

AFC URGENT NEWSLETTER

Issue 005

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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.



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!

EMS Week: May 18th-24th Thank you for all that y'all do!

2025 Theme: "We Care. For Everyone."
This theme, announced by the American College of Emergency Physicians (ACEP) and the National Association of Emergency Medical Technicians (NAEMT), emphasizes the unwavering dedication and lifesaving skills that EMS professionals bring to every situation, for every person in need, in communities of all sizes. It highlights the commitment of EMS personnel to provide care to anyone, anywhere, at any time.



Call and Visit Us!

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

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

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



May is Blood Pressure Awareness Month!

Blood Pressure Awareness Month in May serves as an annual reminder of the importance of understanding and monitoring blood pressure to prevent serious health issues like heart disease and stroke. Regular blood pressure checks help individuals identify hypertension, often called the "silent killer" because it frequently presents no symptoms.

Readings to watch for include:

- *normal* (less than 120 systolic and less than 80 diastolic),
- *elevated* (120-129 systolic and less than 80 diastolic),
- *Stage 1 hypertension* (130-139 systolic or 80-89 diastolic),
- *Stage 2 hypertension* (140 or higher systolic or 90 or higher diastolic), and
- *critically, a hypertensive crisis* (higher than 180 systolic and/or higher than 120 diastolic), which requires immediate medical attention.

Awareness campaigns during May encourage people to get their blood pressure checked, understand their readings, and adopt healthy lifestyle habits to maintain optimal cardiovascular health. To maintain healthy blood pressure, adopt lifestyle modifications including a balanced diet low in sodium and rich in fruits, vegetables, and whole grains, engage in regular physical activity, maintain a healthy weight, manage stress through techniques like meditation or yoga, limit alcohol consumption, and avoid smoking.