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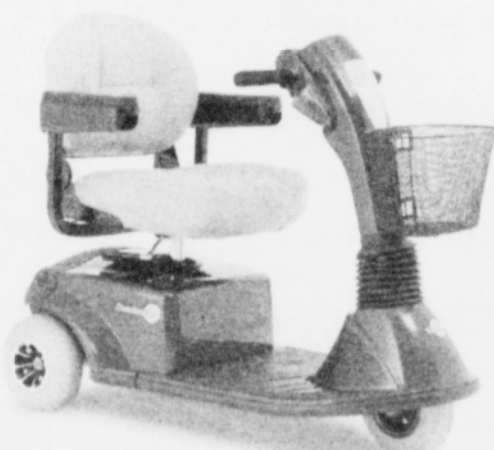
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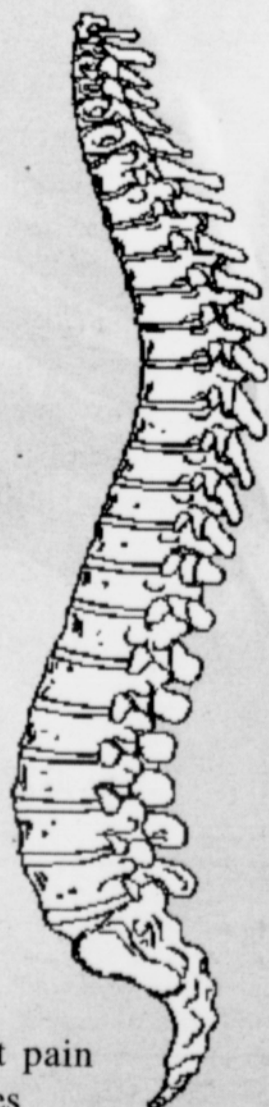
**Dr. Marcelitte
Failla**
Chiropractic
Physician

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(Between Broadway and Sandy Blvd.)



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HEALTH

High-fat Diet Risky for Unborn

Danger found whether mother is obese or slender

Eating a high-fat diet during pregnancy increases the chance of stillbirth, according to new research at Oregon Health & Science University.

The data shows that eating a typical American diet, which is high in fat, decreases blood flow from the mother to the placenta, the temporary organ that nourishes the unborn fetus. Prior to this study, exactly how a fatty diet contributes to stillbirth was unclear.

The study was conducted at the OHSU Oregon National Primate Research Center.

Previous studies have shown

that nearly all adverse outcomes during pregnancy -- abnormal fetal growth, preeclampsia, preterm labor and stillbirth -- are in some way associated with an abnormally developed, or damaged, placenta.

In addition, maternal obesity has been associated with placental inflammation and dysfunction and an increased risk of stillbirth. Considering these findings, the researchers hypothesized that eating a diet high in fat during pregnancy also may increase the risk of placental inflammation and the risk of stillbirth.

The researchers found the monkeys that ate a high-fat diet experienced a significant decrease in blood flow from the uterus to the placenta, a reduction of 38 percent to 56 percent, and a rise in placental inflammation. This was the case regardless of whether the monkeys were obese or slender. The risk of stillbirth was further compounded, however, when the monkeys were obese with hyper-insulinemia, or pre-diabetes.

Additional studies are needed to determine exactly how a high-fat diet decreases placental blood flow, the researchers report.

Family Support Improves Recovery

Stroke survivors recover more quickly if family members are involved in the rehabilitation process, suggests a new study out of Europe.

The study found family-as-

sisted exercise therapy added to regular post-stroke physical therapy greatly improved patients' balance, motor function skills and other physical abilities.

Health experts from Providence Portland Medical Center say they encourage the same family involvement at its Providence Acute Rehabilitation Center, an inpatient rehabilitation unit.

HEALTHWATCH

Chronic Pain Support Group -- Meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. to 8:30 p.m. For more information, call 503-256-4000.

Abdominal Aneurysm Screening -- Free 10 minute health screenings to detect a deadly vascular condition -- called abdominal aortic aneurysm will be offered for Portland-area residents on Saturday, Feb 5 from 8 a.m. to 5 p.m. at the Kmart pharmacy in Tualatin. Advance registration is required by calling 866-371-3592.

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

Empowerment through Relaxation -- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga poses and mental balancing techniques. People have left these classes joyful and with a peaceful view of their lives. Call Dr. Marcelitte Failla at 503-228-6140.

Tenderfoot Care -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Lead Poisoning Prevention -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women.

Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Families with Mental Illness -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

Cholesterol Profiles -- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

Bereavement Support Groups -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.

Maternity Water Workout -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

Red Cross Certification -- The Oregon Trail Chapter Red Cross now offers credits to help professionals maintain licensing or certification. For a cumulative list, visit pdxinfo.net.