



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.



Beat the Heat: Understanding Heat Exhaustion and Why Hydration is Key

As we move deeper into summer here in Houston, Texas, the rising temperatures bring an increased risk of heat-related illnesses. Among the most common is heat exhaustion, a serious condition that can quickly escalate if not addressed. This occurs when your body overheats due to prolonged exposure to high temperatures, especially when combined with dehydration. Symptoms can include heavy sweating, cold, pale, clammy skin, a fast, weak pulse, nausea or vomiting, muscle cramps, tiredness or weakness, dizziness, headache, and even fainting. If you or someone you're with experiences these symptoms, it's crucial to act immediately. Call 911 or seek professional help. The simplest and most effective defense against heat exhaustion is hydration. To stay properly hydrated, drink regularly, not just when thirsty, as thirst is already a sign of mild dehydration. It's also wise to limit dehydrating beverages like alcohol and excessive caffeine, and remember that many fruits and vegetables, such as watermelon and cucumbers, have high water content and can contribute to your fluid intake. Don't underestimate the summer heat!

Cord Blood Awareness Month: A Precious Resource for Families

July marks Cord Blood Awareness Month, a vital time to understand the incredible potential of umbilical cord blood, a resource often discarded after birth. This precious blood is a rich source of powerful stem cells that can be used to treat over 80 diseases, including various cancers, blood disorders, and immune system deficiencies. For expectant parents, learning about cord blood banking- whether through public donation or private family storage-presents a unique opportunity to potentially provide a life-saving medical treatment for their child or a compatible family member in the future. Tips for families: Research your options early in pregnancy; talk to your healthcare provider about the pros and cons of public donation (free, helps others, no guarantee of personal access) versus private banking (ensures access for your family, but involves costs); and consider your family's medical history when making this important decision. By making an informed choice about this valuable biological resource, families can contribute to groundbreaking medical advancements and potentially secure a profound impact on health and well-being for years to come.

IS JULY A CHALLENGE? You're Not Alone.

For many, this time of year – especially with the echoes of holiday fireworks – can be more than just a celebration. For those living with Post-Traumatic Stress Disorder (PTSD), the unpredictable booms and sudden bursts can powerfully trigger intense reactions. You're not just reacting to a sound; you're reliving an experience.

You Don't Have To Suffer In Silence!

Take Back Your July With These Steps:

- **Proactive Planning:** Identify potential triggers. Create a "safe haven" at home – a quiet, comfortable space where you can retreat and feel secure.
- **Empower Yourself:** Learn and practice grounding techniques to help you stay present. Deep breathing, focusing on your senses, or even using noise-canceling headphones can be powerful tools.
- **Connect & Share:** Reach out to trusted friends, family, or a support group. Sharing your feelings can lighten the load and remind you that you're understood.
- **Seek Professional Guidance:** A mental health professional can provide personalized strategies and support to help you process your experiences and build long-term coping mechanisms. This is a step towards strength, not weakness.

You deserve to feel safe, calm, and present, even amidst summer's sounds. If you or someone you care about is struggling with the impact of PTSD this July, please know that vital resources are standing by, ready to help.

Connect With Support Now:

Veterans Crisis Line:

Dial 988, then Press 1, or text 838255.

National Center for PTSD (VA):

Visit ptsd.va.gov

SAMHSA National Helpline:

Call 1-800-662-HELP (4357)

National Suicide Prevention Lifeline:

Dial or text 988.

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!