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Montgomery Medical

A family tradition of family medicine



August 2026 Edition

Healthy Tip: Lunchbox Swaps: Many prepackaged lunch foods are high in preservatives, added sugars, & artificial ingredients. Swapping them for fresh, whole foods can make a big difference in providing lasting energy & important nutrients throughout the school day. Try these easy lunchbox swaps:

- Potato chips - Popcorn or veggie straws.
- Fruit snacks - Fresh fruit like grapes or apples.
- White bread - Whole grain bread or wraps for added fiber.
- Cookies - Yogurt or a handful of trail mix.



GLP-1's & Muscle Loss

GLP-1 medications are effective for weight loss, but they can also cause muscle loss. Rapid weight loss can also contribute to facial fat loss, creating a hollow, aged appearance. Maintaining muscle is essential for supporting metabolism & preserving strength.

Support your body during your weight loss journey with strength training, a protein-rich diet, & treatments such as Emsculpt to help build & maintain muscle. For facial volume concerns, PRP injections or dermal fillers may help restore a more refreshed appearance. All offered at Renew You Medi Spa!

Talk with your provider at Montgomery Medical, or call Renew You Medi Spa at 724-550-4850 to learn which options could work for you.



Why Vaccines Matter At Every Age

Vaccines help protect your health through every stage of life. As we age, our immune systems naturally weaken, making us more susceptible to illnesses.

Staying up to date on vaccines helps reduce the risk of sickness & protects those around you. Recommended vaccines can vary based on age, health, & lifestyle, but may include:

- Flu vaccine
- COVID-19 vaccine
- Td/Tdap booster

Ask your Montgomery Medical provider about which immunizations are right for you.



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The Importance of Breakfast

Starting your day with a balanced meal provides you with nutrients to keep you focused & energized throughout the day. A healthy breakfast should include protein, healthy fats, and complex carbohydrates. Instead of sugary cereals or pastries that can lead to a mid-day crash, try:

- Eggs with vegetables and whole grain toast.
 - Greek yogurt with berries, nuts, & seeds.
 - A smoothie made with protein, greens, & low sugar fruits.
- Make time for a nutritious breakfast. Your body will thank you!

Turkey Pinwheels

Ingredients:

- 8oz cream cheese
- 1 1/3 cup alfalfa sprouts
- 1 cup Greek yogurt
- 3 medium plum tomatoes
- 1/4 tsp salt
- 1 small yellow bell pepper
- 1/4 tsp pepper
- 8oz sliced turkey breast
- 4 tortillas
- 1 1/3 cup carrots
- 1/2 tsp garlic & herb seasoning
- 1 cup baby spinach, chopped

Instructions:

1. Place cream cheese, spinach, yogurt, & seasonings in a bowl. Mix until smooth.
2. Spread mixture evenly over tortilla. Arrange veggies & turkey on top.



3. Tightly roll each tortilla & wrap in foil. Refrigerate for 30 minutes. Remove and cut each roll into slices about 1 1/4 inches thick.

Honoring Our Employees



Back to School

Trivia

MONTYMED Games

How long should you spend washing your hands?

- A.) 10 seconds B.) At least 20 seconds

How often should you replace your toothbrush?

- A.) Once a year B.) Every 3-4 months

How much time should children spend being active each day?

- A.) At least 60 minutes B.) 20 minutes

Answers on Facebook the week of Aug. 3rd.

www.montymed.com