



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.

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!



Blood Cancer Awareness Month

September is Blood Cancer Awareness Month. This is a dedicated time to shine a spotlight on diseases that includes leukemia, lymphoma, myeloma, and other related blood disorders. While often less visible than other types of cancer, blood cancers are a significant public health concern, with a new diagnosis occurring approximately every three minutes in the United States alone. Organizations like the Leukemia & Lymphoma Society (LLS) and the Lymphoma Research Foundation lead a variety of campaigns including community events and educational initiatives, all aimed at raising awareness and funds to support research and patient care. By coming together in September, we can help improve early detection, accelerate the development of new treatments, and ultimately, work toward a future without blood cancer.

Sepsis Awareness Month

Sepsis is the body's extreme and often overwhelming response to an infection. Without swift treatment, it can lead to tissue damage, organ failure, and even death. The goal of this month is simple: educate ourselves and others about the signs and symptoms, which can include a fever, shivering, extreme pain or discomfort, clammy or sweaty skin, and confusion. By knowing the signs and seeking immediate medical help, we can make a difference in saving lives.

Do you know the Signs of Sepsis?

Sepsis kills 270,000 Americans annually and is a medical emergency.



Suicide Prevention and Awareness Month

September is a month dedicated to Suicide Prevention and Awareness. It's a powerful reminder that no one has to suffer in silence and that every life is worth fighting for. We want you to know that there's a community ready to wrap you in support, a network of resources waiting to help, and a future full of possibilities. There's a community ready to wrap you in support, a network of resources waiting to help.

If you or someone you know is struggling, remember that help is available free 24/7.

- **Suicide & Crisis Lifeline:** Call or text **988**, or by using the online chat at **988lifeline.org**.
- **The Trevor Project:** This is a suicide and crisis intervention service for LGBTQ young people. CALL at **1-866-488-7386**, text **START to 678-678**.
- **Crisis Text Line:** This service provides mental health support via text. You can text **HOME to 741741** to connect with a trained Crisis Counselor.

HEALTHY BEHAVIOURS THAT START IN ADOLESCENCE MAKE HEALTHY ADULTS



National Childhood Obesity Awareness Month

Childhood obesity is linked to a number of health issues, including type 2 diabetes, high blood pressure, and heart disease, and it can significantly impact a child's quality of life and self-esteem. As parents and community members, we have the power to make a positive change. Start by encouraging small, sustainable habits at home, such as replacing sugary drinks with water, and limiting screen time to promote more physical activity. Involve children in meal preparation, by making it a fun and educational experience. Or plan family activities that get everyone moving, like a walk in the park, a bike ride, or a game of tag. By working together, we can help our children build a foundation for a healthier, happier future.

Call and Visit Us!

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