
BSTTW COMMUNITY NEWS

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Terror Changes Lives

By: Michael Appleman

ON September 11, 2001, 4 planes were taken and used to change the lives of so many people. The terrorists involved feel that it will help many to understand them and realize that they mean business. The United States of America has asked the world to work with them to stop terrorism. Most of the world has agreed. They realize that it can happen in their own land.

On September 11, 2001, we all felt the loss of the people that died and were injured. We can understand the emotions that the family members and friends of the dead and injured are going through. As the clean up continues many of the injured are trying to rebuild their lives. As burn survivors and family members we need to help give these individuals the support that is needed in order to get on with their lives.

Burn Survivors Throughout The World, Inc. has put a Support Team together. We are looking for others that are interested in helping. The support team needs to have a group of individuals that understand the emotions and medical problems that go on during recovery. These individuals need to have worked **CONTINUED**
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WHAT IS A BURN SURVIVOR?

By: Lita Duckworth



A burn survivor is a special individual. All burn survivors do not look, act, talk, behave, think or grow in the same way. All are folks that are victims of a rough period in their life. This rough time of their life does pass. They go from victims to survivors. The change comes with assorted needs ranging from bandages and surgery, to Jobst hoses, physical and occupational therapy and emotional support. A burn survivor can spend much of their initial recovery time in the hospital. The pills, they have to take, can turn their stomach.

These individuals have scars on the heart, not just stitches in their body. They also have many questions on their mind and hopefully learning each day how to better their life.

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A FAMILY AROUND THE WORLD

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through their own difficulties. If not their emotions can interfere with the recovery of others. We are also looking for individuals that could help **BSTTW** get the funding needed for us to do our job. Without the funding we will not be able to send our support team out to the local areas and also donate the funding that a family may need to rebuild their life.

If any of you are interested please contact us at: sept11@burnsurvivorsttw.com

“But such as is common to man”

By: Pastor Dale

Hello my friends, Many people such as myself feel like we are all alone in the world and that what we are the only person going through such a problem. We say to ourselves, I am all alone. Even Elijah the prophet said in 1 Kings, chapter 19:10.

"And he said, I have been very jealous for the LORD G-D of hosts: because the children of Israel have forsaken thy covenant, thrown down thine altars, and slain thy prophets with the sword; and I, even I only, am left; and they seek my life, to take it away." But G-d answered and said 1 Kings, chapter 18. Yet I have left me seven thousand in Israel, all the knees, which have not bowed unto Baal, and every mouth, which hath not kissed him.

In 1 Corinthians, chapter 10:13

"There hath no temptation taken you but such as is common to man: but G-D is faithful, who will not suffer you to be tempted above that you are able; but will with the temptation also make a way to escape, that ye may be able to bear it. "

In this scripture is a *gem*. The Gem is "taken you but such as is common to man".

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What G-D is saying is that whatever you are going through you are not going in it alone. It is a Common thing that you are going through. There are others that have and probably are going through what you are going through right now. I know that it seems like you are alone but you are not. G-D Loves you and has a life for you. Even if your body is burned and in pain. G-D is with you. Sometimes our friends and families seem not to care, or are aloof. I know the feeling well. All the pressure, stress and pain etc., is driving you up the wall. G-D is there. Jesus/Yeshua promised us He would never leave us nor forsake us. Trust Him to help. G-D's hand is not short but long in giving, even when it seems He is not. Stay connected to **BSTTW**. Find a local body of Believers to Worship with.

Keep hanging on to G-D because He really is hanging on to you.

BURNS

By: Lavelle Grubb R.N.

I have worked in the burn unit for 24 years. During that time, I have answered and asked many questions. Did you know that the reason it hurts worse when you are healing is because when you are healing you are getting sensations back that were lost during the burn? When you talk about burns that means all grades. Most people do not know that it is just as important to take care of a first degree burns as it is to take care of 2nd 3rd or 4th degree burns. Remember to ask you doctors and nurses questions. Both burn survivors and family members need to understand what has happened and what needs to be done in order to have a full recovery. The nurses are not just there to make it bearable. We are here to help give you the strength needed to recover, leave the hospital and to just come back and visit. That we hope will bring a little joy into your lives after something so tragic.

Migraine Headaches

By: Michael Appleman, M.S.

So many burn survivors suffer from Migraine Headaches. We are part of the approximate 29 million Americans that suffer during their lives. The ratio is 75% women and 25% men. The American Headache Foundation states that more than half of the individuals that suffer from migraine headaches in the United States have never been diagnosed.

It has been said that a migraine headache feels like a metal band contracting part or all of your head. Others have described a migraine as if they were being stabbed through the eye with a hot poker. But one thing everyone that suffers from migraines can state is that they are in severe pain when the migraine occurs.

Migraine headaches occur when the blood vessels or arteries at the base of the brain constrict in response to a particular trigger. At that point other arteries in your brain dilate, compensating for the reduced blood flow. That causes the nerve endings at the point of the pain to stretch.

The two types of migraine headaches are Classic and Common Migraines. The classic migraine usually starts with an “aura”; which is flashing lights, zigzag lines, temporary loss of vision, or other visual disturbances that are warning signs for the upcoming attack. Often the pain starts on one side of your head and then migrates to the other. The pain can last up to two days. It has been seen that classic migraines can cause difficulty speaking, weakness in an arm or leg, tingling in the face or hands or confusion.

Common migraines last three or four days and do not have auras. It has been seen that sufferers have mood changes, fatigue, fluid retention, increased urination, nausea and vomiting.

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Doctors still are not sure what causes the constriction cycle that create the migraines. They do feel that there is a genetic history, certain foods, hormonal fluctuations, changes in weather, perfumes and cigarettes are key suspects.

Try to get enough sleep and use stress management techniques in order to possibly control the migraines. If you suffer two or more migraines per month, your doctor may decide to prescribe medication.

It is best to keep records of your migraines and bring them to your doctor. You should include the dates, times, type of pain, what was happening before it started and the duration. And most of all make sure you discuss everything with your doctor.

The Firefighter’s Boots

By: Delores Lekowski

The last couple of weeks we have been shown what our firefighters are all about.

As I drove through the intersections where they were holding out their boots to collect money for everyone in New York, my love and respect deepened for them. As I put my money in each boot that I came to, I couldn’t help but think about how many times those boots had faced danger when they were on that firefighter’s feet. How many boots their owners have not worn because they were hurt or killed in the line of duty. It doesn’t matter what fires they were fighting; what matters is that we lost them. Their boots will never be used to protect their feet again.

I have long thought that our firefighters were the silent heroes of our country. While they were putting their lives on the line for us, and protecting us, what were we doing to protect them? Were we vocal enough about consumer

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Many burn survivors are able to give a lot of emotional help and hope to other burn survivors. Showing how you made it can help others to find the strength to reach their goals and not give up.

Many burn survivors are eager to inform **BSTTW** of their latest developments at the hospital, home and abroad. That is a large part of their recovery. Do you know where a burn survivor spends most of their time? In the thoughts and hearts of their loved ones.

I wish for all of you peace through each day and night and hope of a good life, year after year.

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products that are a possible fire threat? Did we ignore the fact that highly flammable products are manufactured and sold every day, and contribute to fires that put our firefighters' lives in danger? How many of our firefighters will never wear their boots again because of these fires?

Our firefighters didn't just become heroes; they have always been that. They are fearless in the face of danger, in the face of fire. They have always done so, they continue to do so, and they will do this always with compassion. Compassion and love for their brothers and sisters that fight these fires, beside them and with them. A compassion and love for the people that they are searching for in rubble that the fire created.

It is now time for all of us to do our part to protect the same people that have always protected us. We need to start protesting the manufactures of the unsafe products. We need to insist that the CEO's of these companies become more responsible in creating fire-safe products. We do this by writing letters, being more vocal, and not buying these products. We need to do our part in keeping our firefighters safe.

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We do not want a firefighter's boots to be forever empty.

Emergency Contact

We have an Emergency Email Form on the Internet:

www.burnsurvivorsttw.com/emergeemail.html

You, your family and friends can also reach us by phone at 941-364-8457 and if you get our voice mail, you can reach us at 941-960-1502. There is a support team member that is on call 24 hours a day to meet everyone's needs.

DONATIONS

As a 501 (c)(3) Non Profit Organization, donations, big or small, are tax deductible to the extent of the law. Donations from Companies, Churches, Organizations, Communities, and the public will help **BSTTW** to do the work that is needed for Burn Survivors, family members and the public around the world. Remember your donations can be money, clothes, a used bicycle etc.. All will go to the best use to help burn survivors and their family. Many families loose their homes and property. With your help we can help others. Please personally think about and talk to your family and friends about donating to **BSTTW**.

Mail your donations to:

Burn Survivors Throughout The World, Inc.
650 N Beneva Road #105
Sarasota, Florida 34232

Donate on line at:

www.burnsurvivorsttw.com/donations.html

For questions call us at 941-364-8457 or email **BSTTW** at: donations@burnsurvivorsttw.com

Purchases

BSTTW has an online store where you can get Skin Care Products, Books and Video Tapes.
www.burnsurvivorsttw.com/sales.html

You can also purchase Skin Care Products by phone at 941-364-8457.

BSTTW Directors

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You can contact **Pastor Dale** at:

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Feel free to contact us if you would like to help us, have any questions and/or comments at:

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