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Montgomery Medical

A family tradition of family medicine



MontyMed Monthly

October 2025 Edition

Health Tip: Stay Ahead Of The Flu

Flu season is officially here, which means now is the perfect time to focus on prevention. Getting your flu shot doesn't just protect you—it also helps safeguard your family, friends, and coworkers by reducing the spread of illness. Along with frequent handwashing, covering coughs and sneezes, and staying home when feeling under the weather, a flu shot is one of the easiest ways to keep yourself and others healthy.

Our Flu Shot Walk-In Clinic is now open and suggested times are every **Tuesday & Thursday** from **1-4 PM to walk in** - no appointment needed! If you have an upcoming appointment soon, you can get your shot then also.



Breast Cancer Awareness Month

October is Breast Cancer Awareness Month—a time to honor survivors, remember those we've lost, and support the ongoing fight against breast cancer. Early detection and preventative care can save lives. Here's why screenings matter:

- Regular mammograms can catch breast cancer early, when it's most treatable
- Self-exams help you notice changes and report them promptly
- Healthy lifestyle choices may lower your risk

Take this month as your reminder to schedule a screening, encourage loved ones to do the same, and show your support by wearing pink. Together, we can spread awareness, share hope, and make a difference.

Breaking the Silence on Medical Gaslighting

What is Medical gaslighting? It is when a provider dismisses or downplays symptoms—and it is unfortunately common. It can look like being told "it's all in your head," having pain brushed off as "normal," or feeling rushed or ignored when sharing concerns.

"At Montgomery Medical, we want every patient to feel truly heard and cared for," says Jenna Luczka, PA-C. "Your concerns matter, and we're here to make sure they're never overlooked."

What Helps: Bring notes to your appointment, ask questions, and speak up. Call us today, we are here to listen.



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Carn-Evil Trunk or Treat!

Get ready for a frightfully fun time at our Carn-Evil Trunk or Treat! Costumes, treats, and creatively decorated trunks make this a Halloween experience the whole family will love. Try your luck at pumpkin ring toss and other carnival-themed games!

Date: Thursday, October 30th

Time: 4 PM - 6 PM

Location: Montgomery Medical, 105 Laurel View Dr, Smithfield, PA 15478

Don't miss the "udderly" spooktacular surprises we have in store this year!



Sheet Pan Chicken with Butternut Squash & Cauliflower

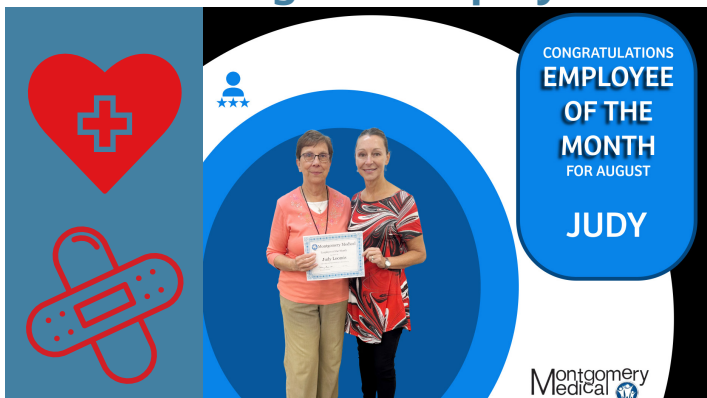
8 skin-on, bone-in chicken thighs	¼ tsp cinnamon
½ c fresh cilantro, chopped	1 tsp coriander
3 Tbsp + 1 tsp olive oil	1½ tsp cumin
½ tsp black pepper	¼ tsp cayenne pepper
6 c cauliflower florets	2 tsp salt
2 c cubed peeled butternut squash	

- Preheat oven to 450°. Line 2 baking sheets with foil. Arrange the chicken skin-side up on one baking sheet. Drizzle with 1 teaspoon olive oil and rub onto the skin. Season all over with 1 teaspoon salt and the pepper.



- On second sheet, toss squash & cauliflower with remaining 3 Tbsp olive oil, cumin, coriander, cinnamon, cayenne, and 1 tsp salt.
- Put the chicken on the middle oven rack and the vegetables on the lower rack. Roast until the chicken is cooked through and the skin is crisp and the vegetables are lightly browned and tender, 40 to 45 minutes, stirring the vegetables halfway through.
- Stir cilantro into veggies and serve with chicken.

Honoring Our Employees

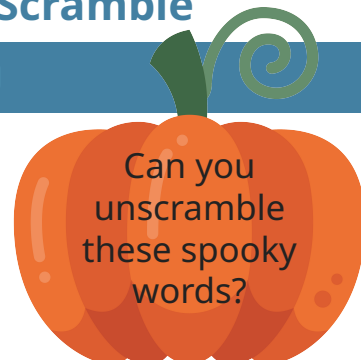


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Halloween Scramble

MONTYMED
Games

1. emvirpa
2. hstog
3. nupkpmi
4. ihwct
5. netklsoe



Answers on Facebook the week of October 13th.

www.montymed.com