



## Allegheny Imaging of McCandless, LLC

9335 McKnight Road  
Pittsburgh, PA 15237

### Services Provided:

- Open Bore MRI/MRA
- Digital Mammography
- Ultrasound Guided Breast Biopsy
- CT/CTA
- Ultrasound
- X-Ray
- Nuclear Medicine
- Bone Densitometry (DEXA)
- Cardiac Nuclear Medicine
- Arthrography
- Thyroid Biopsy
- Echocardiography



"The energy of life is there just waiting to be used by you." ~ Chris Dunmire

# Look Inside...

April 2010



## Workplace Ergonomics

According to the U.S. Department of Labor and Statistics (BLS), in 2008 work-related musculoskeletal disorders accounted for almost 30 percent of all workers' compensation claims. That's 317,440 claims to be exact, with each claim resulting in a median of 10 days out of work for injured parties and costing state fund employers millions of dollars.

As a health care organization or provider, you're likely dealing with the consequences of these claims as you help people manage pain and get back to work. For those repeat visitors who just aren't making the lifestyle changes they need to in order to prevent future injury or aggravation, drive the point home: Simple ergonomic considerations in the workplace can make the biggest of differences.

Feel free to share these tips with your patients or clients, and send them home with products that will serve as reminders and useful tools in getting well and staying well:

### 1. Practice good posture

- Sit with shoulders relaxed—not elevated, hunched or rotated.
- Wrists should be kept straight—which usually requires them not to rest on the laptop keyboard or the edge of the desk.

### 2. Pull up a chair

- Sit with your entire upper body upright or leaning slightly back.
- Sit with your knees at the same level or slightly below the level of your hips. Feet should be slightly out in front of the knees and supported with a foot rest if necessary.

### 3. Get comfy

- Ideal light levels for computer use are actually lower than the light required for reading. Keep overhead office lights slightly dim and provide desk lamps to those who need extra light.
- Keep space heaters, blankets, and small fans on hand to allow employees to adjust work-space temperature as they need to for maximum comfort and efficiency.

### 4. Don't repeat

- Take frequent breaks from repetitive tasks like typing, handwriting, moving and click the mouse or scrolling with the mouse, using office equipment like staplers or anything with buttons.
- Exercise the hand muscles and relax a bit between long periods spent typing or writing, by giving a stress ball a few squeezes from time to time.

"Injuries, Illnesses, and Fatalities." U.S. Bureau of Labor Statistics. Web. 07 Dec. 2009.

## Allegheny General Hospital Study Explores Training Regimen to Prevent Knee Injuries in Student Athletes

Research Measures the Effect of Conditioning on Decreasing ACL Tears March 10, 2010

Sports medicine specialists from Allegheny General Hospital are experienced with training serious athletes and weekend warriors alike to improve performance while decreasing the likelihood that they will sustain a painful knee injury. Now, physicians and athletic trainers are leading a research study that brings their expertise to student athletes—one of the most vulnerable populations for knee injuries. "ACL injuries are one of the most common orthopaedic injuries with more than 100,000 occurring each year across the nation," said Sam Akhavan, MD, director of the Human Motion Training Academy. "Most of the injuries are in younger, active people." To read more on this topic please visit [www.wpahs.org](http://www.wpahs.org)



Please Join us...

As part of its Community Outreach program, Allegheny Imaging of McCandless, LLC, is proud to sponsor the 4th Informational Seminar by a medical expert right here in the North Hills.

Topic: How to talk to your Daughter about STD's & Teen Pregnancy  
 Date: Thursday, April 22, 2010  
 Time: 6:30pm–7:00pm Registration, 7:00pm–8:00pm Lecture  
 Location: AGH McCandless Building, 9335 McKnight Road, Pittsburgh, PA 15237

Here are 3 important points, we guarantee you'll walk away with when you attend this presentation:

1. A greater awareness of STD's. (Sexually Transmitted Diseases)
2. Recommendations for Screening.
3. Contraceptive Options.



**Check out our Updated Website...  
 Visit [www.AlleghenyImaging.com](http://www.AlleghenyImaging.com)**

**Important Dates to Remember:**



- April 1st - April Fool's Day
- April 4th - Easter
- April 13th - Thomas Jefferson's Birthday
- April 17th - Daffy Duck's Birthday
- April 22nd - Dr. Murcko's Free Seminar
- April 26th - Hug a Friend Day
- April 28th - Administrative Professionals Day
- April 30th - National Honesty Day

Allegheny Imaging of McCandless, LLC is equipped with the Magnetom Espree, **Open Bore MRI**  
 Call 412-367-7226 to schedule your MRI today!

**Employee Spotlight:**



**Christina Grimaldi**  
 "Xtina"

**Background:**

Xtina attended Ultrasound school at the Western School of Health & Business Careers, now known as Sanford Brown.

**Hobbies:**

She enjoys walking her dog, reading and playing Xbox with her fiancé.

**Favorite Food:**

Buffalo Chicken Wings.

**Favorite Movie:**

Couples Retreat

When asked, "What do you like most about working at AIM?", Xtina answered, "I like the friendly environment & the joy of helping patients on a daily basis."

We are so pleased to have Christina on AIM's team. She is a great asset to our company!

**Thanks Christina for all of your hard work!**

**Allegheny Imaging of McCandless, LLC  
 Hours of Operation**

Monday	Tuesday	Wednesday	Thursday	Friday
7am-8pm	7am-8pm	7am-8pm	7am-8pm	7am-5pm