



INJURY CARE FAMILY CARE

01 MARCH 2025

RESEARCH

208-621-2503

FROM THE MANAGER'S DESK

Welcome back, valued readers!

March is here, and we're excited for what's ahead at Injury Care & Family Care Research! We are currently enrolling for our shoulder study - If you or someone you know suffers from shoulder pain, this could be a great opportunity to explore new treatment options. Contact our main office for more details.

Looking for something fun indoors this month? ILLUMiBRATE: To The Moon and Back is happening on March 8 at JUMP Boise. To learn more, visit <https://www.eventbrite.com/e/illumibrate-2025-to-the-moon-and-back-tickets-1236427681479?aff=ALLEVENTS>. This vibrant festival of light and color showcases interactive art installations and family-friendly activities, making it the perfect way to enjoy a chilly evening!

We appreciate your support in advancing Clinical Research and look forward to another great month together!

Warm regards,

Victor Capetillo

Victor Capetillo, CRC, Site Manager

ENROLLING NOW

Shoulder Osteoarthritis, Gout

COMING SOON

Degenerative Disc Disease

LEARN MORE

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FAMILY CARE RESEARCH

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SHOULDER OSTEOARTHRITIS (OA)

Shoulder OA is not as common as OA of the hip or knee, but it is estimated that nearly 1 in 3 people over the age of 60 have shoulder OA to some degree. The causes can be classified as either primary or secondary.

Primary OA develops without a specific cause but is associated with factors like age, genetics, and sex. It typically affects individuals over 50, with women being more commonly impacted than men.

Secondary OA occurs due to an identifiable cause or contributing factor, such as a previous injury, shoulder dislocations, infection, or rotator cuff tears. Certain occupations, such as heavy construction, and participation in sports can also increase the risk of developing shoulder OA.

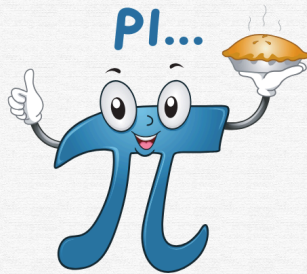


DID YOU KNOW?

Saint Patrick's Day, celebrated on March 17th, honors St. Patrick, the patron saint of Ireland. Originally a religious feast, it has become a global celebration particularly in countries with large Irish populations. St. Patrick, born in Britain, was kidnapped to Ireland as a slave, escaped, and later returned to convert the Irish to Christianity. The first parade was held in New York City in 1762, not in Ireland, and today, it's a major event in cities like Dublin, New York, and Chicago.

<https://www.britannica.com/topic/Saint-Patricks-Day>

NEVER ARGUE WITH
PI...



IT GOES ON & ON

"PI" DAY

3.14



NO-BAKE LEMON PIE

From:

<https://www.tasteofhome.com/recipes/lemon-pie>

INGREDIENTS

1 can (14 ounces) sweetened condensed milk

1/2 cup *lemon juice

1 carton (8 ounces) frozen whipped topping, thawed

3-5 drops yellow food coloring, optional

1 graham cracker crust (9 inches)

Grated lemon zest, optional

DIRECTIONS

In a medium bowl, combine milk and juice; let stand 5 minutes. Fold in whipped topping. If desired, stir in food coloring. Spoon into crust. Refrigerate until set. If desired, sprinkle with lemon zest.

NUTRITION FACTS

1 piece: 346 calories, 14g fat (9g saturated fat), 17mg cholesterol, 185mg sodium, 48g carbohydrate (44g sugars, 0 fiber), 5g protein.

***Lemon juice:** Lemon is the star of the recipe, so you'll want to juice a lemon at home for the best results. You'll typically get 2 to 3 tablespoons juice from a medium lemon, so you'll likely need two to three lemons for this recipe.

AWARENESS MONTH

Brain Injury Awareness Month aims to raise awareness for brain injuries to promote prevention, understanding, and support for those affected. Every 9 seconds, someone in the United States sustains a brain injury. Yet there are many misconceptions and gaps in knowledge among the general public. A brain injury affects how a person thinks, acts, and feels. The symptoms and impacts are wide ranging and can change everything about someone in a matter of seconds.

A traumatic brain injury, also called a **TBI**, occurs when an external force alters brain function. This happens when something strikes the head or when the head hits something as the result of a fall, motor vehicle accident, assault, and more. There are many different causes of TBI and several different types.

A concussion is sometimes referred to as a mild traumatic brain injury or **mTBI** because they are usually not life-threatening. A concussion is caused by a bump, jolt, or blow to the head that causes the brain to bounce around or twist in the skull.

Non-traumatic brain injury (also commonly referred to as an acquired brain injury) causes damage to the brain as a result of internal factors, such as a lack of oxygen, exposure to toxins, and pressure from a tumor.

For more information and resources visit:

<https://www.biausa.org/brain-injury/about-brain-injury/what-is-a-brain-injury>