



## Classes, Screenings & Support

### Stop Smoking

Call Caryn 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.

Registration Deadline: Sept. 6 • Location: PCMH, Education Room

- Tues., Sept. 7 • 11:00 am-12:00 noon
- Tues., Sept. 14 • 11:00 am-12:00 noon
- Tues., Sept. 21 • 11:00 am-12:00 noon

### Free Screening Mammograms

Call Shelley Poole, RN, at 547-0392 for qualification information for women 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.

- Thurs., August 5 • 9:00-11:00 am • Holiday Foods, Santa Claus
- Tues., August 10, 24 & 31 • 8:30-10:00 am • Wal-Mart, Tell City
- Thurs., August 12 • 9:00-11:00 am • Twilight Towers, Tell City
- Wed., August 18 • 9:00-11:00 am • Dale Library, Dale

### Blood Pressure, Glucose & Cholesterol Screenings

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

- Wed., August 18 • 8:30-10:30 am • Village Apartments, Tell City
- Thurs., August 19 • 8:30-10:30 am • St. Meinrad Catholic Church, Parish Office, St. Meinrad

### Childbirth Classes

Pre-registration is required. Call Kasey Gaynor, RN, at 547-0217. For voice mail, include your name and phone number. Breastfeeding classes are offered as needed.

### Tri-State MS Association Support Group

Call toll free at 1-866-514-4312 for more information.

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

Call Marcia Dauby at 547-5771 for more information.

### Diabetes Education

Call 547-0145 to schedule an appointment with a certified diabetes educator. Appointments are available on Thursdays, August 5, 12, 19, 26, and other days as necessary.

### Sleep Lab For Sleep Disorders

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

### Heartsaver CPR Class

This American Heart Association Certification class teaches adult, child and pediatric CPR and choking rescue skills, use of barrier devices and the AED. It is offered for those who have a duty to respond due to job responsibilities or regulatory requirements, including teachers, daycare workers, youth camp staff, lifeguards, as well as college students in education, fitness, etc. Cost is \$45. Reservations: Required. Call Caryn Weiss at 547-0125 for reservations or more information.

Reservation Deadline: September 1

Location: PCMH EMS Building • Light Refreshments.

- Thurs., Sept. 2 • 5:00 pm - 9:00 pm

### Gift Shop

Staffed by our Auxiliary volunteers, our Gift Shop is open from 9:00 am – 4:00 pm.

### 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.  
August 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  
August 2, 4, 9, 11, 16, 18, 23, 25, 30

### Orthopaedics

Anwarul Quader, MD • August 13, 20, 27

### Otolaryngology

Mark Logan, MD • August 4, 11, 18, 25

### Urology

Phillip Gilson, MD • August 12, 26

**PCMH** Perry County  
Memorial  
Hospital

Conveniently located in the center of your life.

[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**