



THE LEAFLET

Summer 2015

UP-COMING EVENTS

Saturday and Sunday August 29 and 30

Shadyside...the Arts Festival
On Walnut Street

Wednesday, September 2 to Sunday, September 6

Holy Trinity Greek Orthodox Church Festival

Monday, September 7

Labor Day

Saturday, September 12

McCandless Community Day

Sunday, September 13

Rosh Hashanah

Tuesday, September 22

Yom Kippur

Wednesday, September 23

First Day of Autumn

Monday, October 12

Columbus Day

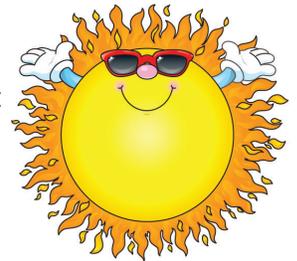
Saturday, October 31

Halloween

WELCOME TO THE MCCANDLESS CORPORATE CENTER....

A note from Lydia, your Property Manager...

I don't know about you, but I'm ready for summer; summer without rain. What? You say summer is almost over? Really? Where does the time go? Sometimes it seems to me that I'm always waiting for something different. In the winter, I'm waiting desperately for summer. In the summer, I'm waiting for weekends without rain. I think I can honestly say that I, personally, am never waiting for winter – oh, there are parts of winter that I like, the silence of a freshly fallen snow (in the middle of the night on a weekend so we don't have to worry about snow removal and driving!) One thing I do know for sure.... time flies! With each year that goes by it goes even faster. So, I think I'm going to stop waiting and wishing and just enjoy the day; whatever it brings. Here's hoping you do the same! Happy summer!





Food trucks come and food trucks go. The good news is the North Park Lounge truck will be visiting the McCandless Corporate Center. They made their first visit on Thursday, July 16 and plan to return at least monthly, more often if business warrants. The truck will have a limited menu but will be serving NPL favorites. Plan to come and enjoy YOUR favorite; lounge fries anyone? – YUM!

Reids Fresh Express and Southside BBQ still visit on a regular basis. Southside BBQ will be returning to the complex on Thursday, July 30.

Remember, if you don't use them, we will lose them!

QUOTE OF THE QUARTER:

If you don't learn from your mistakes, there's no sense in making them!



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This and That...

- WOW! Our **electronics recycle** event on May 8 was quite an event! We would encourage you, however, to attempt to have vendors remove any old electronics when purchasing new. Electronics of any kind should not be placed in property dumpsters. There are no firm plans for future electronics recycling programs on site, so don't save them.
- Any boxes being thrown away should always be broken down flat before being placed in the trash or recycling bin and labeled with a green "throw out" tag.
- We hope everyone who donated blood during the last blood drive enjoyed their free Whopper from Burger King and their surprise free gift of a 2015 Enjoy book. There were enough donations to help change the lives of 51 individuals. Please consider taking 45 minutes out of your day to give this easy, life-saving gift. The next **blood drive** will be held Wednesday, October 14, 2015.



- Our last **ice cream social** of the year will be held Wednesday, August 19.



Shorts with ice cream cones to celebrate the occasion!

- On Friday, September 11, we will welcome Daniels & McClain for our free **lunchtime concert**. Make plans to come to the Promenade at 5700 and enjoy a free lunch while singing along to some great rock tunes.

SUMMER ENERGY SAVING TIPS (thanks to Matt Mertz Plumbing)

- Use the windows – when the temperature cools down at night, turn off the AC and open your windows while sleeping. When you wake, close the windows and turn the air back on.
- Watch your thermostat – set it as high as comfortable when you're home and raise it a few degrees when you leave. Use those ceiling fans while you are home. The air flow will allow you to increase your thermostat by about 4 degrees with no reduction in comfort.
- Clean or replace your filters one a month to ensure efficient operation.
- Try to use the clothes dryer, dishwasher and stove/oven as little as possible during the hottest parts of the day.
- Turn down the temperature of your water heater to no more than 120 degrees.
- Always schedule regular maintenance for your system. It is important to have your air conditioning system cleaned and checked by a professional at the beginning of every season.



SPOTLIGHT ON...

GENESIS MEDICAL
ASSOCIATES, INC.
A TRADITION OF QUALITY HEALTHCARE



Northern Area Family Medicine, a Division of Genesis Medical Associates, relocated to McCandless Corporate Center in May, 2007. Northern Area has three family practice physicians and one physician assistant.

Dr. Robert H. Potter and Dr. Warren S. Smith are both graduates of the University of Pittsburgh School of Medicine and completed their residencies at St. Margaret Memorial Hospital in Aspinwall. Dr. Kurt M. Heil graduated from Jefferson Medical College and did a residency at the Medical College of Virginia. He and Dr. Potter have strong ties to the North Hills community as they both graduated from North Allegheny High School. Dr. Potter continues his father's legacy as the team physician for the North Hills High School football team and enjoys assisting the Pittsburgh Pirates Medical Team at Spring Training in Bradenton, Florida.

Northern Area enjoys a close relationship with St. Francis University, University of Pittsburgh, and Carlow University where they mentor Medical and Physician Assistant students.

Patients are admitted to UPMC Passavant Hospital and they have privileges at Allegheny General Hospital. The doctors also provide medical care to the patients at Kane Ross, and various other Assisted Living and Skilled Nursing Facilities.

A multitude of procedures are performed at Northern Area including Phlebotomy, Spirometry, Allergy Testing, and various Cardiology Tests.

Northern Area is developing quite the reputation for their Super Extravaganza Raffle Baskets. Every summer the NAFM staff works diligently to put together a raffle basket with the proceeds benefiting the Bakersfield Church Honduras Medical Mission. There were so many items in last year's basket that the winner had to call for a second car to cart away all of their winnings! Raffle tickets are available through September 9 and may be purchased at Northern Area's office in suite 700 at 5700 Corporate Drive.

We have been asked by our tenant at 5500 Corporate Drive, Weinstein Imaging, to share this article with you...

WEINSTEIN IMAGING OFFERS 3D DIGITAL MAMMOGRAPHY

Marcela Böhm-Vélez, M.D., FACR, FSRU, FAIUM
President, Weinstein Imaging Associates
Clinical Assistant Professor, University of Pittsburgh



Three dimensional (3D) digital mammography (Digital Breast Tomosynthesis or DBT) has revolutionized breast imaging, since the limitations of 2D digital mammography in patients with dense breast tissue. Many of these patients with dense breast tissue often require additional imaging (i.e. mammographic views, ultrasound, Magnetic Resonance Imaging) which of course contribute to anxiety. Multiple studies have resulted in compelling clinical data showing that 3D mammography technology can provide significant improvements over the most frequently cited limitations of conventional 2D mammography.

A large study published in June 25, 2014, which evaluated more than 450,000 mammography exams, found that 3D mammography finds significantly more (41%) invasive breast cancers than 2D mammography. Use of this technology facilitates earlier detection of invasive cancers, thus making treatments more effective, less traumatic for patients and less costly to the healthcare system. Another benefit is that fewer patients need be called back for additional tests preventing undue anxiety for patients. Various studies have confirmed that 3D mammograms can increase detection of early stage cancers in all types of breast densities.

Tomosynthesis (3D) works by taking a series of low dose X-ray exposures at different angles. The individual images are then reconstructed into a series of high resolution, 1 mm-thick slices which are next displayed on a workstation for interpretation by the radiologist.

One of the controversies that often arises regarding the use of tomosynthesis for screening purposes has to do with questions about increased exposure to radiation. For comparison purposes, and as a baseline, the radiation dose from a 2D mammogram is equivalent to 7 weeks of natural background radiation or from the dose of cosmic rays one would be exposed to during a coast-to-coast round trip flight in a commercial airplane. Reassuringly, it has been demonstrated that likewise the average dose of a mammography is roughly the same as that from 2D mammography. Therefore using both 2D and 3D, the radiation dose exposure to the breast is doubled, although still well below the acceptable limits.

Since the benefits outweigh the risks, Weinstein Imaging, who is dedicated to what is best for their patients, recommends that all women be offered the most optimum technology (3D digital mammography).

Schedule your mammogram today!