



ANCHOR NEWS

JULY-SEPT. 2017
Southern Cancer Center Patient Newsletter

SURVIVORSHIP: A HEALTHY LIFE AFTER TREATMENT

At Southern Cancer Center, our mission is to navigate you *from Patient to Survivor* and we are here for you every step of the way throughout treatment and into recovery. Upon completing treatment, patients are faced with a new journey: **SURVIVORSHIP**. Survivorship is often defined as living with, through and beyond cancer, and for most people it is a time to rediscover how to live life cancer-free. During this time, it is crucial to focus on your mental and physical well-being. Here are some tips to maintain a healthy life after cancer:

Be physically active

It is well known that exercise can improve many aspects of your health, but it is especially important for cancer survivors. Not only does it help control your weight, it also releases endorphins to fight depression and in some cases may actually reduce your risk of reoccurrence.

Maintain a healthy diet

Time to toss out those processed foods and stock up on fresh fruits and vegetables. Good nutrition has a powerful impact on healing the body, including after cancer. Eating a healthy, balanced diet will not only help you heal, it can also help your body move with more ease and comfort.

Follow-up visits

It is imperative to attend all follow-up visits your physician recommends in order to monitor any changes in your health. These visits are a time to check for abnormalities which can help with future prevention and early detection. The time spent following up with your physician also allows you to address any on-going problems you may still be experiencing post treatment.

Focus on your emotional health

Cancer not only affects your physical health, but your mental health as well. As each person's experience with cancer is different, so is their healing process. Some might find comfort in talking to loved ones or another cancer survivor. Others might find creative outlets like painting or meditating to work through their emotions. Whatever it is, you should find healthy ways to express your individual emotional response to your survivorship.

Stay stress free

We know- it's easier said than done. After going through a taxing experience like cancer, your body and mind need time to rest. Chronic stress weakens your immune system and can cause further health problems. After completing treatment, avoid additional strain until you've found your post-cancer footing. Find activities that make you happy, but know your limitations and don't be afraid to ask for help when you are feeling overwhelmed.

Cancer is a life-changing journey and it is normal to feel lost after completing treatment. With more than 15 million cancer survivors living in the United States today, it is important to know that you are not alone and there are endless resources to assist in your recovery. Survivorship is the beginning of your **"new normal"** and our staff is here to lessen your anxiety and help you adjust. For more information, ask your SCC nurses or physician about our survivorship program. Together we can get you back on track and back to the things that matter most in your life.



ANCHOR CROSS CANCER FOUNDATION

Southern Cancer Center is proud to support the 2nd Annual Anchor Cross Cancer Foundation (ACCF) Head Scarf Drive! Muggy summers in Alabama are uncomfortable for everyone- especially cancer patients wearing hot, itchy wigs. ACCF hopes to relive some of this discomfort by supplying patients with stylish scarves to wear as wig alternatives.

From now until September 15th, ACCF will be collecting fabric and handmade or store-bought head scarves at various locations across the area. The goal of the drive is to collect 1,000 scarves for local women with cancer. Last year the local community helped the drive exceed their goal by donating over 1,400 scarves total and proved to be an inspiring example of the support the Mobile area has for its local cancer community.



The concept of a scarf drive was initiated by LeAnn Hahn, a local breast cancer survivor and volunteer with ACCF. Since hair loss can be an upsetting side effect of chemo, Hahn hoped her own experience with dressing up scarves and finding different ways to wear them could help other cancer patients find more comfort in their day-to-day lives.

“For me, it was really important to have a wig, but then when my hair fell out, I never wore it—I wore the scarves. I started getting compliments on them and started having fun with them. It made my hair loss a lot easier,” said Hahn.

If you would like donate scarves or fabric for the drive, drop-off boxes will be available at any of the five Southern Cancer Center locations in Mobile and Baldwin Counties, the Senior Center in Daphne and the Nix Center in Fairhope. For more information, please contact Daniel Meshad at (251) 607-5081 or email questions to info@anchorcrossfoundation.org.

SCC IN THE COMMUNITY

DRAGON BOAT RACES

On Saturday, June 10th, the SCC “LifeSavers” participated in the 4th Annual Dragon Boat Festival held at the Battleship. This fundraiser for the Fuse Project, a local charitable foundation, is a unique and action-packed day of competition. Groups form teams of more than 20 people to race in authentic 46-foot long Hong Kong style dragon boats. This was SCC’s second year to participate in an event that draws over 70 teams and thousands of spectators.



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

