

# 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.

**Flu Season is Here!**  
Don't forget to ask  
about your  
annual flu shot!  
No appointment  
needed!



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!

## Post Operational Care, What to do next?

### Pain Management:

Pain is common, you will be given pain medication, such as acetaminophen, ibuprofen, or stronger medications if needed.

### Dressing and Bandages:

Keep the surgical area clean and dry. Your wound will be covered with bandages.

### Initial Movement:

Depending on your surgery, you may be encouraged to start light movements to help prevent blood clots and improve circulation.

### Complications to Watch For:

Infection: Look for increased redness, warmth, swelling, drainage, fever, or chills.

Blood Clots: Symptoms include swelling, pain, or redness, or shortness of breath.

Bleeding: Some bleeding is normal, report excessive bleeding immediately.

Fever: A mild fever (under 100.5°F or 38°C) is common after surgery. Higher or ongoing fever should be checked by your doctor.

Breathing Issues: Seek immediate medical attention if you have trouble breathing or chest pain.

Post-operative care is vital to a successful recovery. Always follow the specific instructions provided by your surgeon or healthcare provider, as every surgery is unique.

## Paxlovid: When You Should Ask Your Provider

Paxlovid is primarily prescribed for individuals at high risk of developing severe COVID-19 or complications. This includes adults aged 65 or older, as well as those with certain underlying health conditions such as cardiovascular disease (e.g., heart disease, hypertension), chronic respiratory conditions (e.g., asthma, COPD), diabetes, obesity (BMI ≥ 25), immunocompromised individuals (e.g., cancer patients, organ transplant recipients), chronic kidney disease, and liver disease. Pregnant individuals are advised to consult with a healthcare provider before taking Paxlovid.

However, some individuals are not eligible for Paxlovid, including those with severe liver or kidney issues, and those taking medications that may interact with Paxlovid, such as certain statins, anticonvulsants, and other drugs. Pregnant or breastfeeding individuals should consult with their healthcare provider before starting treatment.

## Chinese New Year 2025: Year of the Wood Snake

Chinese New Year, like many traditional Chinese festivals, is full of stories and legends. One popular legend is about the creature Nian, which would eat livestock, crops, and even people on New Year's Eve. The story says that a wise man discovered Nian was scared of loud noises and the color red. So, people started hanging red lanterns on their windows and doors, and using bamboo to make loud sounds (later using firecrackers) to scare Nian away. After that, Nian never returned.

Today, while some traditional activities are fading, new trends have emerged. The CCTV Spring Festival Gala, WeChat red envelopes, fireworks shows, and travel have all made Chinese New Year more exciting and colorful.

