



american family care[®]

URGENT CARE

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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.

Mental Health Awareness Month

May is Mental Health Awareness Month, a time to acknowledge that nearly 1 in 5 adults in the U.S. lives with a mental illness. Often, mental health struggles can manifest as physical symptoms, such as chronic headaches, fatigue, or digestive issues. This month, we encourage our patients to treat their mental well-being with the same proactive care they give their physical health. Whether it's managing daily stress or seeking support for more persistent challenges, taking the first step to speak with a healthcare professional can make a world of difference.

Tips for families:

- *Establish a "No-Screen" Hour:* Designate an hour before bed for family time without phones or tablets. Reducing blue light and digital noise helps improve sleep quality.
- *Get Moving Together:* Physical activity releases endorphins, the body's natural mood lifters. A 20-minute family walk can significantly lower cortisol levels and reduce stress for both kids and adults.
- *Learn the Signs:* Be aware of changes in behavior, such as withdrawal from social activities, changes in eating or sleeping patterns, or unexplained irritability.



Can You Visit Urgent Care for Allergy Symptoms?

Urgent care centers can effectively handle a variety of allergy symptoms including seasonal allergies, skin reactions, mild respiratory symptoms, and eye allergies. Urgent care is a good option for allergy treatment when over-the-counter medications aren't effective, symptoms are worsening, or a professional evaluation is needed. Life-threatening allergic reactions, such as anaphylaxis, should be treated immediately in an emergency room, not an urgent care center. For persistent or severe allergies, a visit to an allergy specialist who can provide in-depth diagnosis and treatment options, such as immunotherapy, may be necessary.

Allergies can be unpredictable — one day it's a mild case of sneezing and watery eyes, and the next it's a full-blown reaction that makes it hard to breathe or function. Whether triggered by pollen, pets, food, or something unknown, allergy symptoms can range from annoying to alarming. And when they hit hard or at inconvenient times, knowing where to turn matters.

AFC Urgent care centers are well-equipped to handle a wide range of allergy issues, from seasonal flare-ups to sudden allergic reactions that require quick attention. If you're unsure whether to ride it out or seek medical attention, AFC urgent care can be an innovative and accessible option for fast relief and expert guidance.



High Blood Pressure Education Month

High blood pressure is one of the most common health conditions, but it is also one of the most manageable. Small, daily choices can make a massive impact on your cardiovascular health. Research suggests that reducing your salt intake by just a small amount can significantly lower your blood pressure, as many of us are "salt sensitive" without realizing it. Whether it's choosing fresh herbs over the salt shaker or taking a 10-minute brisk walk three times a day, these habits strengthen your heart and relax your blood vessels. This month, let's focus on the small wins that lead to big health benefits.

Tips for families:

The 150-Minute Goal: Aim for 150 minutes of moderate aerobic activity per week. This can be broken down into 30 minutes a day, five days a week.

Make it a family event with a bike ride or a trip to a local park.

Boost the Potassium: Potassium helps your body flush out extra sodium and eases tension in your blood vessel walls. Encourage the family to snack on bananas, sweet potatoes, spinach, and beans.

Join us at Tomball Movie Night!

Saturday, May 9th

Movie starts at 6pm!

We will be serving popcorn and can't wait to see ya'll!



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!

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