

Screenings for Men in September



During the month of September, the following free screenings are available to men:

FREE
PSA Testing

FREE
Glucose Screening

FREE
Cholesterol Screening

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

Bring in this coupon or mention **"FREE screenings for men"** during registration.

If you have any questions, please call **810-648-6127**.



PSA test, Glucose, and Cholesterol screenings made possible by a donation from **Gladiators Wear Pink**.



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

This coupon can be redeemed and used for testing during the month of September 2025 only.

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



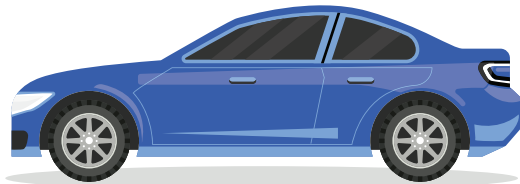
Men's Health Needs Regular Maintenance Too!

BASIC CARE:

- Annual Check-Ups
- Find Out Your Family Medical History

WATCH YOUR GAUGES:

- High Blood Pressure
- Blood Sugar
- Cholesterol



EAT HEALTHY

Avoid caffeine & alcohol. Red meat & 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.