

Bids & Classified

Advertising deadlines 12:00 Noon Monday
Hours: Monday - Friday 8:30 a.m. - 5:30 p.m.

To place your ad, email advertising@theskanner.com
or go to www.TheSkanner.com and click on the "Ads" menu

Cancer

cont'd from pg 7

and stronger

One of our first studies found that breast cancer survivors had lower strength, upper-body bone mineral density and physical function compared to women matched for age and weight who had not had cancer. Many of the breast cancer survivors had limited their activity after breast surgery, especially in the upper body, and were never advised to increase upper-body strength after the surgery site or sites had healed.

In our three-month and six-month intervention studies using resistance machines for both the upper body and lower body, we found about a 25 percent improvement in both upper and lower body strength. Physical function and quality of life also improved, with no adverse effects on lymphedema, or swelling that can occur from damage to the lymph nodes, with either the low- or high-intensity resistance training. Even the women who participated in high-intensity resistance training tolerated it well and experienced the added benefit of increasing muscle mass in both the upper and lower body after the three months of training.

In these two studies, women performed three or six months of resistance training on two nonconsecutive days each week. In the studies, the participants performed two or three sets of eight to 12 repetitions of each exercise. The exercises included chest press, biceps curl, triceps press down, overhead press, seated row, leg press, leg extension, leg curls, abdominal crunches and lower back hyperextensions. The amount of weight was increased as the women

were able to achieve 10 to 12 repetitions on all sets.

Although we did not find increases in bone mineral density in our six-month training study, the women did not experience any decreases in these measures over the training period. Bone mineral density has been shown to decrease by 1 to 2 percent each year after menopause, and the losses may be higher in the first few years of menopause in healthy women. Therefore, being able to maintain bone mineral density in breast cancer survivors is a positive outcome, especially in the upper body, which is more susceptible to losses due to cancer treatment and disuse.

There are a limited number of studies that have evaluated resistance training on bone mineral density in survivors. Of those studies, only maintenance in bone mineral density has been found.

In studies with healthy premenopausal women, women have been able to achieve an increase in bone mineral density with resistance training. The benefits are best when resistance training is combined with high-impact activities, such as jumping, hopping and plyometrics. Plyometrics are exercises that require one to jump down and jump up in one continuous movement. It involves repeated rapid stretching and contracting of the muscles.

In postmenopausal women and in some breast cancer survivors, most increases in bone mineral density are seen when resistance training is combined with medications that help to build bone.

More benefits on horizon with greater choices of exercise

In our third intervention study, we incorporated high-impact exercises that provided a variety of different

loading patterns, since unusual loading patterns have been found to be more beneficial for improving bone mineral density than exercises that provide consistent strain, like that of resistance training.

This study incorporated a six-month circuit of functional resistance training exercises that combined different high-impact exercises to provide women with unusual loading patterns. Exercises included lunges, squats, jumping jacks, burpees, push-ups, dumbbell rows, mountain climbers, step-ups, biceps curls, triceps extensions, running in place, high knee lifts and planks. The women progressed to more high-impact versions of these exercises through the six months. The exercise sessions lasted 45 minutes and were completed twice a week.

In this intervention, we used a group exercise format, as many breast cancer survivors report that they prefer to exercise with one other person or in a group setting compared to exercising alone.

We compared this functional impact training program to a program of yin yoga, or a slower-paced yoga in which postures are held for longer periods, that

consisted of non-weight-bearing stretching and relaxation postures. We again evaluated the effects on body composition, bone mineral density, strength, physical function and quality of life over the six-month period.

We are currently analyzing the data for this project, but so far, the results look promising. Both the functional impact training and the yin yoga were effective in improving lower-body strength, physical function and quality of life. The functional impact training had the added benefit of improving upper-body strength, which is very important in the breast cancer population. Unfortunately,

the functional impact training program was not effective in improving body composition or bone mineral density.

These findings along with previous research highlight how important it is for health care providers to make sure that their patients get involved with some type of exercise that can improve body composition, strength, physical function and ultimately quality of life. There are a number of exercises and programs available for women to choose from. For women who may want to start off

with yoga and then progress to more moderate to vigorous activity as they feel better, our studies provide evidence that benefits can be obtained safely from yin yoga and low intensity resistance training.

The studies also suggest that women can achieve greater benefits with higher-intensity resistance training and high-intensity functional training that incorporates intervals of strength and aerobic exercises.

Lynn Panton is a professor of Exercise Sciences at Florida State University.

PUBLIC NOTICE – REQUEST FOR QUALIFICATIONS

Creative Services

Worksystems is seeking qualified and experienced vendors to provide a variety of communication and creative services on a project-by-project basis. The RFP will be posted on Worksystems' website at www.worksystems.org until the submission deadline. Worksystems is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. To place a free relay call in Oregon dial 711.

10-17-18

REQUEST FOR PROPOSALS

RFP 3590 - Design and Planning Services for Riverwalk, Plaza and Viewpoint Development

Metro, a metropolitan service district organized under the laws of the State of Oregon and the Metro Charter, located at 600 NE Grand Avenue, Portland, OR 97232-2736, on behalf of the Willamette Falls Legacy Project, is seeking a qualified team of consulting professionals to provide design and planning services for development adjacent Willamette Falls on the site formerly occupied by the Blue Heron Paper Mill in Oregon City, OR. The Willamette Falls Legacy Project is a partnership between Metro, Oregon City, Clackamas County and the State of Oregon. Metro will act as the sole contracting authority and administrator for this procurement.

Sealed submissions are due no later than 2:00 PM, November 20, 2018 in Metro's business offices at 600 NE Grand Avenue, Portland, OR 97232-2736, Attention: Karen Slusarenko, Procurement Analyst, RFP 3590.

A mandatory pre-proposal conference will be held on October 26, 2018 at 10:00 AM at the former Blue Heron Paper Mill site, 427 Main Street in Oregon City, OR. Interested parties must attend the pre-proposal conference to be eligible to submit a proposal.

Solicitation documents can be viewed and downloaded from the Oregon Procurement Information Network (ORPIN) at <http://orpin.oregon.gov/open.dtl>

Metro may accept or reject any or all proposals, in whole or in part, or waive irregularities not affecting substantial rights if such action is deemed in the public interest.

Metro extends equal opportunity to all persons and specifically encourages minority, women-owned and emerging small businesses to access and participate in this and all Metro projects, programs and services.

Metro and its contractors will not discriminate against any person(s), employee or applicant for employment based on race, color, national origin, sex, sexual orientation, age, religion, disability, political affiliation or marital status. Metro fully complies with Title VI of the Civil Rights Act of 1964 and related statutes and regulations in all programs and activities. For more information, or to obtain a Title VI Complaint Form, see www.oregonmetro.gov.

10-17-18



Alarm Tracks
Alarm & Security Installation / Repair

Affordable efficient security just for you!

- Install / Maintenance For Alarm Systems
- Monitoring Service Residential & Commercial
- Install Surveillance System (CCTV)
- New Construction Prewire for Alarm Service, Whole House Audio, CCTV

9020 NE Vancouver Way, #B
Portland, OR 97211
503.288.7716
AlarmTracksPdx.com

Community Business Directory

INSURANCE

PROTECT YOUR WORLD

AUTO • HOME • LIFE • RETIREMENT



Kevin Saddler, LUTCF
360-253-6355
9401 NE Covington Road, #104
Vancouver
kevinsaddler@allstate.com



Allstate
You're in good hands.
Auto Home Life Retirement

Insurance and discounts subject to terms, conditions and availability. Allstate Property and Casualty Insurance Co., Allstate Fire and Casualty Insurance Co., Allstate Indemnity Co., 2775 Sanders Rd., Northbrook, IL 60062 Life insurance offered through Allstate Life Ins. Co. & Allstate Assurance Co.: 3075 Sanders Rd., Northbrook, IL 60062. American Heritage Life Ins. Co., 1776 American Heritage Life Dr., Jacksonville FL 32224. American Heritage Life and NY Securities offered by Personal Financial Representatives through Allstate Financial Services, LLC (LSA Securities in LA and PA). Registered Broker-Dealer. Member FINRA, SIPC. Main Office: 2920 South 84th Street, Lincoln, NE 68506. (877) 525-5727. © 2017 Allstate Insurance Co.



A career you can be proud of.

Being a carpenter isn't just a job. It's a way of life. We're devoted to strengthening the lives of our members with steady work, wealth and personal growth.

We take a stand for our members and all workers.

We work together to lead the building industry in safety, training and compensation. We create rich lives for our members and partners.

To learn more about becoming a union carpenter, go to NWCarpenters.org.

PORTLAND: 1636 East Burnside, Portland, OR 97214 | 503.261.1862
HEADQUARTERS: 25120 Pacific Hwy S, #200, Kent, WA 98032 | 253.954.8800

NWCarpenters.org

More than 20,000 members in the Pacific Northwest.

