

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.



National Developmental Disabilities Awareness Month!

National Developmental Disabilities Awareness Month is a time to celebrate the strengths, talents, and contributions of individuals with developmental disabilities, such as autism, Down syndrome, and cerebral palsy. Throughout the month, communities across the country highlight the importance of inclusion. For example, athletes with intellectual disabilities participate in the Special Olympics, showcasing their athleticism and determination. Artists like Satoshi Tajiri, the creator of Pokémon, who has openly discussed his struggles with autism, remind us that individuals with developmental disabilities can excel in creative fields. Through advocacy, storytelling, and community events, we work toward a society where people with developmental disabilities have equal access to education, employment, and social opportunities. By recognizing the value of every individual, we foster a more inclusive world where everyone can contribute and thrive.

Seasonal Allergy Tips!

Fall allergies, primarily triggered by ragweed pollen and mold, can cause significant discomfort. To minimize symptoms, it's crucial to monitor pollen counts and limit outdoor activities on high-pollen days, especially dry, windy ones. Keeping windows closed and using air conditioning with filters helps prevent allergens from entering your home. Regular cleaning, including vacuuming, and washing bedding, reduces indoor allergens. Over-the-counter antihistamines, decongestants, and nasal sprays can provide symptom relief, and consulting an allergist can help determine specific triggers and appropriate treatment, including potential allergy shots. Also paying close attention to mold, by keeping humidity low indoors, and avoiding piles of damp leaves outdoors is very important. Also regular hand washing is crucial to reducing exposure.

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!

Don't Forget to Spring Forward! Daylight savings time is March 9th!



Colorectal and Kidney Cancer Awareness Month!

Colorectal Cancer Awareness Month in March brings an opportunity to shine a light on one of the most preventable cancers. The power of early intervention cannot be overstated—colorectal cancer is highly treatable when caught early, and screening guidelines have expanded to ensure more individuals have access to life-saving tests. Advances in research and medical treatments continue to improve survival rates, and the overall outlook for colorectal cancer has never been more hopeful. In parallel, Kidney Cancer Awareness Month celebrates the strides being made in understanding and treating kidney cancer. More people are learning about the risk factors, including smoking, obesity, and high blood pressure, and making lifestyle changes that reduce their chances of developing kidney cancer. New and innovative treatments, such as immunotherapy and targeted therapies, are offering renewed hope for patients, allowing many to live longer and healthier lives. The progress in both prevention and treatment brings hope for brighter days ahead in the fight against kidney cancer.