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Montgomery Medical

A family tradition of family medicine



October 2026 Edition

Healthy Tip: Seasonal Allergies or a Cold?: Fall brings both seasonal allergies and a common cold. Symptoms can look similar. Knowing key differences can help you understand the cause.

- **Allergies**
 - Itchy, watery eyes, sneezing, & runny/stuffy nose.
- **Common Cold**
 - Cough, congestion, mild body aches, fever, & fatigue.

If your symptoms are persistent/worsening, contact Montgomery Medical at 724-569-8100 or schedule online at www.montymed.com.



Breast Cancer Awareness

Roughly 1 in 8 women will develop invasive breast cancer in their lifetime. October is Breast Cancer Awareness Month, a great time to focus on breast health and the importance of early detection.

Mammograms can help detect cancer before symptoms develop. Perform breast self-exams monthly and report any changes to your healthcare provider.

Regular screenings and awareness can help support early detection and better health incomes. Talk to your provider at Montgomery Medical about staying up to date with your screenings.

Trunk or Treat

Get ready for an ocean of fun! Our "Under The Sea" themed Trunk or Treat is the perfect opportunity to bring the whole family together for a fun and festive night of treats, costumes, and plenty of Halloween spirit.

DATE: Tuesday, October 20th

TIME: 4pm-6pm

LOCATION: Montgomery Medical parking lot at
105 Laurel View Drive, Smithfield, PA.

GUESTS: The Modern Drip Coffee Co. & WMBS

Mark your calendars and get ready to make a splash!



Montgomery Medical, Inc.

105 Laurel View Drive Smithfield, PA 15478

Center In The Woods Brownsville, PA 15417

www.montymed.com

Phone: 724-569-8100

Phone: 724-569-8100 x 8101

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Importance of Physical Therapy

Physical therapy plays an important role in recovering from injuries, managing pain, and improving strength and mobility. From recovery to ongoing conditions, physical therapy can help you work toward better function and movement.

As added support, Emsculpt Form & Function is a treatment that stimulates muscle contractions while delivering controlled heat to the treatment area. Studies have shown an average 25% increase in muscle growth with Emsculpt. Contact Renew You Medi Spa at 724-550-4850 or go online to book your consultation.

Roasted Pumpkin Soup

Ingredients:

- 4 tbsp olive oil
- 4 lb cooking pumpkin
- 4 garlic cloves, minced
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 chopped yellow onion
- 1/8 tsp cloves
- Ground black pepper
- 4 cups vegetable broth
- 1/2 cup heavy cream
- 2 tbsp maple syrup/honey
- 1/4 cup pepitas

Instructions:

1. Preheat oven to 425. Quarter pumpkin & remove seeds.
2. Rub olive oil on pumpkin & roast for 35 mins.
3. Heat 3 tbsp olive oil. Add onion, garlic & salt. Cook 8-10 mins. Peel pumpkin skin off.
4. Add pumpkin, spices, & broth. Boil, then simmer 15 mins.
5. Toast the pepitas until fragrant & golden. Let cool.
6. Stir in heavy cream and maple syrup/honey. Purée until smooth.
7. Ladle into bowls, sprinkle pepitas, & serve!



Employee Of The Month



Word Search

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Answers on Facebook the week of Oct. 5th.

www.montymed.com

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