

Free Screenings for Men



During the month of September 2025, 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, call 810-648-6110.



*Bring in a coupon or just mention
FREE screenings for men during
registration to take advantage of
this September 2025 promotion.*

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

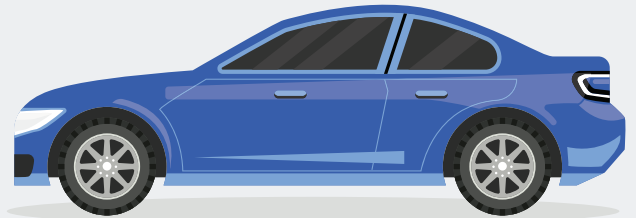
Men's Health Needs Regular Maintenance, Too!

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.

Screenings for men during the month of September 2025.
If you have any questions, please call **810-648-6127**.

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



This flyer 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.