



# INJURY CARE FAMILY CARE

01 FEBRUARY 2025

## RESEARCH

208-621-2503

### FROM THE MANAGER'S DESK

As we step into February, we're excited to continue bringing new research opportunities to our community. We are currently enrolling participants for studies on Shoulder Osteoarthritis (OA) and Gout. If you or someone you know may benefit, we'd love to hear from you!

Looking for a fun night out with your Valentine? Check out **Paint and Pinot** at Zoo Boise on February 20th! Unleash your inner artist while sipping wine and painting, all while surrounded by baboons, an otter, and a Nile crocodile. Supplies are provided, and registration is required—don't miss this unique experience!

Thank you for your continued support in advancing medical research. Stay warm and stay healthy!

Warm regards,

*Victor Capetillo*

**Victor Capetillo, CRC, Site Manager**

**ENROLLING NOW**

Shoulder Osteoarthritis, Gout

**COMING SOON**

Degenerative Disc Disease

### LEARN MORE

**INJURY CARE AND  
FAMILY CARE RESEARCH**

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



[www.InjuryCareResearch.com](http://www.InjuryCareResearch.com)

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### PHASES OF CLINICAL RESEARCH

Clinical research happens in four main phases, and here's a simple way to think about them:

#### **Phase 1: Is it safe?**

A small group of healthy people tries the drug to check safety and dosage.

#### **Phase 2: Does it work?**

A bigger group tests if it treats the condition effectively.

#### **Phase 3: How does it compare?**

Large trials compare it to existing treatments or a placebo.

#### **Phase 4: What happens long-term?**

After approval, it's monitored in the real world for rare side effects and long-term effects.

And that's how a drug goes from an idea to helping people!



### DID YOU KNOW?

Black History Month, celebrated each February, offers Americans the opportunity to explore important aspects of the nation's history that are often overlooked. As the saying goes, Black history IS American history—a rich and varied heritage. A wise nation honors its past, learning from it to shape the future. By dedicating a month to Black history, we ensure that these vital stories are remembered and understood, guiding us forward.

<https://nationaltoday.com/black-history-month/>



## AWARENESS MONTH

National Teen Dating Violence Awareness Month is observed each February, urging young people and their families across the country to unite in raising awareness about teen dating violence. This nationwide, month-long campaign emphasizes the importance of education in preventing dating abuse before it begins. In 2011, U.S. President Barack Obama officially designated February as National Teen Dating Violence Awareness Month.

According to the Resource Center for Domestic Violence, teen dating violence is defined as a pattern of abusive behavior against teenagers in dating or romantic relationships. This abuse can manifest through verbal, emotional, physical, sexual, and even digital means. It can occur across all demographics, cultures, sexual orientations, gender identities, and religious backgrounds.

The statistics underscore the importance of this awareness month, revealing that dating violence is more prevalent among teens than many realize. In the U.S., one in three teens experiences some form of abuse—whether physical, sexual, or emotional—from a romantic partner. Additionally, approximately 43% of college women report encountering abusive behaviors in dating situations. It is crucial to encourage open discussions about respect, consent, and boundaries. The earlier young people learn what healthy relationships look like, the better equipped they will be to build them.

For more information and resources visit:  
<https://nationaltoday.com/teen-dating-violence-awareness-month>



## VEGAN BROWNIES

### From:

<https://www.foodandwine.com/recipes/brownie-bites>

### INGREDIENTS

Vegetable oil spray  
1/2 cup plus 2 tablespoons Bob's Red Mill gluten-free, all-purpose baking flour  
1/2 cup sugar  
1/4 cup unsweetened cocoa powder  
1 1/4 teaspoons baking powder  
1/8 teaspoon baking soda  
1/2 teaspoon salt  
1/4 teaspoon xanthan gum  
1/2 cup applesauce  
1/4 cup canola oil or melted coconut oil  
1 tablespoon pure vanilla extract  
1/2 cup dairy-free mini chocolate chips

### DIRECTIONS

1. Preheat oven to 325°F. Spray two mini muffin pans with vegetable oil spray. Whisk flour, sugar, cocoa powder, baking powder, baking soda, salt, and xanthan gum together in a large bowl. Whisk applesauce, oil, and vanilla in a medium bowl; stir into dry ingredients. Stir in chocolate chips.
2. Spoon batter into muffin pans, filling each cup three-quarters full. Bake until brownies are set, about 15 minutes. Let brownies cool in pans for 15 minutes, then turn out onto a baking rack to cool completely.