

Free Screenings for Men in September

This coupon provides the following screenings at no charge to the patient:

• PSA

• Glucose

• Cholesterol

Free screenings for men during the month of September 2022. Bring in this coupon or mention "free screenings" during registration. If you have any questions, please call **810-648-6127**.



PSA test made possible by a donation from PCUPS Foundation.

Glucose and Cholesterol screenings made possible by a donation from Tubbs Brothers in Sandusky.

Please Note: Cholesterol and Glucose screenings require a fasting blood test. For questions, please call 810-648-6110.

McKenzie Health System – Hospital Campus
Outpatient Services Clinic (North Side Entrance)
120 Delaware Street
Sandusky, MI 48471



This coupon can be redeemed and used for testing during the month of September 2022 only.

To redeem, visit the Outpatient Services Clinic during normal business hours,
Monday-Friday, 7:00 a.m. – 5:00 p.m.



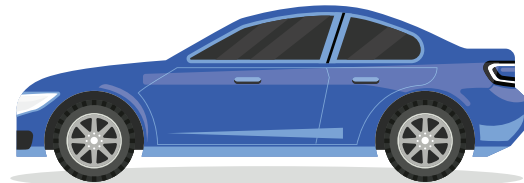
Men's Health Needs Regular Maintenance Too!

BASIC CARE:

- Annual check-ups
- Find out your family medical history

WATCH YOUR GAUGES:

- High blood pressure
- Blood sugar
- Cholesterol



EAT HEALTHY

Avoid caffeine and alcohol. Red meat and other high-fat foods can increase the risk of kidney stones



GET EXERCISE

Try for 30 minutes of moderate exercise, 5 days a week



DRINK WATER

Drinking 6 or more cups of water daily can prevent kidney stones



DON'T SMOKE

Smoking is the cause of cancer, erectile dysfunction, kidney stones, other conditions



REDUCE STRESS

Try to de-stress - 10 minutes a day can lower blood pressure



CHECK-UPS

Talk to your doctor about your personal maintenance plan