



INJURY CARE FAMILY CARE

01 JANUARY 2025

RESEARCH

208-621-2503

FROM THE MANAGER'S DESK

Happy New Year, Injury Care & Family Care Research Family!

As we welcome 2025, we want to take a moment to reflect on the past year and express our deepest gratitude to you, our patients. Your trust and participation have been at the heart of everything we do. Together, we've made significant strides in clinical research, working toward advancements that can benefit countless lives. We are honored to have your support and partnership on this journey.

Boise has plenty of winter activities to help you kick off the year with fun and excitement. Whether its enjoying a day at Bogus Basin, exploring the Greenbelts on a crisp winter morning, or visiting local markets and coffee shops, lets make time to recharge and connect with the community we serve.

Here's to a year of growth, success, and making a difference together!

Warm regards,

Victor Capetillo

Victor Capetillo, CRC, Site Manager

ENROLLING NOW

Shoulder Osteoarthritis, Gout

COMING SOON

Degenerative Disc Disease

CLINICAL RESEARCH

Clinical trials are an essential part of medical research that help improve healthcare and develop new treatments. They involve testing medications, procedures, or devices with the help of volunteers under careful supervision. These trials ensure that new medical advances are safe and effective before they become widely available.

Participation helps researchers discover better ways to prevent, treat, and even cure diseases, benefiting countless people in the future.

By joining a clinical trial, you become a vital partner in the journey toward better health and innovative solutions for patients worldwide!



LEARN MORE

**INJURY CARE AND
FAMILY CARE RESEARCH**

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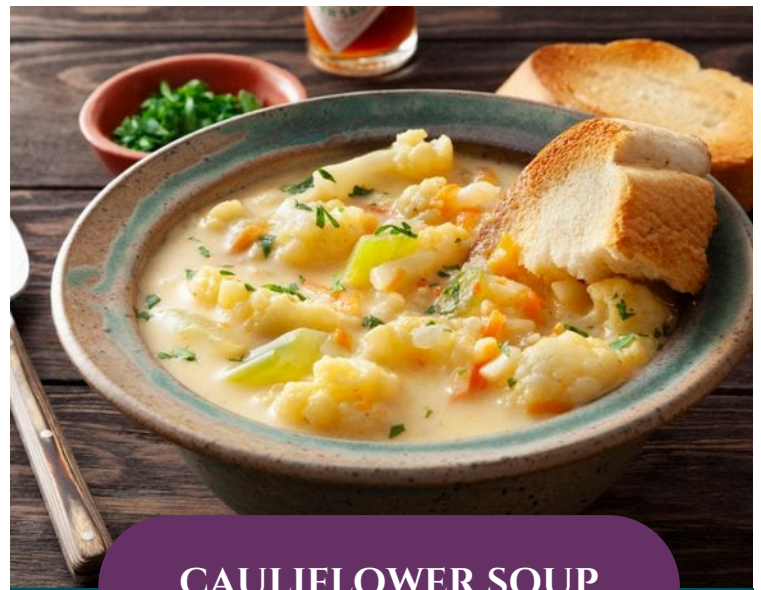
www.InjuryCareResearch.com

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DID YOU KNOW?

The Quadrantid meteor shower is an annual event that occurs in early January when cosmic debris enters Earth's atmosphere, producing streaks of light. Known for their bright fireball meteors, the Quadrantids often create large, colorful bursts that last longer than typical meteor streaks. The shower is named after the now-obsolete constellation Quadrans Muralis, located in the area of the sky where the shower was first observed in the 1800s.

<https://earthsky.org/astronomy-essentials/everything-you-need-to-know-quadrantid-meteor-shower/>



CAULIFLOWER SOUP

AWARENESS MONTH

Cervical Cancer Health Awareness Month aims to raise awareness about cervical cancer, which develops in the cervix and is almost always linked to high-risk human papillomavirus (HPV) infections. Each year, nearly 11,500 new cases of cervical cancer are diagnosed, and around 4,000 women lose their lives to the disease. This campaign focuses on educating people about reducing cervical cancer risks and underscores the life-saving importance of regular screenings.

Cervical cancer originates in the cells of the cervix, the narrow lower part of the uterus that connects to the vagina (birth canal). This type of cancer typically develops gradually. Before cancer forms, the cells in the cervix undergo changes known as dysplasia, where abnormal cells start to appear in the cervical tissue. If these abnormal cells are not treated or removed, they can eventually turn into cancer cells, growing and spreading deeper into the cervix and potentially affecting surrounding areas.

When detected early, cervical cancer is one of the most treatable cancers. Even in advanced stages, appropriate treatment and palliative care can manage the disease effectively.

For more information and resources visit:
<https://www.nccc-online.org/cervical-health-awareness-month/>

From:

<https://www.tasteofhome.com/recipes/cauliflower-soup/>

INGREDIENTS

- 1 medium head cauliflower, broken into florets
- 1 medium carrot, shredded
- 1/4 cup chopped celery
- 2-1/2 cups water
- 2 teaspoons chicken bouillon or 1 vegetable bouillon cube
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups 2% milk
- 1 cup shredded cheddar cheese
- 1/2 to 1 teaspoon hot pepper sauce, optional

DIRECTIONS

1. In a Dutch oven, combine the cauliflower, carrot, celery, water and bouillon. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender (do not drain).
2. In a large saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cheese until melted, adding hot pepper sauce if desired. Stir into the cauliflower mixture.

Nutrition Facts

1 cup: 160 calories, 11g fat (6g saturated fat), 30mg cholesterol, 616mg sodium, 10g carbohydrate (5g sugars, 2g fiber), 7g protein.