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# Montgomery Medical

A family tradition of family medicine



## MontyMed Monthly

November 2025 Edition

### A Heartfelt Thank You for Helping Us Grow!

We're excited to share that our practice continues to grow — and it's all thanks to *you*!

From September 2024 to September 2025, we've seen incredible progress: **16%** increase in total patients, **22%** increase in new patients, **33%** increase in same-day care visits

We're also honored to have been voted **Best in Fayette** for Urgent Care!

Your trust and support mean the world to us. Every visit, every referral, and every kind word helps us continue our mission of providing exceptional, compassionate care to our community.

Your health is why we started. Your support is why we continue to grow.



Marjorie Loukota, X-Ray Technician

### GLP-1s: Real Results, Real Stories

"I started my GLP-1 journey a few months ago, and I can honestly say it's changed my life. My A1C has dropped by two points, and I've lost 65 pounds so far. I have more energy, better control over my eating habits, and I finally feel like myself again. Having our team support me every step of the way made all the difference."  
— Marjorie Loukota, X-Ray Technician at Montgomery Medical.

GLP-1 medications have transformed how we approach weight management and metabolic health. Treatments like semaglutide and tirzepatide can help regulate blood sugar, reduce appetite, and support long-term, sustainable weight loss, when combined with healthy habits and medical supervision.

#### Interested in Learning More?

Call us at 724-569-8100 and schedule a visit with our team to see if a GLP-1 medication could be right for you.

### A Breath Toward Better Health

It's Lung Cancer Awareness Month, and one of the most powerful ways to protect your lungs is by quitting smoking.

#### Why Quit?

- In 20 minutes, your heart rate and blood pressure begin to drop.
- In 2-12 weeks, breathing and circulation improve.
- In 1 year, your risk of heart disease is cut in half.
- In 10 years, your risk of lung cancer drops by up to 50%.

Lung cancer remains one of the leading causes of cancer-related deaths, but early detection and prevention save lives.

**Montgomery Medical is here to help:** Call us today at 724-569-8100 to schedule an appointment. Free resources and support are also available at 1-800-QUIT-NOW.



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## Blood Pressure: The Silent Killer

High blood pressure (hypertension) often has no symptoms, but it can quietly damage your heart, brain, and kidneys over time. That's why it's called the "silent killer."

**Know Your Numbers:** **Normal:** Below 120/80 mmHg  
**Elevated:** 120-129/below 80 mmHg  
**High:** 130/80 mmHg or higher

The good news is that a few simple changes can make a big difference, like eating balanced meals, staying active and limiting salt and caffeine.

### Take the Next Step:

Call us at 724-569-8100 to schedule a blood pressure check or wellness visit to stay on top of your heart health.

## Lemon Garlic Shrimp

1 lb med shrimp, peeled and deveined	1 tsp paprika
1 ½ tbsp olive oil, divided	2 tbsp butter
Juice of one lemon	2 tbsp fresh parsley, chopped
½ tsp red pepper flakes	1 lemon, thinly sliced
Salt and pepper to taste	

- Using a medium-sized bowl, combine the shrimp, ½ tablespoon olive oil, lemon juice, minced garlic, paprika, red pepper flakes, salt, and pepper to taste. Marinate for 10 minutes.



- In a large skillet, melt the butter and remaining tablespoon of olive oil. Add the marinated shrimp (along with any juices) and lemon slices.
- Cook shrimp for 2-3 minutes on each side. Serve with freshly chopped parsley on top.

## Honoring Our Employees

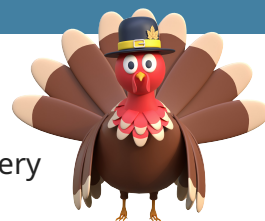


Montgomery Medical, Inc.

## Thanksgiving Trivia

MONTYMED  
*Games*

- When was the first Thanksgiving celebrated?
- What was likely *not* served at the very first Thanksgiving feast?
- Which U.S. president made Thanksgiving a national holiday?



Answers on Facebook the week of November 10th.

[www.montymed.com](http://www.montymed.com)