



**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



"I am always doing what I can't do, in order that I may learn how to do it."

~Pablo Picasso

# Look Inside...



September 2010

## Don't Forget To Fertilize Your Mind

Our minds are like the garden before it is planted. You can choose to fertilize your mind with positive brain food or you can let it become neglected. When you are in business for yourself or you are a sales rep for someone else -- it is so easy to forget or procrastinate about feeding your mind. Before you know it, it has been months since you've picked up a book or listened to a motivational tape. So your mind allows weeds to grow -- negative thinking -- and it quickly chokes out a positive attitude.

Brain fertilizer consists of reading 30 minutes a day of positive, mind-stretching material. It means listening to personal development tapes in your car instead of listening to the radio constantly. And television -- if you decrease your television viewing time by one hour per day at the end of the year you have given yourself 45, eight-hour days. What are the opportunities that could arise from all this free time? Creativity, stress relief, exercise, and thinking time are just a few of the possibilities.

There is a quote, "We are all like tomatoes -- we either continue to grow and ripen or we rot." What kind of tomato are you?

**Source:** Kim Duke, *The Sales Diva*, provides sales training for small biz owners and entrepreneurs.



Allegheny Imaging of McCandless is sponsoring a Fall Series of Seminars held at the AGH McCandless Building, 9335 McKnight Rd. beginning September 16th. The seminars will cover 3 different topics; Healthy Living, Importance of a Mammogram, and Ways to Reduce Stress. To attend one or all of the seminars at NO COST please call Physician Access at 412-DOCTORS (412-362-8677) or toll free at 1-877-284-2000.

**MENTAL ATTITUDE: HYDROTHERAPY, A NATURAL WAY TO REDUCE STRESS.** Relaxing in a hot bath relieves sore muscles and joints, reduces stress and tension, and promotes a good night's sleep. Add some soft music and lighting and naturally scented bath salts or bubble bath to create an inexpensive and convenient spa experience in the privacy of your own home. *Monique N. Gilbert, B.Sc.*

## Augusts' Trivia Challenge Answers & Winner:

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

- |                                  |                |
|----------------------------------|----------------|
| 1. American College of Radiology | 6. Hailey Long |
| 2. 12                            | 7. 6           |
| 3. 40                            | 8. Yes         |
| 4. Friendly & Accomplished       |                |
| 5. 28                            |                |



The winner of Augusts' Trivia Challenge is Linda from Genesis Medical Dr. Bentz!

**Exercise: Stretching Exercises at Your Desk For Your back and shoulders (the "leg hug").** Sit on the edge of your chair. Put your feet together, flat on the floor. Lean over, chest to knees, letting your arms dangle loosely to the floor. Release your neck. Now bring your hands behind your legs, right hand grasping left wrist, forearm, left hand grasping the right. Feel the stretch in your back, shoulders and neck. Hold. Release your hands to the floor again. Repeat three times or as often as it feels good.



AIM at PNC Park



**IMPORTANT DATES TO REMEMBER:**

- September 5th - Be Late for Something Day
- September 6th - Labor Day
- September 8th - International Literacy Day
- September 9th - Rosh Hashanah
- September 11th - Patriot Day
- September 11th - Remember Freedom Day
- September 12th - National Grandparents Day
- September 13th - National Boss' Day
- September 17th - Constitution Day
- September 19th - Wife Appreciation Day
- September 19th - Talk like a Pirate Day
- September 22nd - American Business Women's Day
- September 23rd - Autumn Begins!
- September 25th - Family health & Fitness Day USA
- September 27th - World Heart Day



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:**



**David T. Nixon**  
 Operations Manager

**Background:** Dave has been with AIM since day one in 2005. Washington Hospital School of Radiologic Technology, American Registry of Radiologic Technologists in Radiography and an advanced registration in CT, B.S. degree from LaRoche College in Administration. Management and a Masters of Science in professional Leadership from Carlow College.

**Hobbies:** Golf and coaching my daughter's soccer team

**Favorite Food:** My wife's slow cooked barbeque ribs

**Favorite Movie:** The Hunt for Red October

**Nickname:** Scan man

When asked "What do you like most about working at AIM" Dave answered "Being able to spend time with patients and really take care of them."

**Thanks Dave 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