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Montgomery Medical

A family tradition of family medicine



MontyMed Monthly

July 2025 Edition

Health Tip: Stay Hydrated for Better Energy & Skin!

Dehydration doesn't just make you thirsty—it can affect your energy, focus, digestion, and even your skin. Aim for at least 8 glasses of water a day even if you don't feel thirsty, which is still a great rule of thumb to follow. Drink more if you're active or out in the sun. For an extra boost, add fresh lemon or cucumber to your water for natural flavor and added nutrients!



DermaSensor



Advanced AI Skin Cancer Detection

Early Skin Cancer Detection, Made Simple

We're proud to offer once again the latest in skin health technology with DermaSensor—a quick, non-invasive tool that helps our providers evaluate suspicious skin spots right in the office.

How it Works:

DermaSensor uses advanced light-based technology to analyze the cellular makeup of a skin lesion. Within seconds, it provides real-time feedback to help determine whether a spot is likely benign or needs further examination.

The scan takes just a few minutes and can easily be added to your wellness visit. Call us today at 724-569-8100 to ask about including a DermaSensor check in your next appointment.

Stay Safe in the Splash Zone

Drowning is quick, silent, and often preventable. Drowning is the number one cause of death in children 1-4 years of age. As summer heats up, keep these essentials in mind:

- Stay Alert
- Teach Kids Early. Swim classes can reduce the risk.
- Use Life Jackets
- Avoid Drains and other openings that cause suction
- Learn CPR
- Designate a "Water Watcher"

Drowning takes just 20 seconds and usually makes no noise. Constant supervision is key.

Stay safe and enjoy summer!



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Adult Type 2 Diabetes & Obesity Clinical Trial

Are you living with Type 2 Diabetes? You may be eligible to participate in a clinical research study now enrolling participants at Frontier Clinical Research in Smithfield. Compensation is available.

You may qualify if you:

- Are 18 years or older
- Have a clinical diagnosis of Type 2 Diabetes
- Have a BMI of 25 or higher

Help advance future treatment options—and receive compensation for your time and participation. Interested? Call (724) 569-8036 or stop by Frontier Clinical Research, which is located next to Montgomery Medical.

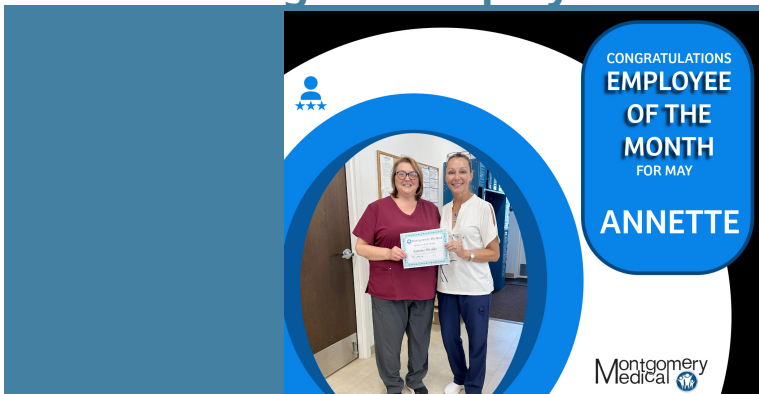


Sweet and Tangy Chicken Burgers

2 tbs extra-virgin olive oil	1 large onion, finely chopped
1 tsp ground cinnamon	1 tsp ground coriander
1/4 tsp red pepper flakes	1 1/2 tsp kosher salt
Freshly ground black pepper	2 cloves of garlic, minced
1/4 cup chopped flat-leaf parsley	
1lb ground lean chicken	1/4 cup plain yogurt
3 tbs pomegranate molasses, for brushing	

Heat the olive oil in a skillet over med. heat, add the onion, cinnamon, coriander, pepper flakes, 1/2 tsp kosher salt & season with pepper. Cook until onions are tender, about 5 minutes. Add garlic & parsley & cook until garlic is fragrant, about 1 minute. Transfer to a large bowl & let cool slightly. Stir in the chicken, yogurt, and the onion. Season with 1 tsp salt & some pepper. Shape into 4 1/2-inch thick patties.

Honoring Our Employees



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Cook in a nonstick skillet over medium heat until browned and cooked through, about 5 minutes on each side, or until an instant-read thermometer inserted into the sides of the burgers registers between 165 and 170 degrees F. Brush burgers with the pomegranate molasses and set aside to rest for 5 minutes. Serve on toasted buns with fixings. 4 whole wheat buns, toasted. 1 tomato, 1 cucumber, 1 small red onion, and lettuce.

MontyMed Riddles

MONTYMED

James

Riddle #1:

Apply me now, not later on—Or you'll regret it when the sun's too strong. I don't tan, but I help you glow—Healthy skin's the way to go! What am I?

Riddle #2:

I'm dark and stylish, and always cool, Protect your eyes, that's my #1 rule. What am I?

Answers on Facebook the week of July 14th.

www.montymed.com