A NEW YEAR TO CELEBRATE!

Happy 2017 and Happy Birthday, SCC!

For an entire decade, the staff and physicians of Southern Cancer Center have been caring for patients and families right here along the Gulf Coast. When we first started back in March of 2007, our competitors said we wouldn't even make it through the first year... wonder what they are saying now?

We wanted to take this opportunity to reflect on our 10 year journey as well as express our GRATITUDE to each of our employees who have chosen to be a part of this company and our mission. SCC has certainly had our great moments and as with everything our challenging ones. But we have accomplished amazing things as an independent practice and have been able to succeed.

SCC would also like to say Thank You to our wonderful and inspiring Patients! Our hope is that one day there will not be a need for oncologists or chemo treatments. Our physicians and staff would welcome it! But until that day comes, we promise to give you 110% each and every day. YOU ARE OUR DRIVE, OUR PASSION AND OUR FOCUS. Thank You for allowing us to care for you. Thank You for allowing us into your lives and into your family. We know your cancer journey isn’t easy, but we are here for you every step of the way.

COASTAL PHARMACY

Our goal here at Coastal Pharmacy is to make the use of oral medications easier. We collaborate with our physicians and nurses to provide a team approach to better educate, counsel and monitor you on your prescribed medications and their potential side effects. We can also save you a trip to the drug store by offering priority, overnight shipping on your medications at no extra cost.

Our operating hours are:

**Monday through Friday from 8:00am to 4:00pm.**

You have two easy ways to refill your prescriptions:

1. Go online to www.southerncancercenter.com/coastal-pharmacy and click on the “refill” button.
2. Call Coastal at 251.607.5061 and refill with a pharmacy staff member right over the phone.

Please don’t hesitate to call us with any questions you may have!

Tacky Christmas Sweaters
**Anchor Cross Cancer Foundation**

As the new year begins, we’d like to take a moment and look back on 2016 and say Thank You to everyone who helped make it a wonderful, productive year for Anchor Cross Cancer Foundation and the patients this foundation was able to help right here in our local community. Over the past 12 months, we were able to assist 63 patients and their families with monetary grants totaling over $34,000. These patients would not have been helped if not for your support; so again, Thank You!

To round out the year, the 2nd Annual Bass Fishing Tournament, held October 15th at Live Oak Landing, was a huge success. With continuous support from SCC staff, the tournament’s director, local volunteers, plus the pluggers, this event has turned into one of the largest bass fishing tournaments in our region. And to think, it all started with an idea from Tournament Director Joe Hembree, a patient who won his fight against cancer and developed a desire to give back. This year’s tournament had 160 fishermen, over a dozen sponsors and raised $12,000 for ACCF, every dollar of which will go back into our community!

Looking ahead, we’re excited to announce ACCF was chosen by the 74 Club of Mobile to be the recipient of the proceeds from their 2nd Annual “Over the Edge” event where participants have a once in a lifetime opportunity to rappel down the side of the Marriott Hotel of Mobile on March 10th & 11th. Members of ACCF’s Board of Directors and members of SCC’s staff will be rappelling and representing the Foundation.

Also this spring, ACCF will be initiating a new campaign to help turn much of the fabric collected during the Inaugural Scarf Drive into port pillows. Similar to the Scarf Drive, the “Port Pillow Push” is a community-wide drive with a mission to help collect, create or donate port pillows. These are tiny pillows which attach to a patient’s seatbelt and help cushion the friction or pressure on a chest port, allowing for a much more comfortable car ride.

If you are interested in helping with the “Port Pillow Push” or have any questions regarding ACCF, please call Daniel Meshad at 251.607.5081 or email him at info@anchorcrossfoundation.org.

**Happy 70th Dr. Meshad!**

On Saturday, December 10th, a surprise “Roast and Toast” celebration was thrown at the Country Club of Mobile to honor Dr. Michael Meshad for his 70th Birthday!

Somehow we were able to keep the bash a secret, with the help of his family, and surprise Dr. Meshad with a gathering of over 100 family members, close friends and colleagues, plus SCC physicians and staff.

Dr. Brian Heller, SCC physician, and Mrs. Barbara Dooley, sister to Dr. Meshad, were charged with the task of emcees for the evening and they did not disappoint! As soon as Mrs. Dooley took the microphone, the childhood stories began to fly. Guests were entertained with stories about a mischievous brother, a military man and a medical school student. Dr. Heller continued the fun with more recent tales of Dr. Meshad’s antics with patients and staff here at SCC.

Throughout the night, numerous more speakers came forward to celebrate and take their jabs at Dr. Meshad, including all three of his sons, SCC physician Dr. Nicole Angel and a few close friends.

In lieu of gifts, donations were requested to Anchor Cross Cancer Foundation. From guests in attendance and from those who could not attend but sent a donation in their place, over $32,000 was raised for the Foundation! Wow!

Happy Birthday, Dr. Meshad... cheers to 70 more!

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Above: A serenade to Dr. Meshad from his family members.
Right: SCC nurse Ruth Miller, Dr. Meshad
**Healthy Recipes for Patients with Fatigue**

**Lemon Lime Cilantro Fish Tacos**

Tilapia is a great foil for strong flavors and these easy lemon lime and cilantro fish tacos are no exception to this rule. This quick, protein packed dish is a blessing if you are tired from treatment or simply strapped for time. If you can leave the fish to marinate for 30 minutes, it will make a good meal taste even better!

**Ingredients**

- 1 lemon, zest and juice
- 2 limes, zest and juice
- 1/4 cup minced garlic
- 1/4 cup extra virgin olive oil, divided
- 1 pound tilapia fillets, cut into 1-inch pieces
- 1/4 cup minced cilantro
- 1/4 cup minced red onion
- salt and pepper to taste

**Preparation**

1. In a large bowl, combine lemon zest, lemon juice, lime zest, lime juice and 2 tablespoons olive oil. Season with salt and pepper. Add tilapia and stir to coat.
2. Place a sauté pan over medium heat and add remaining oil. Add tilapia and sauté for about 10 minutes, until the fish is opaque and starting to flake. Remove from heat.
3. In a dry sauté pan over medium low heat, place one tortilla at a time in the pan to heat through.
4. Place a portion of fish onto each tortilla. Garnish with cilantro and red onion.

**Sweet Potato Hash**

It’s easy to eat your colors with this deliciously easy sweet potato hash! Its multitude of reds, oranges and greens signal that you’ll have your vitamins covered, plus it’s topped with an egg to add protein. The hash is fast to pull together, perfect during radiation or chemotherapy when quick meals are a must. Use frozen or pre-cut kale to save time if you’re tired. You’ll find this nutritious hash so good, you’ll be cooking and eating it long after treatment’s a memory.

**Ingredients**

- 2 teaspoons canola oil
- 2 slices turkey bacon, diced (optional)
- 2 cloves garlic, minced
- 1 large sweet potato, small dice
- 1 small onion, diced
- 1 medium red pepper, chopped
- 1 medium yellow pepper, chopped
- 1 1/2 cup chopped kale
- salt and pepper to taste
- 4 soft boiled eggs

**Preparation**

1. Heat a medium sauté pan over medium-high heat and add canola oil. (Add turkey bacon to the pan and cook for about 5 minutes, until starting to crisp.)
2. Add garlic and cook until fragrant, about 2 minutes. Add the sweet potatoes and cook for about 5 minutes, or until they begin to soften.
3. Add the onions, red peppers and yellow peppers to the pan. Season with salt and pepper and cook for about 10 minutes, stirring occasionally. The onions should start to caramelize.
4. Add the kale to the pan and wilt. Season with salt and pepper. Add 1/2 cup water to steam if potatoes haven’t cooked through.
5. Serve with soft boiled eggs.

Recipes found at www.cookforyourlife.org. Enjoy!
**SCC in the Community**

**SISTER II SISTER WOMEN’S EXPO**

On Saturday, October 1st, SCC hosted a booth at this 4th Annual event held at the Mobile Convention Center. Over 7,000 women of all ages enjoyed education, entertainment and shopping at this all day event. SCC passed out free giveaways and brochures about our practice.

**ACCF 2ND ANNUAL BASS FISHING TOURNAMENT**

SCC was proud to be a major sponsor of the ACCF’s Bass Fishing Tournament, held on Saturday, October 15th at Live Oak Landing. The event raised $12,000 and had the participation of 80 boats, over a dozen sponsors and countless other donors and volunteers. All money raised will support ACCF.

(Pictured are 1st place winners Hunter Sharpe and Al Sharpe.)

**LIGHT THE NIGHT WALK**

On Thursday, November 17th, SCC was again a sponsor of the Leukemia & Lymphoma Society’s annual “Light the Night Walk” in Bienville Square in downtown Mobile. SCC gave away free goodies to walkers and had staff members participate in the walk as well.

**DECEMBER FUNDRAISERS**

During the month of December, SCC staff and patients were able to buy Christmas presents for seven families in extra need this year... plus collect nearly 100 blankets for Fox 10's Blanket Drive. Thanks for everyone’s help!

The physicians and employees of Southern Cancer Center, P.C. are dedicated to finding and providing the best care and treatment options for our patients in the communities we serve. We approach caring for our patients as a team. Taking care of oncology patients is our life’s work and our passion.

*Rebirth, New Beginnings and Growth*