



american family care  
The Right Care. Right Now.

# 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.



**June is Men's Health month!**

**THIS MONTH ONLY**

**Men's wellness exams  
only \$75.00!**

(Excluding bloodwork)

**ONLY at AFC Spring Cypress, Antoine  
West, or Tomball!**

## Alzheimer's & Brain Awareness Month

June is dedicated to shedding light on Alzheimer's disease and other forms of dementia, along with the broader importance of brain health. The Alzheimer's Association leads this global observance yearly, encouraging individuals to "Go Purple" to show support and spark conversations about this progressive and fatal disease. With nearly 7 million Americans currently living with Alzheimer's, and the number projected to rise, the month emphasizes the critical need for increased public understanding and, early detection. Recognizing subtle changes in memory, thinking, or behavior can be key, as early diagnosis offers the best opportunity for care, management, and accessing emerging treatments that may slow disease progression. It also allows individuals and their families more time to plan for the future, while promoting brain-healthy habits that can potentially lower the risk of cognitive decline.

### FRIDAY FUN-DAY!

**EVERY FRIDAY!**

**Popcorn,  
Cotton Candy,  
or Snow cones!**

*No visit required!*

## Don't Forget Your Sunscreen!

Sunscreen is your daily shield against the sun's silent but powerful rays. More than just preventing a painful burn, it's a vital tool in safeguarding your skin's long-term health and appearance. Regular use dramatically reduces the risk of skin cancer, including melanoma, while also fending off premature aging signs like wrinkles and sunspots. So, embrace sunscreen as a simple yet profound act of self-care, ensuring your skin remains healthy, vibrant, and protected for years to come.



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13621 Skinner Rd. Suite 250  
Cypress, TX 77429  
P. 281.754.3034

AFC Tomball  
14099 FM 2920 Rd Suite A  
Tomball, TX 7737  
P. 281.803.9828

AFC Antoine West 6405  
West Rd Suite 100  
Houston, TX 77086  
P. 832.378.8993

## Juneteenth: June 19th

June 19th marks Juneteenth National Independence Day, a pivotal federal holiday commemorating the true end of slavery in the United States. While the Emancipation Proclamation was signed on January 1, 1863, its enforcement was gradual, and it wasn't until June 19, 1865, that Union General Gordon Granger arrived in Galveston, Texas, to announce that all enslaved people in the state were finally free. This momentous day, nearly two and a half years after the Emancipation Proclamation, represents freedom's true arrival for the last enslaved people in the Confederacy. Juneteenth is a day for reflection, celebration, and education, honoring the resilience of African Americans and the ongoing pursuit of equality and justice.

## Spinal Health & Scoliosis Awareness Month

June is recognized as National Scoliosis Awareness Month, dedicated to increasing public understanding of this common spinal condition. Scoliosis is characterized by an abnormal, sideways curvature of the spine, often appearing as an "S" or "C" shape. While it can affect all ages, it frequently develops during the growth spurt just before puberty, highlighting the critical importance of early detection. Parents and caregivers should be aware of potential signs like uneven shoulders, hips, or waist, or a prominent rib cage on one side. Regular screenings, including the simple "Forward Bending Test," can help identify the condition, and if an abnormality is suspected, an X-ray can confirm the diagnosis. This month aims to educate communities on the signs and symptoms of scoliosis, promote proactive spinal health, and provide support and resources for those living with the condition and their families, emphasizing that early diagnosis offers the best opportunity for effective non-surgical treatments like bracing, which can often prevent the need for more invasive interventions.

**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!**