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Montgomery Medical

A family tradition of family medicine



MontyMed Monthly

February 2026 Edition

Healthy Tip: Immunity IV Drip

Supporting your immune system is a powerful act of self-care, especially during the demanding winter months. The Immunity Drip is designed to strengthen your body's natural defenses and promote faster recovery using premium ingredients like ascorbic acid and zinc. These work to protect against infection, improve healing time, and can significantly reduce the duration of illnesses by fighting inflammation at the cellular level.

By incorporating regular IV therapy into your routine, you aren't just avoiding illness; you are providing your body with ongoing support to enhance its natural barriers and promote overall longevity. Call 724-550-4850 today to learn more and schedule your appointment!



Stay Active & Connected through the YMCA

The YMCA Silver Sneakers Program is a **free** fitness benefit for many seniors, designed to keep you moving safely and confidently.

Why it's worth checking out:

- Designed specifically for older adults
- Helps support heart health & mobility
- Encourages social connection & routine
- Offered through the local YMCA

Supporting programs like this helps build a healthier community for everyone. Love your heart and give it the love it deserves. Contact the YMCA for more information at (724) 438-2584.

American Heart Health Month

Cold weather + heavy snow = added strain on your heart.

Why this matters:

- Sudden exertion (like shoveling) can increase heart attack risk
- Cold temperatures make your heart work harder
- Risk is higher if you're inactive or have heart conditions

Protect your heart:

- Take breaks when shoveling
- Push snow when possible—don't lift
- Stay active year-round to keep your heart conditioned

February is a great time to check in on your heart—schedule regular wellness visits, monitor your blood pressure, and talk with your provider about heart-healthy habits that fit your lifestyle. Call 724-569-8100 today to schedule your appointment.



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Chicken & Broccoli

3 garlic cloves, chopped
1/2 C chicken broth
1/3 C soy sauce
3 tbsp honey
1 lb chicken thighs or breasts, cut into pieces
2 heads broccoli, cut into bite-size florets
Cooked rice & toasted sesame seeds, for serving

1 tbsp neutral oil
1 tbsp grated fresh ginger
2 tsp toasted sesame oil
2 tbsp cornstarch

- Whisk garlic, broth, soy sauce, honey, cornstarch, ginger, and sesame oil in a small bowl until smooth.
- Heat neutral oil in a large skillet or wok over high heat. Add chicken and cook undisturbed 1-2 minutes, then stir and cook until golden and cooked through, about 5 minutes. Transfer to a plate.

Honoring Our Employees



Stronger Heart, Stronger You

Keep your heart active anywhere you go. You don't need a gym or long workouts to support heart health—just 10 minutes a day can make a difference. Small changes make a big difference!

Easy at-home cardio ideas:

- March in place or walk around your home
- Use stairs for short intervals
- Dance to your favorite music
- Chair exercises for seated movement

Small, consistent movement improves endurance, boosts energy, and supports heart health at any age. Get started to feel better and call one of our providers at (724) 569-8100 to make an appointment to learn more.



- Reduce heat to medium-low. Add broccoli and sauce to the skillet, cover, and steam until broccoli is crisp-tender, 2-3 minutes.
- Uncover, return chicken and juices to skillet, and stir until sauce thickens and everything is well coated, 1-2 minutes.
- Serve over cooked rice and top with sesame seeds.

Heart to Heart Trivia

MONTYMED
Games



1. How many times does the average human heart beat in a single day?

A) 10,000 B) 100,000 C) 1,000,000

2. True or False: Laughing is actually good for your heart because it relaxes blood vessels.

Answers on Facebook the week of February 9th.