



AFC URGENT NEWSLETTER

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Why Choose AFC Urgent Care Instead of the ER?

Urgent care is distinct from emergency care. Urgent care centers are same-day clinics that address a range of medical issues requiring immediate attention, though they are not classified as emergencies. Urgent care is also significantly cheaper than typical emergency rooms. Urgent care also helps alleviate pressure on emergency rooms, reserving them for the most critical cases.



Children's Eye Health Month

As summer winds down and the new school year approaches, it's the perfect time to focus on a vital aspect of your child's well-being: their eye health. August is designated as Children's Eye Health and Safety Month, a reminder that good vision is critical for success in the classroom and on the playground. Many vision problems can go unnoticed, so it's important for parents to be proactive. Simple tips can make a big difference, like encouraging the "20-20-20 rule" for screen time (every 20 minutes, look at something 20 feet away for 20 seconds) to prevent digital eye strain, ensuring your child wears sunglasses with 100% UV protection when outside, and making sure they have proper protective eyewear during sports. Additionally, a balanced diet rich in vitamins A and C, along with regular comprehensive eye exams, are key to helping your child's vision develop properly and thrive.

Lung Cancer Day

On August 1st, we observe World Lung Cancer Day to raise awareness about the disease and its devastating impact on individuals and families globally. Lung cancer is the leading cause of cancer-related deaths, but there is hope. By understanding the risk factors and taking proactive steps, we can significantly reduce our risk. The most important prevention tip is to avoid smoking and exposure to secondhand smoke. Other crucial tips include testing your home for radon gas, a colorless and odorless substance that's the second-leading cause of lung cancer, and protecting yourself from workplace carcinogens like asbestos. Eating a healthy diet, exercising regularly, and having annual screenings if you're a heavy smoker between the ages of 50 and 80 can also play a vital role in early detection and prevention. Let's work together to breathe easier and build a healthier future for our community.

We provide a wide range of medical services, including pediatric urgent care, sports physicals, in-house laboratory testing, EKGs, flu shots, STD testing, X-rays, injury treatment, COVID-19 testing, flu and strep tests, DOT physicals, occupational medicine, work-related injury care, and much more!

Digestive Tract Paralysis Awareness

August is recognized as Digestive Tract Paralysis (DTP) Awareness Month, a time to shed light on a group of debilitating conditions where the muscles of the digestive tract don't function properly. The most common form, gastroparesis, is often referred to as "stomach paralysis" because it prevents the stomach from emptying food normally. Symptoms like nausea, vomiting, bloating, and a feeling of fullness after only a few bites can significantly impact a person's quality of life. If you or a loved one is experiencing persistent digestive issues, it is crucial to consult with a healthcare professional for an accurate diagnosis. Early detection can lead to better management of symptoms through dietary changes—such as eating smaller, more frequent meals and avoiding high-fiber and high-fat foods—as well as medication, and in some cases, other interventions. Being an active participant in your healthcare, and seeking the right advice, is the first step toward finding relief.