to accomplish great things. Among the many dyslexia success stories are Thomas Edison, Stephen Spielberg, F. Scott Fitzgerald, and Charles Schwab.

Dyslexia is a neurological condition caused by a different wiring of the brain. There is no cure for dyslexia and individuals with this condition must learn coping strategies. Research indicates dyslexia has no relationship to intelligence. Individuals with dyslexia are neither more nor less intelligent than the general population. But some say the way individuals with dyslexia think can be an asset in achieving success.

In public schools, where many teachers may not fully understand dyslexia, students with this condition are often mislabeled as lazy or unintelligent. Parents of children with dyslexia should seek reading instruction that is systematic and explicitly focused on language structure, including phonics. This approach is known by various names, such as Structured Literacy, Orton-Gillingham, and Explicit Phonics.

For more information and resources visit:
<https://dyslexiaida.org/dyslexia-at-a-glance/>



BREAKFAST CASSEROLE WITH BISCUITS AND GRAVY

From:

<https://www.allrecipes.com/recipe/284861/breakfast-casserole-with-biscuits-and-gravy/>

INGREDIENTS

- 1 (2.64 ounce) package sausage-flavored gravy mix (such as McCormick®)
- 2 cups cold water
- 1 pound sausage
- 6 large eggs, beaten
- 1 (16.3 ounce) can buttermilk biscuit dough, separated
- 1 (16 ounce) package shredded Cheddar cheese

DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Place gravy mix in a medium saucepan; gradually whisk in water. Cook over medium heat, stirring frequently, until gravy comes to a boil. Reduce heat and simmer for 1 minute; gravy will thicken upon standing.
3. At the same time, heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned and crumbly, 5 to 7 minutes. Drain and discard grease.
4. Place biscuits in the bottom of a 9x13-inch baking dish. Pour eggs over top, then layer with sausage. Pour gravy over sausage and top with shredded Cheddar cheese.
5. Bake until eggs are set and cheese is melted, about 30 minutes.

Nutrition Facts (per serving)

Calories 408 Fat 28g Carbs 18g Protein 20g