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Montgomery Medical

A family tradition of family medicine



MontyMed Monthly

March 2026 Edition

Healthy Tip: Recharge Your Cellular Battery with NAD+

Feeling the mid-week slump? The NAD+ Shot at Renew You Medi Spa is the "biohack" you've been looking for. NAD+ supports cellular energy and metabolism, helping you bounce back from fatigue and brain fog. It's a convenient, five-minute treatment that lets you get right back to your day feeling refreshed and sharp. Don't just mask your fatigue—address it at the cellular level. It is recommended to get weekly shots to continue to improve general wellness or more if a more aggressive approach is required.



Ready to boost your energy? Now available at Renew You Medi Spa for \$50. Call 724-550-4850 today to learn more and schedule your appointment!



The Evolution of GLP-1's

At Montgomery Medical, we're excited to share the latest advances in GLP-1 therapies that are transforming how we approach metabolic health and individualized care.

What's New?

Historically, GLP-1 drugs were injectable only. Today, oral GLP-1 pill options are becoming available, offering a more convenient choice for patients who prefer not to use injections. We're moving beyond a "one-size-fits-all" model. Rather than prescribing a single medication for everyone, we take the time to tailor GLP-1 treatments based on your individual health history, goals, and lifestyle.

Ready to talk about whether a GLP-1 option is right for you? Contact us at 724-569-8100 today to schedule a consultation with a provider and explore your personalized plan.

Brain Food > Junk Food

That mid-afternoon snack might feel like a quick fix, but choosing the wrong foods can do more harm than good. Sugary snacks, refined carbs, and processed foods can cause rapid blood sugar spikes followed by crashes, leaving you feeling tired, irritable, and unfocused. Over time, repeated blood sugar swings may increase stress on the brain and have been linked to a higher risk of cognitive decline and dementia.

Choosing balanced snacks with protein, healthy fats, and fiber helps keep your energy steady and your mind sharp.

Need help making smarter nutrition choices? Call us at 724-569-8100 today to schedule a wellness visit and protect your brain for the future.



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Training Today, Better Care Tomorrow

Last month, two of our providers, Vicki Morgan, CRNP and Kendell Sogliero, CRNP led a hands-on skills training for our Medical Assistants, focusing on caring for some of the most common injuries. With the help of a great sport, our team practiced real-life scenarios to sharpen their skills and boost confidence.

At Montgomery Medical, we're proud of our team's commitment to ongoing learning and top-quality care.

Got a minor injury? Think of us first! Call 724-569-8100 or walk in to MontyMed Same Day Care and let our trained team take care of you!

Spicy Chicken & Cabbage Stir Fry

- 2 TBSP neutral oil, divided
- 1 1/4 pounds boneless, skinless chicken breast, thinly sliced
- 3/4 tsp kosher salt, divided
- 5 scallions, green parts cut into 1-inch pieces and whites thinly sliced
- 8 cups thinly sliced green cabbage
- 2 TBSP chili-garlic sauce
- 2 C cooked brown rice

- Heat 1 TBSP oil in a large flat-bottomed wok or skillet over high heat. Add sliced chicken and 1/4 tsp salt; cook, stirring constantly, until lightly browned and opaque throughout, 3 to 4 minutes. Transfer to a plate.



- Add the remaining 1 TBSP oil to the skillet along with the scallion pieces and slices, 8 C cabbage and the remaining 1/2 tsp salt. Cook until the vegetables are just tender, about 3 minutes, then add the chicken back to the pan along with 2 TBSP chili-garlic sauce; toss to combine. Divide 2 C rice among 4 plates and top with the stir-fry mixture.

Honoring Our Employees



Montgomery Medical, Inc.



St. Patrick's Trivia

MONTYMED
Games

- In which country was St. Patrick born?
A) Ireland B) Britain C) Scotland
- What plant is a traditional symbol of St. Patrick's Day?
A) Thistle B) Shamrock C) Clover
- What color was originally associated with St. Patrick before green became dominant?
A) White B) Orange C) Blue

Answers on Facebook the week of March 9th.

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