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Montgomery Medical

A family tradition of family medicine



MontyMed Monthly

August 2025 Edition

Health Tip: Sending Your Student Off to College Prepared

As your teen heads to college, don't forget to prioritize their health. Make sure they know how to manage minor illnesses, locate the nearest urgent care or campus health clinic, understand how to use their health insurance, practice basic first aid and medication safety, and access mental health resources. Make sure they're up to date on vaccinations — especially the meningitis vaccine, which is vital for students living in dorms. To support them even further, consider sending them off with a personalized care package filled with health essentials they might not think to pack themselves.



Are Vitamin Supplements Worth it?

Kalina Kurosky, PA-C says:

"Supplements can be helpful—but only when they're truly needed. They're not a substitute for a healthy diet, and in many cases, they're overhyped. Supplements are most beneficial if you have a deficiency, belong to a group with higher nutritional needs (such as pregnant women, older adults, or vegans), or are taking them under a doctor's care.

Be cautious with mega-doses or trendy blends that make bold claims. A balanced diet—especially one rich in fresh fruits and vegetables—provides the essential vitamins your body needs and should always come first. Supplements should only be added if recommended by your healthcare provider.

Not sure what your body needs? Schedule a wellness visit and basic bloodwork to find out. Call us today at (724) 569-8100."

Health or Hype?

The Truth About Pepsi's New Prebiotic Drink.

Pepsi has recently launched a new line of "health" drinks featuring added prebiotics, claiming benefits for gut health. But is it truly good for you—or just clever marketing? While prebiotics can support digestion by feeding healthy gut bacteria, the benefits are usually best delivered through a balanced diet rich in fiber from whole foods. Many of these new drinks still contain added sugars or artificial ingredients, which can outweigh any potential health perks. Our providers recommend focusing on real, nutrient-dense foods and only incorporating functional beverages if they align with your specific health needs. If you're curious about supporting your gut health the right way, schedule a visit with us to talk through smart, sustainable options tailored to you.



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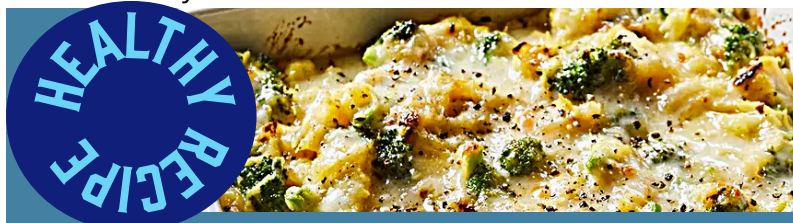
Back-to-School & Game-Ready?

We've Got You Covered!

It's that time of year—back-to-school season is right around the corner, and fall sports are kicking into gear! At MontyMed Same Day Care, we make it easy to stay on top of your child's health needs. We offer walk-in services for sports physicals, minor injuries, and any other health concerns that may come up.

No time during the week? We are open on Saturdays from 9 AM to 1 PM to fit into your busy schedule.

Stop by today and let us help you get ready for a healthy, active school year!



Broccoli Cheddar Spaghetti Squash Casserole

1 3-pound spaghetti squash, halved lengthwise and seeded
½ teaspoon salt, divided ½ cup chopped onion
½ tea ground pepper, divided 4 c. chopped broccoli
2 tbs extra-virgin olive oil 2 tablespoons cornstarch
2 large cloves garlic, minced 1 cup reduced-fat milk
1 ½ cups shredded extra-sharp Cheddar cheese, divided

Preheat oven to 400°F. Lightly coat an 8-inch-sq. baking dish with cooking spray. Place squash halves cut-side down in a microwave-safe dish. Add 2 tbs water. Microwave on High until the squash is tender, 10 to 15 min or bake until the squash is tender, 40-50 min. When cool enough to handle, use a fork to scrape the squash flesh into a med. bowl. Season with 1/4 tea. each salt & pepper. Meanwhile, heat oil in a large skillet over medium-high heat. Add onion & cook,

stirring, until softened & starting to brown, 2 to 3 min. Add broccoli & cook, stirring, until tender, 4 to 5 min. Add garlic & cook, stirring, for 1 min.

Whisk milk, cornstarch & the remaining 1/4 tea. each salt & pepper in a measuring cup. Add to the pan along with 1 1/4 cups cheese. Cook, stirring, until thickened & the cheese is melted, 1 to 2 min. more. Remove from heat & stir in the squash flesh. Transfer to the prepared baking dish & sprinkle with the remaining 1/4 cup cheese. Bake until heated through & browned in spots, 15 to 18 min. Let rest for 10 min. before serving.

Honoring Our Employees



MontyMed Riddles

MONTYMED

Games

Riddle #1:

I'm checked before sports and before school starts,
I help keep you safe when you're playing your part.
What am I?

Riddle #2:

I'm filled with soap & water too, Use me often, that's your clue.
At school I stop the spreading of yuck, Find me near the sinks!
What am I?

Answers on Facebook the week of August 11th.