



**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

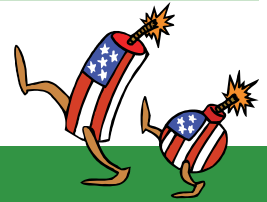


"Change is the law of life.  
And those who look only to  
the past or present are certain  
to miss the future."

~ John F. Kennedy

# Look Inside...

July 2010



## West Penn Allegheny Health System Named One of Nation's Leaders in Patient Care Quality and Efficiency

Thomson Reuters Analysis Places Pittsburgh Physician-Led Health System Among Country's Top 51 Performers, Exclusive Honor in Region

June 25, 2010

West Penn Allegheny Health System (WPAHS) has been named to an exclusive list of the country's top performing health care systems based on patient care quality and efficiency. The analysis, conducted by Thomson Reuters and published in this week's Modern Healthcare Magazine, places WPAHS among the 51 best U.S. healthcare systems. West Penn Allegheny is the only healthcare provider in Western Pennsylvania and one of just three in Pennsylvania to earn the distinction.

The second annual 100 Top Hospitals: Health System Benchmarks study by Thompson Reuters evaluated all 255 healthcare systems across the country, comprising 1,903 hospitals and representing 6.7 million Medicare discharges.

To be included in the study, systems had to have at least two acute care hospitals with a minimum of 25 beds each. The study incorporated clinical outcomes information obtained from the Medicare Provider Analysis and Review 2007 and 2008 data sets as well as from the CMS Hospital Compare data set published in the third quarter of 2009.

Health systems were ranked by Thomson Reuters on eight measures of clinical quality, efficiency and patient satisfaction. Those earning a position in the top quintile of the analysis demonstrated superior outcomes in all measures with scores reflecting aggregated data across the entire healthcare system.

Among the study's conclusions, top performing health systems had 16% lower patient mortality, 18% fewer complications and 16% fewer patient safety incidents than systems in the bottom quintile of the study. Additionally, top quintile systems demonstrated better core measure patient compliance, had fewer mortalities and readmissions after 30 days, 15% shorter hospital stays and boasted a 6% higher hospital rating.

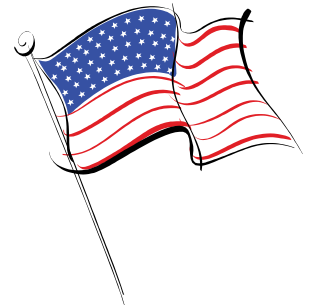
**To read more on this topic please visit [www.wpahs.org](http://www.wpahs.org)**

## June's Trivia Challenge Answers & Winner:

Thank you to all that participated in June's Trivia Challenge! Here are the answers if you are curious:

1. C. Within 2 hours
2. D. Use cruise control
3. B. Rub butter on it
4. A. Only eat light food like crackers and fruit beforehand
5. A. Refuel after dark

The winner of June's Trivia Challenge is Peggy from Allegheny Orthopaedic Association!!



### Eat Your Antioxidants.

Free radicals can cause damage to your DNA, various proteins (enzymes) and important cell membrane fats. This damage is a big actor in many chronic diseases, including cancer and heart disease. One of the major causes of free-radical production is the over consumption of calories, especially sugar and fat rich meals like desserts, snacks and fast foods. Vegetables, lean protein (meat, fish, chicken, wild game), fruit, nuts and spices (ginger, turmeric, garlic, rosemary, basil, oregano, dill, coriander, fennel, red chili pepper, cinnamon, allspice, nutmeg) all help reduce free-radical production. Supplements also have antioxidant effects, including magnesium, vitamin D and co-enzyme Q-10. Sally Fallon, Mary G. Enig, PhD

**Exercise: Shoulder and Upper Back Stretching Exercises at Your Desk.** Extend one arm out straight in front of you. With the other hand, grab the elbow of the outstretched arm and pull it across your chest, stretching your shoulder and upper back muscles. Hold for 15-30 seconds and release. Repeat on the other side. *Angela Smith, MD*



Our website has a new look to it!

Please visit [www.AlleghenyImaging.com](http://www.AlleghenyImaging.com) and look under the "Referring Offices" page, you can access a handful of helpful forms that can expedite the referral process. Thank you for choosing us as your service provider!

### Important Dates to Remember:



- July 4th - American Independence Day
- July 6th - National Fried Chicken Day
- July 8th (1835) - Liberty Bell Cracks
- July 9th - National Sugar Cookie Day
- July 16th (1969)- Apollo 11 lifts off
- July 18th - Cow Appreciation Day
- July 21st - National Junk Food Day
- July 24th - Amelia Earhart Day
- July 31st (1790)- First US Patent Issued!

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

### Employee Spotlight:



**Kim Sweigart**

RT (R)(MR) CBDT, BS, BA

#### Background:

Kim is a MRI Technologist. She has worked at AIM for 5yrs. She graduated from Heritage Valley School of Radiography & the University of Phoenix. She is certified in MRI & Bone Densitometry.

#### Hobbies:

She likes to play golf. She enjoys taking bike rides with her husband & 2 kids. She also enjoys watching Penguin games and shopping online.

#### Favorite Food:

Buffalo Chicken

#### Favorite Movie:

Tommy Boy

When asked, "What do you like most about working at AIM?", Kim answered, "I like providing quality care to patients & girl talk with my co-workers."

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

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

**Allegheny Imaging of  
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 Hours of Operation**

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