



american family care
The Right Care. Right Now.

AFC Spring Cypress 290 | AFC Tomball | AFC Antoine West

AFC URGENT CARE NEWSLETTER

Issue 010

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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.

Halloween Tips

- Make sure your outdoor lights are working to illuminate the walkway for trick-or-treaters.
- Carry flashlights or use glow sticks/necklaces to help everyone see and be seen.
- Only visit homes with a porch light on and never enter a stranger's home or car.
- Do not allow children to eat treats until they get home. Examine all treats!



AFC ANTOINE WEST

Upcoming Events

- **October 25th 6:00PM-8:00PM:**
 - Halloween Glow Party @ Antoine West!
- **October 29th 6:00PM-8:00PM**
 - Halloween Glow Party @ Spring Cypress
- **October 20- November 20**
 - Canned food and non perishable food item drive

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!

Breast Cancer Awareness Month

As our community is adorned in pink, we are reminded in October that it is Breast Cancer Awareness Month. This month is about more than just wearing a ribbon; it's a powerful call to action for everyone, women and men alike, to prioritize their breast health. Early detection significantly increases the chances of successful treatment, and it starts with being proactive. Early detection is your most powerful tool, and it begins with knowing your body.

Hispanic Heritage Month

National Hispanic Heritage Month (September 15–October 15) celebrates the rich cultures, histories, and contributions of Hispanic Americans. As the second largest and one of the fastest-growing racial or ethnic groups in the U.S., addressing their health needs is crucial. This diverse population, originating from over twenty countries, faces unique challenges, including higher rates of chronic conditions like diabetes, heart disease, and obesity. Our ongoing goal is to overcome these barriers by providing culturally sensitive care and clear, accessible health information. We are here to serve all our neighbors! 🇲🇽❤️

BREAST CANCER AWARENESS

NUMBERS AND FACTS



1 in 8 women will be diagnosed with breast cancer



Every 2 minutes a case of breast cancer is diagnosed



Breast cancer is #2 most common cancer for women in USA



Every 13 minutes a woman dies of breast cancer in USA

HOW TO REDUCE RISK



Do regular exercise



Don't smoke



Drink less alcohol



Do an annual mammogram

THERE IS A HOPE



2.9 million female survivors live in USA



If breast cancer found early, confined to breast, the 5-year survival rate is 99%

Thank you Shotwell Middle School



We enjoyed celebrating Hispanic Heritage Month with the Shotwell faculty and staff!

World Mental Health Day is on October 10th

World Mental Health Day is observed annually on October 10th to raise global awareness of mental health issues and mobilize efforts in support of mental health. In 2025 the theme is "Mental health in humanitarian emergencies"—highlighting concerns and the urgent need to ensure mental health care is accessible to all people worldwide. This serves as a vital reminder that "there is no health without mental health," promoting the idea that mental well-being is a universal human right that requires consistent attention and investment.

AFC Spring Cypress 290
13621 Skinner Rd. Suite 100
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 250
Houston, TX 77086
P. 832.378.8993