

PUTNAM COUNTY HOSPITAL



*"Taking Care Of Families
For Generations To Come"*

1542 S. Bloomington St., Greencastle, IN 46135
(765) 653-5121 or 1-800-394-9338
www.pchosp.org



The Importance of the Yearly Check-up

Seeing your doctor just once a year can significantly improve your chance of early diagnosis for life-threatening diseases such as heart disease, diabetes and even cancer. It is also a good to build a relationship with your family physician or family nurse practitioner should you experience any emergency health problems. Having a healthcare provider who is familiar with your medical history can help with proper diagnosis and developing the right treatment plan.

Yearly Check-up Screenings can include:

Weight and Body Mass Index (BMI)
Height
Blood pressure
Cholesterol
Blood glucose



Your doctor will also want to go over

Medications you are taking. This includes both prescription and over-the-counter drugs.

Any health concerns you may have. Including mental and emotional issues, lack of energy or depression.

Depending on your age, gender and risk factors, your physician may recommend:

EKG-done for both men and women around age 50.

Fecal Occult Blood Test- yearly. Blood in the stool can be an early indication of colorectal cancer.

Colonoscopy-every four years or every two years for anyone with a family history of colorectal cancer.

Prostate Exam-yearly for men starting at age 50.

Mammogram-yearly for women over age 40 or as your doctor recommends.

Pap Smear and Pelvic Exam-every one to three years for women depending on doctor's recommendation.

Measurement of Bone Mass-for women who are at risk for osteoporosis as your doctor recommends.

No Family Doctor?
Let us help you locate the
physician you need!

Primary Care Physicians

Brian Black, DO
Thomas Black, MD
765-653-8453

Elizabeth Brater, MD
Windy Watt, FNP
765-522-2556

Robert Heavin, MD
765-386-7301

Steve Kissel, MD
765-653-4003

Visit us online!
www.pchosp.org

Keith Landry, MD
Stephanie McCardle, MD
765-795-3077

Warren Macy, MD
Ray Peters, MD
765-653-2626

Internal Medicine
Lisa Martin, MD
765-658-2700

Troy Quiz, MD
765-653-4633

FREE Skin Cancer Screens

Sponsored by the Putnam County Hospital
Cancer Center and Dermatology, Inc.

Monday, October 18
3 to 5 p.m.

PCH Outpatient Clinic (first floor)

Must schedule appointment in advance.

Call 765-655-2581 for more information.