

HEALTH AWARENESS BENEFITS

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

CAUTION



**Consult Your Family
Doctor Before
Blowing Out Those
Birthday Candles.**

If you are turning 50, schedule an appointment with your doctor. The following medical tests could save your life.

Women

Thyroid Hormone Test: Aging and an erratic immune system can cause thyroid problems, in women especially. Be sure to have your thyroid tested at age 50 and then every five years.

Pelvic and Pap Exam: Having these done every one to three years can detect early signs of cancer and sexually transmitted diseases.

Breast Exam and Mammogram: These tests are absolutely essential to all women 50 and older (some specialists recommend starting at 40 if there is a family history of breast cancer). Early detection of breast cancer can save your life.

Men

PSA-Prostate Exam: This blood test when combined with a rectal exam can effectively detect prostate cancer in most men. Most experts recommend getting both tests every year starting at age 50.

Everyone

Rectal Exam: This exam could help you to prevent colon cancer. Everyone should have this done once a year starting at age 50.

Weight: Being overweight puts you at high risk for developing a number of diseases. Studies show that weight loss can improve your odds of living a longer, healthier life.

Blood Pressure: Blood pressure tests are one of the easiest and fastest tests available and knowing your numbers can help you to reduce your risk of other complications.

Cholesterol: High cholesterol can cause a heart attack and other health problems. It is important to have a cholesterol screen at least every five years.

Blood Glucose: Untreated diabetes can lead to heart disease, kidney disease, and blindness. Having a fasting blood sugar test once every three years can help to detect diabetes sooner.

Skin Exam: A full body skin exam by a physician or dermatologist can detect the early signs of skin cancer.

Eye Exam: Diseases that effect your vision are more common as you age. Be sure to have your eyes examined every one to two years.

Immunizations: Everyone over age 50 should have a flu shot every year and tetanus boosters should be given every 10 years.

Find A Doctor For Your Family

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

Robert Heavin, MD
765-386-7301

Steve Kissel, MD
765-653-4003

Keith Landry, MD
Stephanie McCardle, MD
765-795-4242

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

Robert McCardle, MD
765-795-3077

Lisa Martin, MD
765-658-2700

Troy Quiz, MD
765-653-4633
Windy Watt, NP
765-522-2556

Check Us out online!
www.pchosp.org

Free Skin Cancer Screens

Provided by the Cancer Center and
Dermatology Inc.

Monday, May 17 from 3 p.m. to 5 p.m.

PCH Outpatient Clinic (First Floor)
Appointment Only

Contact the Cancer Center at

765-655-2581 for more information

This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health-care provider. If you have any questions about the disease described above, consult a health-care provider.

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