

# Monthly HEALTH

## JANUARY

Have a Happy  
& Healthy  
New Year!



A community service of  
**Perry County Memorial Hospital**

## Classes, Screenings & Support

### Stop Smoking

Call **Caryn Weiss, RN**, at 547-0125 and ask about our "Freshstart" Quit Smoking Clinics, a program of the American Cancer Society. Clinics are typically held every other month in the PCMH Education Room. **Registration Deadline: Jan. 2**

- Tuesday, January 3 • 11:00 am-12:00 noon OR 6:00 pm-7:00 pm
- Tuesday, January 10 • 11:00 am-12:00 noon OR 6:00 pm-7:00 pm
- Tuesday, January 17 • 11:00 am-12:00 noon OR 6:00 pm-7:00 pm
- Tuesday, January 24 • 11:00 am-12:00 noon OR 6:00 pm-7:00 pm

### Free Screening Mammograms

Call **Shelley Poole, RN**, at 547-0392 for qualification information for women *and men* aged between 40-64. This free screening program is made possible by the Hospital and grants from the Greater Evansville Affiliate of Susan G. Komen for the Cure and the Indiana Breast Cancer Awareness Trust.

### Digital Mammography

We now offer state-of-the-art digital mammography to provide our patients with the highest quality of care in the prevention and early detection of breast cancer.

### Blood Pressure & Glucose Screenings

Call **Perry County Home Health** at 547-7011 for more information.

- Monday, January 2 • 9:00-10:00 am • Holiday Foods, Santa Claus
- Thursday, January 12 • 9:00-10:30 am • Twilight Towers, Tell City

Call **Shelley Poole, RN**, at 547-0392 for more information. PCMH will be at Wal-Mart EVERY Tuesday!

- Tues., Jan. 3, 10, 17, 24 & 31 • 8:30-10:00 am • Wal-Mart, Tell City

### Blood Pressure, Glucose & Total Cholesterol Screenings

Call **Caryn Weiss, RN**, at 547-0125 for more information. For most accurate results, fasting for 10-12 hours is recommended before screenings.

- Wed., Jan. 11 • 8:00-10:00 am • Spencer County Library, Grandview
- Thurs., Jan. 12 • 8:30-10:30 am • Bristow Christian Church, Bristow

### Childbirth Classes

Pre-registration is required. Call **Michelle Schipp, RN**, at 547-0217. For voice mail, include your name and phone number. Breastfeeding classes are offered as needed. Cost: \$30 (Free to patients delivering at PCMH)

- Saturday, January 7 • 8:00 am-3:00 pm

### Tri-State MS Association Support Group

Call toll-free at 1-800-514-4312 for more information.

### Tri-County Support Group for Parents & Friends of Children with Special Needs

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

### Sleep Lab for Sleep Disorders

Ask your physician for a referral to the new Sleep Lab equipped with private bedrooms and the latest technology. Our services are covered by most insurance plans.

### Sleep Disorders Support Group Meeting

Call **Respiratory Therapy** at 547-0313 for more information.

### Gift Shop

Staffed by our Auxiliary volunteers, our Gift Shop is open from 9:00 am - 4:00 pm. New merchandise now available, including Mike Libs candy.

### Auxiliary

Call 547-0153 for more information on volunteering your time and skills at PCMH.

### 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 Care Services.....	547-7011
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 Clinics

Dates subject to change. Call  
**547-0145** for more info.

### Cancer Treatment Center

**Jewraj Maheshwari, MD**  
*Hematologist/Oncologist*

**Dattatraya Prajapati, MD**  
*Hematologist/Oncologist*

For information, call 547-0106.  
**January 3, 10 & 24**

### Cardiology

**Phillip Behrens, MD, FACC**  
For appointments, call  
**1-800-264-3278.**

**Tell City Clinic and daily rounds  
at PCMH**

### Neurology

**Randy Cox, MD**

**January 2, 4, 9, 11, 16, 18, 23, 25 & 30**

### Orthopaedics

**Ross Marburger, MD • January 10 & 24**

### Otolaryngology

**Mark Logan, MD • January 4, 18 & 25**

### Urology

**Phillip Gilson, MD • January 12 & 26**  
**Corey Johnson, MD • January 17 & 31**

**PCMH** Perry County  
Memorial  
Hospital

Conveniently located in the center of your life.

**WiFi** Now Available

[pchospital.org](http://pchospital.org)

1 Hospital Road ■ Tell City, IN 47586 ■ 812.547.7011

**PCMH's Fully Accredited Laboratory is equipped with the latest technology and a 24-hour lab staff. Outpatient testing services include:** Chemistry • Immunochemistry • Hematology • Coagulation • Serology • Microbiology • Virology • Blood Banking and Transfusion Services • Urinalysis • Microscopy • Pathology