



WELCOME TO OUR SEPTEMBER NEWSLETTER!

As summer fades and autumn arrives, we're excited to share our newly designed newsletter with you. We hope you enjoy the fresh look and engaging content, thoughtfully crafted to keep you informed and connected with us throughout the season.

September is the perfect time to explore Boise! Take a scenic walk along the Boise River Greenbelt to admire the fall colors, hike the foothills for a bit of adventure, or visit the Boise Botanical Gardens for a peaceful retreat. Don't miss the new exhibits at the Boise Art Museum, or stop by the lively Boise Farmers Market to enjoy fresh local produce and crafts.

At Injury Care & Family Care Research, we're excited to announce that we're enrolling participants in our shoulder osteoarthritis (OA) study. If you or someone you know is interested in learning more, simply scan the QR code to get all the details and submit your interest.

We wish you a joyful and vibrant September, and we look forward to staying connected with you in the coming months!

Warm regards,

Victor Capetillo

Victor Capetillo, CRC, Site Manager

COMING SOON

Degenerative Disc Disease
Gout

LEARN MORE

INJURY CARE AND
FAMILY CARE RESEARCH

Scan this QR
Code to Access
Our Website or
visit us at



www.InjuryCareResearch.com
4850 N. Rosepoint Way, Ste. 105
Boise, ID 83713

SHOULDER OSTEOARTHRITIS

Shoulder osteoarthritis (OA) is a degenerative joint disease characterized by the breakdown of cartilage in the shoulder joint, leading to pain, stiffness, and reduced mobility.

Symptoms:

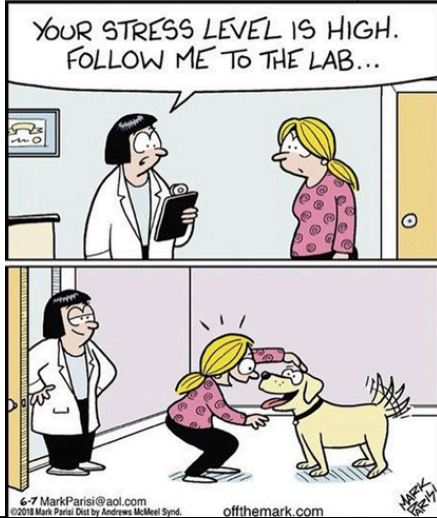
- Pain in the shoulder, especially with movement
- Stiffness and reduced range of motion
- Swelling and tenderness around the joint
- Grinding or clicking sensation during shoulder movement
- Muscle weakness around the shoulder



DID YOU KNOW?

Hispanic Heritage Month (HHM) takes place September 15 to October 15 every year as a time to recognize and celebrate the many contributions, diverse cultures, and extensive histories of the American Latino community. Started in 1968 by Congress as Hispanic Heritage Week, it was expanded to a month in 1988. Since then, HHM has been celebrated nationwide through festivals, art shows, conferences, community gatherings, and much more.

<https://www.hispanicheritagemonth.gov/about.html>



BREAKFAST CARROT-CAKE OATMEAL CAKES

From:

<https://www.eatingwell.com/recipe/8016335/breakfast-carrot-cake-oatmeal-cakes/>

INGREDIENTS

- 3 cups old-fashioned rolled oats
- 1 ¼ cups low-fat milk
- ⅓ cup packed brown sugar
- ¼ cup unsweetened applesauce
- 2 large eggs, lightly beaten
- 1 tablespoon ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- ½ cup finely shredded carrot
- ¼ cup raisins, chopped
- ¼ cup finely chopped walnut

DIRECTIONS

1. Preheat oven to 375°F. Coat a 12-cup muffin tin with cooking spray.
2. Combine oats, milk, brown sugar, applesauce, eggs, cinnamon, baking powder, vanilla, nutmeg, and salt in a large bowl. Fold in carrot, raisins, and walnuts. Divide the batter between the prepared muffin cups, about 1/3 cup each. Bake until a toothpick inserted in the center comes out clean, 25 to 30 minutes. Run a knife around the edges of the cups to release the oatmeal cakes. Cool in the pan for 10 minutes, then turn out onto a wire rack. Serve warm or at room temperature. Freeze oatmeal cakes in an airtight container for up to 3 months. To reheat, microwave 1 oatmeal cake in 30-second intervals until heated through. Alternatively, refrigerate oatmeal cakes in an airtight container for up to 2 days.

AWARENESS MONTH

Dementia is a term encompassing a range of symptoms arising from disorders that affect the brain, impacting memory, cognitive functions, behavior, and emotions. Alzheimer's disease is the most prevalent, accounting for 50-60% of dementia cases. Young onset dementia refers to cases affecting individuals under 65.

The manifestation of dementia symptoms varies based on the specific brain regions affected or the underlying disease. Common symptoms encompass memory loss, difficulty expressing thoughts, challenges in executing routine tasks, and alterations in personality and mood. While each individual experiences dementia uniquely, eventual dependence on others for all aspects of daily life becomes inevitable. Dementia stands as a leading cause of disability and dependency among the elderly.

Globally, over 50 million people struggle with dementia, with a new case emerging every 3 seconds. Raising awareness is crucial to dispelling myths and misconceptions surrounding dementia.

Presently, there is no cure for most forms of dementia, but treatment and support options are available.

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