

Classes, Screenings & Support

STOP SMOKING

If you are interested in kicking the habit, please call Caryn at 812-547-0125, and ask about our "Freshstart" Quit Smoking Clinics.

"Freshstart" is a program of the American Cancer Society

The next "Freshstart" Clinic will be held on Wednesdays and Fridays, September 10, 12, 17 & 19, 12:00 - 1:00pm

Reservation deadline is September 9.

FREE SCREENING MAMMOGRAMS

For qualified women between 40 and 64.

For qualification details and more information about a program that could save your life or the life of someone you love, call Shelley Poole, RN, at 812-547-0392. The number of free mammograms is limited, so please call today.

This program is made possible by Perry County Memorial Hospital and grants from the Greater Evansville Affiliate of Susan G. Komen for the Cure and the Indiana Breast Cancer Awareness Trust.

BLOOD PRESSURE & GLUCOSE SCREENINGS

Fasting for 10-12 hours before screening yields most accurate results. For more information call Caryn at 812-547-0125.

Thursday, July 3, 9:00 - 11:00am

Holiday Foods, Santa Claus

Tuesdays, July 8, 22 & 29, 8:30 - 10:00am

Wal-Mart, Tell City

Thursday, July 10, 9:00 - 11:00am

Twilight Towers, Tell City

Wednesday, July 16, 9:00 - 11:00am

Public Library, Dale

BLOOD PRESSURE, GLUCOSE & TOTAL CHOLESTEROL SCREENINGS

Fasting for 10-12 hours before screening yields most accurate results. For more information call Caryn at 812-547-0125.

Wednesday, July 9, 8:00 - 10:00am

Spencer County Library, Grandview IN

Thursday, July 10, 8:30 - 10:30am

Bristow Christian Church, Bristow IN

PERRY COUNTY HEALTH DEPARTMENT IMMUNIZATION CLINICS

Mondays, July 7, 14, 21 & 28, 2:30 - 5:30pm

North Perry Immunization Clinic

Tuesdays, July 1, 8, 15, 22 & 29, 9:00 - 11am and

1:00 - 4:00pm

Perry County Health Department, Cannelton

NEXT BREASTFEEDING CLASSES

Tuesday, July 22, 6:00 - 8:00pm

Pre-registration is required for both Childbirth and Breastfeeding classes. Please call 812-547-0217. For voice mail include your name and phone number in your message.

NEXT CHILDBIRTH CLASSES

Friday, July 11, 6:00 - 9:00pm

Saturday, July 12, 8:30am - 3:00pm

AMERICAN HEART ASSOCIATION FAMILY & FRIENDS CPR CLASS

Saturday, July 12, 9:00 - 11:30am

Located at the Perry County EMS building. Adult, child and infant CPR & choking rescue skills demonstrated and practiced. Light refreshments served. No testing. This class is for people who want to learn CPR skills but do not need a certification card. 12 years and older. Cost \$10. For reservations call Caryn Weiss, RN at 812-547-0125.

PCMH DIABETES SUPPORT GROUP

Thursday, July 17, 6:00 - 7:00pm

Speaker: Pat Lambert with Perry County EMS. PCMH Conference Room C

TRI-STATE MS ASSOCIATION SUPPORT GROUP

For more information about the group, please call the Tri-State MS Association toll free at 1-866-514-4312.

TRI-COUNTY SUPPORT GROUP FOR PARENTS AND FRIENDS OF CHILDREN WITH SPECIAL NEEDS

Call Marcia Dauby at 812-547-5771 for more information.

GIFT SHOP

Staffed by our Auxiliary volunteers, the Hospital Gift Shop is open from 9:00am until 4:00pm. We have fresh flowers, artificial arrangements and numerous gift items.

AUXILIARY

Tuesday, July 8, 7:00am - 4:00pm

PCMH Conference Room C

Sale of Gently Used Books, Handbags and Jewelry at the hospital. Paperback books for \$.50 and hardback books \$1.00.

If you would like more information, call 812-547-0153.

NEW SLEEP LAB TO DIAGNOSE SLEEP DISORDERS

Do you:

Snore at night?

Have difficulty falling asleep or staying asleep?

Wake up feeling very tired?

Fall asleep during the day?

Wake up gasping for air?

Did you answer yes to any of these? If so, you may have a sleep disorder, a condition that not only causes fatigue, but can also cause high blood pressure, heart attacks and strokes.

Ask your physician for a referral to the new Sleep Lab at Perry County Memorial.

We are professionally staffed, equipped with private bedrooms and the latest technology, and our services are covered by most insurance plans.

SLEEP DISORDERS SUPPORT GROUP MEETING

Thursday, August 28, 6:00pm

PCMH Conference Room C

If you would like more information, call 812-547-0313.

DIRECT DIAL DEPARTMENTS

ADMITTING	547-0120
BUSINESS OFFICE & BILLING	547-7011
CARDIO/PULMONARY SERVICES	547-0313
COMMUNITY OUTREACH & WELLNESS	547-0125
DIABETES EDUCATION	547-0145
HOME HEALTH & HOSPICE	547-7011
JOB HOT LINE	547-0378
LABORATORY	547-0345
MARKETING & CUSTOMER RELATIONS	547-0248
OCCUPATIONAL THERAPY	547-0320
PHYSICAL THERAPY	547-0320
RADIOLOGY & XRAY	547-0185
SLEEP LAB	547-0313
SOCIAL SERVICES	547-0152
SPECIALIST CLINICS	547-0145
SPEECH THERAPY	547-0309
SWITCHBOARD	547-7011

PCMH Specialists Clinic

Dates subject to change. Call 812-547-0145 for more information.

Orthopaedics

Anwarul Quader, MD
July 11, 18 & 25

Urology

Phillip Gilson, MD
July 3 & 31

Speech Pathology

Jaime Hammond, MA, CCC/SLP
Jennifer Conner, MS, CCC/SLP
Daily Monday - Friday

Neurology

Randy Cox, MD
July 2, 7, 9, 14, 16, 21, 23, 28 & 30

Cardiology

Umesh C. Jairath, MD, FACC
July 1, 8, 15, 22 & 29

Phillip Behrens, MD, FACC
Tell City Clinic

Rounds daily at Perry County Memorial Hospital

Call 1-800-264-3278 for appointments and more information.

Otolaryngology

Mark Logan, MD
July 2, 9, 16, 23 & 30

Cancer Treatment Center

Clinics July 7, 14 & 28
Please call 812-547-0106 for information.

Jewraj Maheshwari, MD
Hematologist/Oncologist
Dattatraya Prajapati, MD
Hematologist/Oncologist

Digital Mammography

We are proud to present the newest, most advanced imaging technology... Digital Mammography. It uses up to 40% less radiation and offers more accurate results. It makes breast cancer easier to diagnose and treat in its earliest stages. One more way Perry County Memorial Hospital treats you better.

Fully Accredited Laboratory

Perry County Memorial Hospital is fully accredited and equipped with the latest technology to deliver accurate results as quickly as possible. Turnaround time for bacterial cultures is kept to a minimum, because the lab is staffed and open for outpatient testing 24 hours a day, and most specimens never have to leave the facility.

Services include:

Chemistry • Immunochemistry
Hematology • Coagulation • Serology
Microbiology • Virology
Blood Banking and Transfusion Services
Urinalysis • Microscopy • Pathology