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Montgomery Medical

A family tradition of family medicine



April 2026 Edition

Healthy Tip: Get those sneakers ready! Our team is officially taking on the Summit Challenge again at the end of April, and we're inviting anyone to join the Montgomery Medical squad. Why walk? Beyond the heart-healthy benefits, it's a chance to connect with your community and your care team outside the office walls.

The event is on **Sunday, April 26th, 2026** and is hosted by the Fayette Striders Running Club and you can find the application on their website at www.fayettestriders.org Whether you're a power walker or a casual stroller, moving together is the best way to kick off spring. Let's show our local spirit!



The "Why" Behind the Leak

Let's Talk Incontinence: Did you know that 1 in 3 women and 1 in 9 men will experience bladder leakage at some point in their lives? It's incredibly common, but it shouldn't be your "new normal." Most leakage stems from a weakened pelvic floor and can be triggered by life events like pregnancy or menopause, but also by chronic coughing, heavy lifting, or even high-impact exercise.

The good news? You don't have to suffer in silence or plan your life around the nearest restroom. From medical support at Montgomery Medical to advanced muscle-strengthening at Renew You, we offer real solutions to help you reclaim your confidence and your active lifestyle. To talk over your options to schedule with a provider online or at (724) 569-8100 today!

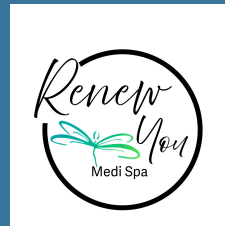
The "Ultimate" Power Seat

Meet the Emsella Chair: the revolutionary "Power Seat" that is changing the game for pelvic health. 95% of treated patients have reported a significant improvement in their quality of life thanks to this non-invasive treatment.

While you sit fully clothed & relax, Emsella uses High-Intensity Focused Electromagnetic (HIFEM) technology to deliver the equivalent of 11,000 Kegel exercises in just 30 minutes. **For Women:** It is a breakthrough for bladder control & intimate wellness. **For Men:** It is a powerhouse for addressing frequent bathroom trips & providing E.D. support by drastically increasing blood flow & muscle tone.

Regain your confidence & stay in the game. Call Renew You Medi Spa at (724) 550-4850 to schedule your consultation & free demo!

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EMSELLA[®]



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MontyMed Monthly

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Your Health, Your Schedule

Ready for the ultimate convenience? We've officially launched Online Booking! We know your day is packed, and sometimes you remember you need an appointment at 10 PM when we're closed. Now, you have the power to browse available times and grab the slot that fits your life in seconds.

No more waiting on hold or trying to coordinate calendars over the phone. You can book from your phone, see which providers are available, and even fill out your paperwork ahead of time for a faster check-in. It's the easiest, most modern way to stay on top of your wellness.

Scan the QR code to the left to try it out!



Sheet Pan Salmon & Asparagus

For the salmon & asparagus

- 2 lbs salmon filet, portioned
- 2 lbs asparagus
- Salt and black pepper
- 1 Tbsp olive oil
- 1 small lemon, for garnish

For the butter

- 6 Tbsp butter, softened
- 2 Tbsp fresh lemon juice
- 2 garlic cloves, minced
- 2 Tbsp fresh parsley, chopped
- 1 tsp salt
- 1/4 tsp black pepper

- Preheat oven to 450°F with oven rack in top third. Line large rimmed baking sheet with parchment paper.
- Place salmon fillets down the center of the pan with trimmed asparagus on the sides. Drizzle the asparagus with olive oil and toss to coat. Season everything with salt and pepper.



- In a small bowl, mix together your butter ingredients until smooth. Spread 3/4 of the mixture over the salmon and dab the rest over the asparagus. Top each fillet with a fresh lemon slice.
- Roast uncovered for 10–12 minutes. For a "golden glow," switch the oven to BROIL for the final 2–3 minutes.
- The salmon is ready when it is flaky and reaches an internal temperature of 145°F.

Honoring Our Employees



Montgomery Medical, Inc.

Easter Trivia



1. Which "kitchen scrap" was most commonly boiled to create a beautiful deep red or purple color for dyeing eggs?
A) Onion Skins B) Carrot Tops C) Coffee Grounds
2. Which flower is known as the "Official Flower of Easter"?
A) Tulip B) White Lily C) Daffodil
3. What was the original color of Easter eggs?
A) Yellow B) Orange C) Red

MONTYMED
Games

Answers on Facebook the week of April 6th.

www.montymed.com