

# Screenings for Men in September

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

**FREE**  
PSA Testing

**FREE**  
Glucose Screening

**FREE**  
Cholesterol Screening

**\$75**  
Cardiac Scoring

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** or **\$75 Cardiac Scoring** for men 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.

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 2024 only.

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



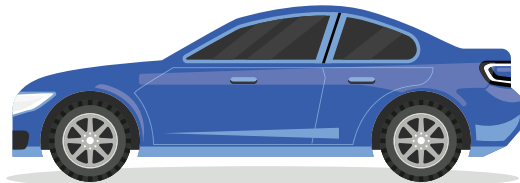
# Men's Health Needs Regular Maintenance Too!

## 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