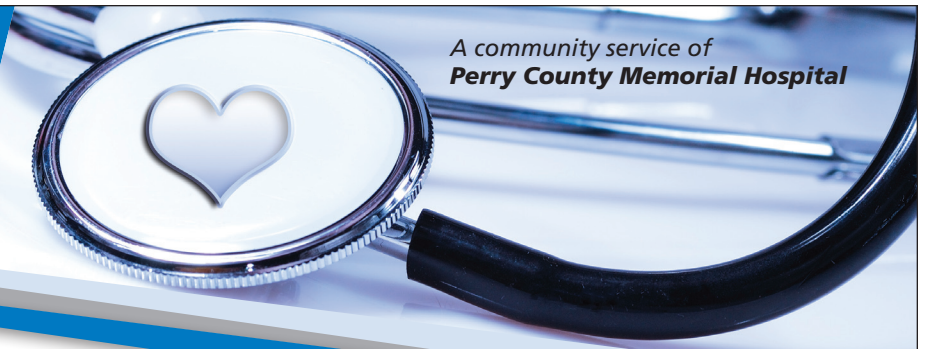


Monthly HEALTH

A community service of
Perry County Memorial Hospital



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., July 1 • 9:00-11:00 am • Holiday Foods, Santa Claus
- Tues., July 13 & 27 • 8:30-10:00 am • Wal-Mart, Tell City
- Thurs., July 8 • 9:00-11:00 am • Twilight Towers, Tell City
- Wed., July 14 • 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.

- Thurs., July 8 • 8:30-10:30 am • Bristow Christian Church, Bristow
- Fri., July 16 • 8:00-10:00 am • Spencer County Library, Grandview

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.

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.

Sleep Disorders & Diabetic Support Group

Call Respiratory Therapy at 547-0313 for more information.

- Mon., June 28 • 6:00 pm
"Chronic Illness and Depression"
Speaker: Sarah Kluender, LCSW
PCMH, Conference Room C
Reservations: None

Basic Life Support CPR Class for Healthcare Providers

Call Caryn Weiss at 547-0125 for reservations or more info.

- Thurs., July 15 • 12:00 noon - 4:00 pm • 5:30 pm - 9:30 pm
This class is for individuals who are required to complete a certified CPR class such as those working in short or long term care facilities, physician and dental offices, therapists, students in nursing or other related fields. Cost: \$45.
Reservations: Required. Reservation Deadline: July 13
Location: PCMH EMS Building • Light Refreshments.

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.
July 6 & 13

Cardiology

Phillip Behrens, MD, FACC
For appointments, call 1-800-264-3278.
Tell City Clinic and daily rounds at PCMH

Neurology

Randy Cox, MD
July 7, 12, 14, 19, 21, 26, 28

Orthopaedics

Anwarul Quader, MD • July 2, 9, 16, 23, 30

Otolaryngology

Mark Logan, MD • July 7, 14, 21, 28

Urology

Phillip Gilson, MD • July 1, 15, 29

PCMH  Perry County
Memorial
Hospital

Conveniently located in the center of your life.

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