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Montgomery Medical

A family tradition of family medicine



June 2026 Edition

Healthy Tip: Hydration: Dehydration occurs when the body loses more fluid than it takes in. It can be caused by sweating, illness, or insufficient fluid intake. Untreated dehydration can cause severe bodily damage. Follow these tips to keep your body healthy and hydrated during the hot summer months:

- Drink water throughout the day
- Eat water-rich produce like celery, watermelon, etc.
- Avoid sunlight during peak hours
- Wear breathable clothing



Men's Mental Health: Breaking the Stigma

June is Men's Health Month, which serves as an opportunity to raise awareness about the stigma many men face when it comes to opening up and asking for help. Many factors contribute to why men often struggle in silence:

- Traditional masculinity norms
- Fear of judgment
- Avoidance of healthcare
- Risky coping behaviors

Emotional expression isn't a failure. It's a basic human need. Encouraging open conversations and routine healthcare visits can improve quality of life for men.

Alzheimer's & Brain Awareness

It is estimated that around 7 million Americans are living with Alzheimer's disease. Recent medical breakthroughs have found treatments to manage symptoms and slow progression, but there is currently no cure. This is why early detection is crucial. Some warnings signs of Alzheimer's may include:

- Memory loss disrupting daily life
- Confusion with time or place
- Difficulty completing familiar tasks

Regular wellness visits are important for monitoring cognitive health. Call us today at 724-569-8100 or schedule your visit online. Supporting brain health starts with staying proactive.



**Alzheimer's
and Brain Awareness Month**

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Keeping Summer Break Healthy

Summer break is a great time for kids to relax and recharge, but keeping a healthy routine is still important for overall wellness. Some healthy habits to try this summer:

- Limit screen time
- Encourage outdoor activity and exercise
- Read books to keep the mind active
- Choose healthier snacks and less processed foods

Schedule child wellness exams before the new school year begins! Visit our website to book or call us at 724-569-8100.



Oven Chicken & Veggie Kebabs

Ingredients:

Chicken & Vegetables:

- 1 chicken breast
- 1 zucchini, sliced
- 1/2 red pepper
- 1/2 yellow pepper
- 1/4 small red onion

Marinade:

- 3 tbsp olive oil
- Juice of 1/2 lemon
- 1 clove garlic, crushed
- 1/4 tsp salt

Instructions:

1. Preheat oven to 450.
2. Combine marinade ingredients in a plastic bag.
3. Cut chicken into bite sized pieces and add to marinade.



4. Line a baking sheet with foil.
5. Prepare vegetables & add to marinade with chicken. Toss.
6. Place chicken & veggies on a large plate.
7. Thread onto skewers and sprinkle both sides with salt and pepper.
8. Place on baking sheet and bake for 25 minutes. No need to turn over!

Honoring Our Employees



Montgomery Medical, Inc.

Outdoor Health Trivia



Which insect carries Lyme Disease?

- A) Ticks B) Bees C) Fleas

Which vitamin is produced through sunlight exposure?

- A) Vitamin C B) Vitamin B C) Vitamin D

Which organ is most affected by UV exposure?

- A) Skin B) Heart C) Stomach

Answers on Facebook the week of June 6th.

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Games