



INJURY CARE FAMILY CARE

01 APRIL 2025

RESEARCH

208-621-2503

FROM THE MANAGER'S DESK

Spring is finally here! As the days get longer and warmer, we're excited to embrace the new season with fresh energy and enthusiasm. At Injury Care & Family Care Research, we're looking forward to continuing our commitment to advancing clinical research while staying connected with our amazing community.

With Easter just around the corner, it's the perfect time to enjoy quality moments with family and friends. Whether you're hunting for eggs, sharing a meal, or just soaking up the spring sunshine, we hope you find joy in the season's simple pleasures.

As always, we're grateful for your continued support and involvement. I wish you all a vibrant and refreshing April!

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**

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www.InjuryCareResearch.com

4850 N. Rosepoint Way, Ste. 105
Boise, ID 83713

LOCAL EVENT HIGHLIGHT

The Boise Farmers Market is a vibrant gathering place where visitors can find fresh, locally grown produce, high-quality meats, dairy products, baked goods, and delicious artisan foods.

Featuring over 100 vendors throughout the season, it's the perfect spot to discover seasonal flavors, support local growers, and enjoy a sense of community.

No matter the weather, the market is open for a great shopping experience Saturdays, April 5th – October 25th, 2025, 9:00 AM – 1:00 PM

For more information, visit:

<https://theboisefarmersmarket.com>



DID YOU KNOW?

Earth Day, first observed on April 22, 1970, is an annual event dedicated to raising awareness about environmental protection and promoting sustainable practices. It was established to inspire action against pollution, deforestation, and other environmental issues, uniting people worldwide to celebrate and protect the planet. Earth Day serves as a reminder of the collective responsibility to protect the environment, and it inspires continuous efforts toward creating a sustainable future for generations to come.

<https://www.earthday.org/>

Happy Easter to Every Bunny



APRIL 20, 2025

AWARENESS MONTH

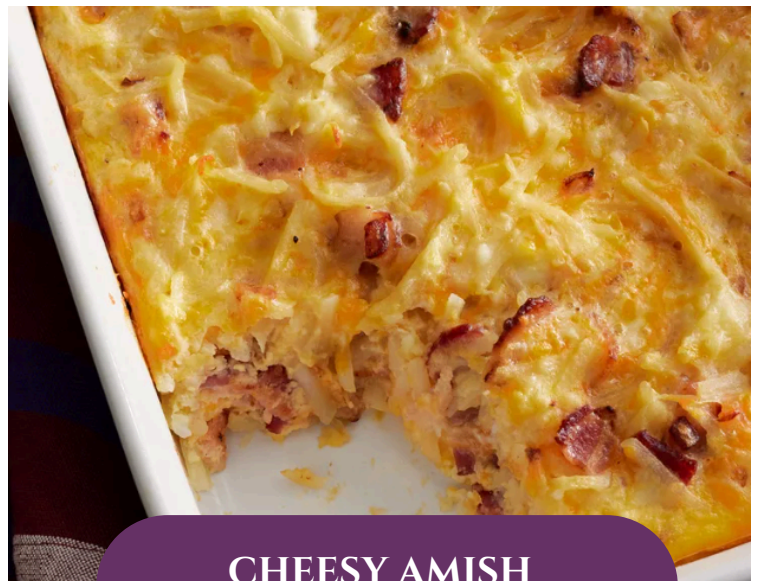
Parkinson's disease is a brain disorder characterized by uncontrollable movements such as shaking, stiffness, and difficulty with balance and coordination. Symptoms develop gradually and worsen over time, leading to challenges with walking, talking, mental and behavioral changes, sleep problems, depression, memory issues, and fatigue.

Although Parkinson's can affect anyone, it is more common in men than women, with age being a significant risk factor. Most cases occur after age 60, but 5%–10% involve early-onset Parkinson's, often linked to genetic factors. Research continues to explore additional risk factors and underlying causes.

The primary signs and symptoms of Parkinson's disease emerge when nerve cells in the basal ganglia, a brain region responsible for movement control, become damaged or die. These neurons typically produce dopamine, a crucial brain chemical. When the neurons are impaired or die, dopamine production decreases, leading to the movement difficulties characteristic of the disease. The exact cause of neuron damage or death remains unknown.

Although there is no cure for Parkinson's disease, medicines, surgical treatment, and other therapies can often relieve some symptoms.

For more information and resources visit:
<https://www.nia.nih.gov/health/parkinsons-disease>



CHEESY AMISH BREAKFAST CASSEROLE

From:

<https://www.allrecipes.com/recipe/229150/cheesy-amish-breakfast-casserole/>

INGREDIENTS

1 pound sliced bacon, diced
1 medium sweet onion, chopped
9 large eggs, lightly beaten
4 cups frozen shredded hash brown potatoes, thawed
2 cups shredded Cheddar cheese
1 ½ cups small curd cottage cheese
1 ¼ cups shredded Swiss cheese

DIRECTIONS

Step 1. Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.

Step 2. Heat a large skillet over medium-high heat; cook and stir bacon and onion until bacon is evenly browned, about 10 minutes. Drain.

Step 3. Transfer bacon and onion to a large bowl. Stir in eggs, potatoes, Cheddar cheese, cottage cheese, and Swiss cheese.

Step 4. Pour mixture into the prepared baking dish.

Step 5. Bake in the preheated oven until eggs are set and cheese is melted, 45 to 50 minutes. Let stand 10 minutes before cutting and serving.

Try breakfast sausage in place of bacon. Ricotta cheese instead of cottage cheese, if you prefer.