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Montgomery Medical

A family tradition of family medicine



September 2026 Edition

Healthy Tip: Mental Health Awareness: Mental health is just as important as physical health, yet many people hesitate to seek support. Here are some ways to support your mental wellness:

- Stay connected with friends, family & support systems
- Get regular physical activity
- Prioritize healthy sleep habits

If your mood is affecting your daily life, consider talking to your healthcare provider. Talking openly about mental health can help reduce the stigma surrounding it.



DO YOU HAVE A HIGH DEDUCTIBLE?

**PAY CASH
AND YOU MAY
SAVE!**

GLP-1s & "Ozempic Face"

Are you on a GLP-1 and noticing a loss of volume in your face? This can occur with rapid or significant weight loss, which may contribute to a more hollow appearance in the cheeks or less firm-looking skin. Eating enough protein, staying hydrated, and incorporating strength training can help support your overall health during weight loss, but there are also other options to consider.

If you are experiencing volume loss, Sculptra may be able to help. Sculptra is an injectable collagen stimulator that naturally improves facial volume gradually over time. Contact Renew You Medi Spa at 724-550-4850 for more information or schedule a consultation online.

Self-Pay for High Deductibles

Healthcare expenses can be difficult to manage. We offer a self-pay plan for patients with high deductibles or cost-sharing plans.

Depending on your insurance plan and services provided, the contracted insurance rate may be higher than the discounted self-pay rate. This option allows eligible patients to choose the payment option that best fits their financial needs.

Whether you self-pay or have a remaining balance after insurance, we can keep a card securely on file. This allows for quick, convenient payment and can help reduce additional statements, texts, phone calls and payment delays.

Ask our team whether the self-pay option may be right for you.



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Know Your Numbers

High cholesterol is a silent condition that has no specific physical signs or symptoms in the vast majority of people. You can feel healthy while your levels are elevated. Regular cholesterol screenings are important to know your numbers and understand your heart health.

Too much cholesterol in the blood can contribute to plaque buildup in the arteries and increase your risk of heart disease and stroke.

Talk with your healthcare provider about cholesterol screening and tips on preventing high cholesterol.

Quinoa Harvest Bowls

Ingredients:

- 1 small squash
- 1 cup cooked quinoa
- 1 tbsp olive oil
- 15 oz can chickpeas
- 1 tbsp rosemary
- 2 tsp smoked paprika
- 1 tsp garlic powder
- 2 tbsp tahini
- 1/2 tsp salt & pepper
- 1 tsp apple cider vinegar
- 3 cups chopped kale
- 1 tsp dijon mustard
- 2 cups Brussels sprouts

Instructions:

1. Preheat oven to 400 degrees.
2. Half the squash, scoop out seeds, & cut into pieces 1/2" thick.
3. Combine & toss squash, Brussels sprouts, oil, & spices.



4. Roast mixture for 30 minutes, flipping halfway.
5. While veggies cook, steam kale & toss chickpeas & paprika.
6. Whisk together the dressing ingredients.
7. Assemble bowls and drizzle with dressing.

Save The Date

**TRUNK
TREAT**

JOIN US ON
OCTOBER 20TH
FOR OUR
"UNDER THE SEA"
THEMED
TRUNK OR TREAT!

4PM - 6PM

Word Scramble

Unscramble the letters to reveal the word!

ESSWLNEL →

HAELYTH →

ESICERXE →

TRWAE →

MONTYMED
Games

Answers on Facebook the week of Sept. 7th.

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