

## 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 Mondays and Wednesdays, September 10, 12, 17 & 19, 12:00 – 1:00 p.m.

**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, June 5, 9:00 – 11:00am

Holiday Foods, Santa Claus

Tuesdays, June 10 & 24, 8:30 – 10:00am

Wal-Mart, Tell City

Thursday, June 12, 9:00 – 11:00am

Twilight Towers, Tell City

Wednesday, June 18, 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.

Thursday, June 12, 8:30 – 10:30am

Lincoln Hills Senior Housing, Tell City IN

Thursday, June 19, 9:00 – 11:00am

Ramsey's Tavern, Derby IN

### PERRY COUNTY HEALTH DEPARTMENT IMMUNIZATION CLINICS

Mondays, June 2, 9, 16, 23 & 30, 2:30 – 5:30pm

North Perry Immunization Clinic

Tuesdays, June 3, 10, 17 & 24, 9:00 – 11am

and 1:00 – 4:00pm

Perry County Health Department, Cannelton

### NEXT CHILDBIRTH CLASSES

Friday, July 11, 6:00 – 9:00pm

Saturday, July 12, 8:30am – 3:00pm

### 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.

### PCMH DIABETES SUPPORT GROUP

Thursday, June 19, 6:00 – 7:00pm

PCMH Conference Room C

### TRI-STATE MS ASSOCIATION SUPPORT GROUP

Tuesday, June 10, 6:00 – 7:30pm

PCMH Conference Room C

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

Wednesday, July 9, 7:00am – 4:00pm

PCMH Conference Room C

Don't miss our big sale of Handbags, Jewelry and Gently Used Books. Sale held at the hospital. 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.

## 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  
June 6, 13, 20 & 27

### Urology

Phillip Gilson, MD  
June 5 & 19

### Speech Pathology

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

### Neurology

Randy Cox, MD  
June 4, 9, 11, 16, 18, 23 & 25

### Cardiology

Umesh C. Jairath, MD, FACC  
June 3, 10, 17 & 24

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  
June 4, 11, 18 & 25

### Cancer Treatment Center

Clinics June 2, 9 & 23  
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