

# MONTHLY HEALTH

A community service of Perry County Memorial Hospital

JUNE 2009

## 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 9, 11, 18 & 23, 11:00am - 12:00pm

Reservation deadline is September 8.

### 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 4, 9:00 - 11:00am  
Holiday Foods, Santa Claus

Tuesdays, June 9, 23 & 30, 8:30 - 10:00am  
Wal-Mart, Tell City

Thursday, June 11, 9:00 - 11:00am  
Twilight Towers, Tell City

Wednesday, June 17, 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 11, 8:30 - 10:30am

Lincoln Hills Senior Housing, Tell City IN

Thursday, June 18, 9:00 - 11:00am  
Ramsey's Tavern, Derby IN

### PERRY COUNTY HEALTH DEPARTMENT IMMUNIZATION CLINICS

Mondays, June 1, 8, 15, 22 & 29, 2:30 - 5:30pm

North Perry Immunization Clinic

Tuesdays, June 2, 9, 16, 23 & 30, 9:00 - 11am and 1:00 - 4:00pm

Perry County Health Department, Cannelton

### CHILDBIRTH CLASSES

Saturday, July 18, 6:00 - 9:00pm

Pre-registration is required for Childbirth classes. Breastfeeding classes can be offered as needed. Please call Kasey Gaynor 812-547-0217 for more information. For voice mail include your name and phone number in your message.

### PCMH DIABETES SUPPORT GROUP

Thursday, June 18, 6:00 - 7:00pm

PCMH Conference Room C

### TRI-STATE MS ASSOCIATION SUPPORT GROUP

Tuesday, June 9, 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 artificial arrangements and numerous gift items.

### AUXILIARY

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

### NEW SLEEP LAB TO DIAGNOSE SLEEP DISORDERS

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

PCMH Conference Room C

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

## PCMH Specialists Clinic

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

### Orthopaedics

Anwarul Quader, MD

June 5, 12, 19 & 26

### Urology

Phillip Gilson, MD

June 4 & 18

### Speech Pathology

Jaime Hammond, MA, CCC/SLP

Jennifer Conner, MS, CCC/SLP

Daily Monday - Friday

### Neurology

Randy Cox, MD

June 1, 3, 22, 24 & 29

### Cardiology

Phillip Behrens, MD, FACC

Tell City Clinic

**Rounds daily at Perry County Memorial Hospital**

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

**PCMH Outpatient Clinic on Thursdays for appointments starting at 8:00am. June 4, 11, 18 & 25**

### Otolaryngology

Mark Logan, MD

June 3, 10 & 24

### Cancer Treatment Center

Clinics June 8, 15 & 29

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

### 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 .....	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** Perry County Memorial Hospital  
Conveniently located in the center of your life.

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