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# BSTTW COMMUNITY NEWS

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## BSTTW REBUILDING LIVES

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### BSTTW Rebuilding Lives Project

By: Michael Appleman, CEO

After a lot of thought, the **BSTTW Board of Directors** have decided to begin a new project. The name of the project is the **BSTTW Rebuilding Lives Project (BRLP)**. The **BRLP** is a very special project for **BSTTW** and the burn survivor community world wide. The **BRLP** is being set up to help burn survivors who are looking for a place to live that will offer them support, educational materials and friendship from other burn survivors who understand the injury and recovery process. The **BRLP** will begin at the BSTTW Office in Texas. The home is fifty miles north Houston, Texas. The home is on one acre of land; the area is quiet, is surrounded by nature, has four bedrooms, two baths, a kitchen, living room, dining room, two bathrooms and offers an excellent setting for the **BRLP**.

So many burn survivors have found that they live in areas that do not have support groups and other burn survivors who understand the medical, physical and emotional issues that we all needed to deal with during the recovery process and after. That is why **BSTTW** concluded that a program is needed to offer burn survivors a family atmosphere that understands their issues and can offer them the love, friendship, support and information needed to

complete their recovery and reenter the community in a positive way.

In order to begin the **BRLP** **BSTTW** must raise the finances needed. For this step to be accomplished we need your support, volunteers and individuals, companies, organizations, foundations, schools, universities and government agencies to donate to the cause. We understand that this is a rough time for many of us. As a burn survivor I ask you to please think about how rough it is for the individuals who have suffered the burn injury and their family members. We need your support in order to make the **BRLP** become a reality.

You can learn more about becoming a **BSTTW Volunteer** at **CONTINUED On Page 2 "BRLP"**



A FAMILY AROUND THE WORLD



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[www.burnsurvivorsttw.org/volunteer/volunteer.html](http://www.burnsurvivorsttw.org/volunteer/volunteer.html).

You can donate to the BRLP on line at [www.burnsurvivorsttw.org/donations/brlpfund.html](http://www.burnsurvivorsttw.org/donations/brlpfund.html) or you can mail your donation for the BRLP to BSTTW at:

Burn Survivors Throughout The World, Inc.  
BRLP Fund  
16193 Lone Star Ranch Drive #102  
Conroe, TX 77302

To learn more about other BSTTW donations go to [www.burnsurvivorsttw.org/donations/donations.html](http://www.burnsurvivorsttw.org/donations/donations.html).

If you have any questions you can contact **BSTTW** by telephone at 936-647-2256.

### Skin and Facial Needling By: Susan Church

Skin Needling is a process which is similar to permanent cosmetic pigment implantation, but without using pigments (ink). A "dry needle" is directed through the center of crevices (wrinkles) or acne scars to draw a light bloodline. As the brain recognizes trauma to that area, it responds by generating collagen and directing it to the affected area plumping it up.

Men and women alike have benefited from this procedure as it fills in the tissue's depressed areas, whether by acne, loss of elasticity, injury or disease.

Depending upon the size of the area, a single session may take as little as 30 minutes. You will need to schedule a consultation to determine the areas of concern. We will discuss your current medical history, including if you are on any medications, and in addition, discuss your Informed Consent and Release forms and After Care Instructions. We will also take dozens of photos from every conceivable angle. This is to record and visually chart your progress.

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If we consider you to be an acceptable candidate for Skin or Facial Needling, we will discuss your down-time and relate what your relative appearance will be while healing. Total post-procedure recovery will be 5 to 7 days on average. Your procedural area will look like 'cat scratches' for a few days. Some crusting of the procedure area will occur but with a regimen of petrolatum application and following proper aftercare instructions, the healing process should be minimal without complications. Mineral makeup may be worn the next day if the procedural area is healed over.

Most people see results almost immediately, and keep seeing results during the healing period thru the following month.

Results vary with each individual; depending on the area, depth of depressed tissue and how the client heals.

You will need to schedule 2-3 sessions of Skin and Facial Needling in 4-6 week intervals. Some crusting of the tissue can be expected during the healing process.

We have had clients where their Skin and Facial Needling has lasted 14 years. The average is usually 2-3 years. While some clients want to stay on top of the aging process, they may schedule appointments every 6-12 months. Results vary with each individual. As wrinkles appear, clients make appointments to make their skin look younger.

Fees are based depending upon the size of the area and number of procedures, the cost is generally based on the length of time of the procedure. A base rate of \$250.00 per each half hour is standard.

The client will present themselves with a new appearance that will increase self- confidence and self-esteem. The results will promote a more youthful appearance or may be the proper correction of a flaw that has been affecting their self-image. For acne patients, we have been told that we have given them the confidence

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that they have not had since high school when their acne started.

### Employees and Burn Injuries

A burn injury can be devastating to the employee, his/her job and the management of the company that he/she works for. It is very important that the management is prepared for the correct way to deal with a burn survivor. It is not that a burn survivor expects special treatment but if an individual works for a company before suffering a burn injury, the burn survivor does not want to worry that he/she will lose his/her job due to the burn injury. Especially if the burn survivor is able to recover, return to the job and fulfill his/her duties. Below is suggested information that we suggest that companies take part in and help a burn survivor reenter the community.

#### How prevalent are burn injuries?

Burns are one of the most common household injuries. It is estimated that about 1.25 million burn injuries occur each year in the United States. Due to burn prevention and education programs, this rate has actually dropped by 50% in the last 30 years. Also, because of the advances in treatment of burns an individual is now much more likely to survive a serious burn injury. Since more individuals are surviving even the most severe of burn injuries, especially those burned as children, there are more burn survivors in the workplace (American Burn Association, 2000).

#### What causes burn injuries and how are they classified?

Burns are usually caused by heat (thermal burns), such as fire, or hot liquids. Burns can also be caused by chemicals and radiation such as sun light and electricity (Merck, 2003).

Burns are classified in three ways: first, second and third degree:

- First degree burns are the most common type of burn injury. This

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involves only the top layer of skin and is characterized by pain, redness, and swelling. Sunburn is a typical first degree burn (Merck, 2003).

- Second degree burns involve the first and second layer of skin. They are characterized by blistering of the skin, redness, and swelling and are very painful (Merck, 2003).
- Third degree burns are the most severe and often result in extensive scarring. They can require a long recovery time and may result in severe limitations (Merck, 2003).

#### Burn Injuries and the Americans with Disabilities Act

#### Are burn injuries a disability under the ADA?

The ADA does not contain a list of medical conditions that constitute disabilities. Instead, the ADA has a general definition of disability that each person must meet (EEOC, 1992). Therefore, some people with burn injuries will have a disability under the ADA and some will not.

A person has a disability if he/she has a physical or mental impairment that substantially limits one or more major life activities, a record of such an impairment, or is regarded as having such an impairment (EEOC, 1992).

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### Accommodating Employees with Burn Injuries

#### Questions to Consider:

1. What limitations is the employee with a burn injury experiencing?
2. How do these limitations affect the employee and the employee’s job performance?
3. What specific job tasks are problematic as a result of these limitations?
4. What accommodations are available to reduce or eliminate these problems? Are all possible resources being used to determine possible accommodations?
5. Has the employee with a burn injury been consulted regarding possible accommodations?
6. Once accommodations are in place, would it be useful to meet with the employee with a burn injury to evaluate the effectiveness of the accommodations and to determine whether additional accommodations are needed?
7. Do supervisory personnel and employees need training regarding burn injuries?

#### Accommodation Ideas:

#### Gross Motor Impairment:

- Modify the work-site to make it accessible
- Provide parking close to the work-site
- Provide an accessible entrance
- Install automatic door openers
- Provide an accessible restroom and break room
- Provide an accessible route of travel to other work areas used by the employee
- Modify the workstation to make it accessible
- Adjust desk height if wheelchair or scooter is used
- Make sure materials and equipment are within reach range

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- Move workstation close to other work areas, office equipment, and break rooms
- Provide material lifts
- Provide stand/lean stools
- Provide anti-fatigue matting

#### Fine Motor Impairment:

- Implement ergonomic workstation design
- Provide alternative computer access
- Provide alternative telephone access
- Provide arm supports
- Provide writing and grip aids
- Provide a page turner and a book holder
- Provide a note taker
- Provide anti vibration gloves
- Provide tool balancers

#### Heat Sensitivity:

- Reduce work-site temperature
- Use cool vest or other cooling clothing
- Use fan/air-conditioner at the workstation
- Allow flexible scheduling and flexible use of leave time
- Allow work from home during hot weather

#### Cold Sensitivity:

- Increase work-site temperature
- Use portable space heaters
- Dress in layers using thermal material or fleece
- Wearing gloves
- Provide heated clothing
- Allow work from home during cold weather

#### Working Effectively with Supervisors:

- Provide positive praise and reinforcement
- Provide written job instructions
- Develop written work agreements that include the agreed upon accommodations
- Communicate performance standards and the consequences of not them
- Allow for open communication to managers and supervisors

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- Establish written long term and short term goals
- Develop strategies to deal with problems before they arise
- Develop a procedure to evaluate the effectiveness of the accommodation

**Interacting with Coworkers:**

- Educate all employees on their rights to accommodations
- Provide sensitivity training to coworkers and supervisors
- Do not mandate that employees attend work-related social functions
- Encourage all employees to move non-work related conversations out of work areas

**Difficulty Handling Stress and Emotions:**

- Provide praise and positive reinforcement
- Refer to counseling and employee assistance programs
- Allow telephone calls during work hours to doctors and others for needed support
- Allow the presence of a support animal
- Allow the employee to take breaks as needed

**Sleep Disorder:**

- Allow flexible work hours
- Allow frequent breaks
- Allow work from home

**Novelty Lighters: Is the Tide Turning?****By: Delores Lekowski**

This is the second article I have written about novelty – or toylike – lighters in the past year. I wish I didn't have to, but I never cease to be amazed at how reckless manufacturers are to produce a product that can be so attractive and yet so dangerous to children. I recently learned that over 70 million toylike lighters are imported into the United States every year. Seventy million!

I recently saw some new novelty lighters at the check-out counters of two popular retail stores.

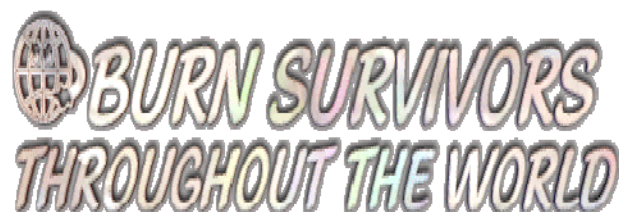
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One of the novelty lighters was of a pink pig. At first glance, the pig looked as though it was wearing a silver metal hat. Upon further inspection, the hat was the wheel you run your finger across to light it. Upon doing this, the lighter lights, and two streams of flame come out of the pig's nostrils. The second lighter was disguised as a double-barrel shotgun, and this lighter produced two lines of flame, one out of each gun barrel.

Two weeks later, I was in another popular store, and there were the toylike lighters, sitting on the bottom shelf of the rack, at a small child's level, a level that this adult had to bend and stoop to be able to reach. Here I found a variety of novelty lighters. The first one I picked up was of a guitar; when you lit it, different colored lights would start flashing up and down the neck of the instrument (and what child is not attracted to colorful flashing lights?). The striker was on the side of the guitar, and the flames shot out of the top of the body. Next, I picked up a fish; this lighter was about 3½” long, and when you flipped the head, it opened the lighter. I then picked up a motorcycle with moving wheels. The handlebars flipped up, and this is where the striker was and where the flames would come out. There was also a surfboard lighter and a frog lighter. Not one of these lighters seemed to have a child-resistant mechanism, and all of them looked like toys!

I had to ask myself, who is buying these, and why? They would not fit in any person's pocket, and nothing says class like a woman pulling a pink pig out of her designer bag. If these lighters were left out on display somewhere as a conversation piece within reach of an inquisitive child, I am afraid the only conversation you might be having would be with a 911 operator, calling for help.

The good news is that steps are being taken in **CONTINUED On Page 6 “LIGHTERS”**



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some states to outlaw these lighters, so hopefully there will not be a need for me to write a third article on this subject. In March, Maine passed a ban on toylike lighters that went into effect immediately upon signature by the governor. In early April, the Tennessee legislature passed a ban that is awaiting the governor's signature. They join several local jurisdictions in Arkansas, California and Washington State that have banned the sale and distribution of toylike lighters over the past year. Other states and localities are considering similar measures. This is an effort that is finally gaining momentum.

The National Association of State Fire Marshals (NASFM), and particularly the office of the Oregon State Fire Marshal (OSFM), are at the forefront of efforts to encourage more activity to ban toylike lighters. On April 2, NASFM and OSFM jointly sponsored a booth to educate the public about the dangers of toylike lighters as part of the Congressional Fire Services Institute's Fire and Emergency Services Showcase on the National Mall in Washington, DC. Tourists in town to take in the sights, including the Smithsonian Museums and the cherry blossoms, also learned about how to recognize and keep toylike lighters away from children. You can join the effort to get novelty/toylike lighters off of store shelves and out of children's hands by considering the following activities:

- If you have any of these lighters lying around, either dispose of them or lock them up in cabinets away from access to children! Spread the word about this hazard to friends and family as well.
- Write to Nancy Nord and Thomas Moore, Commissioners of the US Consumer Product Safety Commission (get contact information at [www.cpsc.gov](http://www.cpsc.gov)) and ask them to ban the sale and importation of these dangerous and pointless products.
- Contact local retailers that carry toylike lighters and ask them to take the products off their shelves.

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- Contact your State Fire Marshal and other state and national officials and ask them to promote state legislation to ban the sale and distribution of toylike lighters.
- For more information and background on the dangers of toylike lighters and efforts to ban them, visit the Oregon State Fire Marshal's website at [http://www.oregon.gov/OSP/SFM/Novelty\\_Toylike\\_Lighters.shtml](http://www.oregon.gov/OSP/SFM/Novelty_Toylike_Lighters.shtml). The trend toward "no novelty lighters" is picking up speed, and you can help to move it along!

**Managing the Impact of Pain**

By: Pamela Peeke MD, MPH  
NWHRC Medical Advisor

from the *National Women's Health Report: Pain & Women's Health*

When I'm treating a woman coping with any kind of chronic pain condition, I'm always struck by one thing: How the pain affects her entire life.

It's not just the physical ramifications of pain itself (i.e., you have low back pain so digging in the garden is out), but the way pain and the medication used to treat it saps your energy and strength.

I mention this because I'm about to recommend several lifestyle-related changes that may help with your pain. However, they are not for everyone. For instance, I know several women whose partners keep telling them to just get off the couch and exercise and their pain will disappear. And while it's true that physical

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activity is an excellent coping mechanism, sometimes the pain is simply too great for this to be an option.

What I don't want is for you to beat yourself up if you find you can't manage some of these recommendations. However, keep in mind that finding the right kind of medication or surgical treatment might be enough to enable you to try. And the combination of approaches-medical and lifestyle-may work better than any single approach for pain relief.

While there are numerous non-medical approaches to treat pain, including complementary medicine therapies like yoga, massage and acupuncture, some basic activities of daily living can also play a role. These include:

**Diet.** The impact of diet on pain rests on the fact that inflammation is a major cause of pain. So, the theory goes, if you can reduce the production of inflammatory chemicals in the body, you can reduce the pain.

For instance, studies find that certain antioxidants such as glutathione can help tissue recover from inflammation. One study found that supplementing with the nutrient n-acetylcystine, a precursor to glutathione, can reduce pain from nerve damage.

Other dietary-related evidence:

- The nutritional supplements glucosamine and chondroitin sulfate can benefit patients with osteoarthritis.
- Dietary soy and tart cherries contain antioxidants that may reduce neuropathic pain. In fact, cherries, which are high in anti-inflammatory anthocyanins, plant-based chemicals that give the fruit its dark red color, have been linked anecdotally to reduction of pain in arthritis and gout, with animal studies showing it can reduce swelling and inflammation in rats.

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- Sweet foods (think chocolate) can stimulate the release of pain-relieving endorphins in the brain.

**Exercise.** For years, we thought bed rest was the ideal treatment for low back pain. Now we know we were wrong. In fact, you're better off staying out of bed if you injure your back or neck. Some studies suggest prolonged bed rest can make things worse by weakening supporting muscles.

Now, I'm not suggesting that you start jogging. Instead, I recommend a slow, steady walk around the block-or to the mailbox, if that's the furthest you can go. One excellent exercise for many joint-related conditions is swimming.

Another benefit of exercise? It might help you lose weight. Since being overweight is one of the most common causes of back pain, weight loss may lead to pain relief.

**Sleep.** Numerous studies find that sleep disturbance is one of the most prevalent problems in patients with chronic pain. But while you might think that the pain itself prevents you from getting a good night's sleep, some studies suggest that poor sleep makes the pain worse. In fact, one study in healthy men found they grew more sensitive to painful stimuli when deprived of sleep.

So talk to your health care professional about steps you can take to improve your rest. That might mean medication, cognitive behavioral therapy, or even changing your daytime habits (cutting out caffeine, eating lightly in the evening, taking the TV out of your bedroom) to insure a better night's sleep.

*Donate To BSTTW*



Proud participant in the  
Combined Federal Campaign





**BSTTW POEMS**

I began writing poems during my recovery in order to not only help himself, but to offer support and positive thoughts to all burn survivors and family member who are going through a rough time. I ask you all to never give up and continue to do what I and so many others have done during and after recovery...find the support needed to work through the rough time and continue moving forward in your life.

If you would like to submit a poem or story to **BSTTW** you can do so by email at [poems@burnsurvivorsttw.org](mailto:poems@burnsurvivorsttw.org) or [stories@burnsurvivorsttw.org](mailto:stories@burnsurvivorsttw.org). **BSTTW** also has a program on our internet site that allows you to submit your stories and poems electronically. You can submit the full story at [www.burnsurvivorsttw.org/stories/storymaker.html](http://www.burnsurvivorsttw.org/stories/storymaker.html) and your full poem at [www.burnsurvivorsttw.org/poems/poemmaker.html](http://www.burnsurvivorsttw.org/poems/poemmaker.html)

*Michael Appleman, CEO*

**HAPPY NEW YEAR**

By: Michael Appleman

Another year has come  
Maybe this year will bring a lot of fun

The burn I suffered was hard to I must say  
Why is God treating me this way?

The recovery process was hard for me  
Everyone looked funny at the burns they see

How can I deal with the emotions I feel?  
The pain I have is truly real

I never thought of a burn victims way  
Now I cannot forget that horrible day

So maybe the New Year will bring happiness for me  
I guess the days will allow me to see

So help a burn survivor today  
It is important to do God's way

*Michael Appleman*

You can contact **BSTTW Support Team** by using our internet site at <http://www.burnsurvivorsttw.org/eforms/supportemail.html> or by telephone 936-647-2256 or toll free at 866-712-6164

## BSTTW CONTACT INFORMATION

### EMERGENCY CONTACTS

**BSTTW** has a support team that is on call 24 hours a day 7 days a week to help a burn survivor, family member or firefighter deal with a burn injury and fire related emergency. You can contact **BSTTW** on the internet or by telephone. On the internet go to the **BSTTW Emergency Email E-Form** at [www.burnsurvivorsttw.org/eforms/emergemail.html](http://www.burnsurvivorsttw.org/eforms/emergemail.html) or the **BSTTW Support Team E-Form** at [www.burnsurvivorsttw.org/eforms/supportemail.html](http://www.burnsurvivorsttw.org/eforms/supportemail.html)

To contact **BSTTW** by telephone by dialing 936-647-2256 or toll free at 866-712-6164. If we are not in the office or it is after hours, you can leave us an emergency message in our voice box 44 and a support team member will respond to you within 24 hours.

#### **BSTTW Directors**

Michael Appleman: **Executive Director**  
[michael@burnsurvivorsttw.org](mailto:michael@burnsurvivorsttw.org)

Nguyễn Thi Diêu Trân: **Director- Việt Nam**  
[tran@burnsurvivorsttw.org](mailto:tran@burnsurvivorsttw.org)

Ariel Gonzalez: **Director- Mexico**  
[ariel@burnsurvivorsttw.org](mailto:ariel@burnsurvivorsttw.org)

Julie Olinger: **Assistant Director – Colorado**  
[julie@burnsurvivorsttw.org](mailto:julie@burnsurvivorsttw.org)

#### **DONATIONS**

As a 501 (c)(3) Non Profit Organization, **BSTTW** depends on donations from corporations, organizations, families and individuals. All donations, big or small are tax deductible to the extent allowed by the United States government tax laws. **BSTTW** has several different funds that you can donate to. The **BSTTW** general fund, the **Bishop Peter Nguyen Van Nho World Wide Burned Children's Fund**, the **"Dwight Lunkley Racing To Victory" fund, USA & Asian Burn**

## **BSTTW COMMUNITY NEWS**

**Camp funds, BSTTW Healing Weekend Fund, and the World Burn Congress Fund.**

Your donations will help **BSTTW** to do what is needed to help a burn survivor, family members rebuild their lives. It will also be used for public awareness on fire safety and how the community can help a burn survivor reenter their community.

**BSTTW** also offers people that donate \$25.00 or higher to a free copy of the **BSTTW Music CD**. To learn more about this you should go to [www.burnsurvivorsttw.org/donations/donatecd.html](http://www.burnsurvivorsttw.org/donations/donatecd.html) or [www.burnsurvivorsttw.org/donations/donations.html](http://www.burnsurvivorsttw.org/donations/donations.html)

Remember your donations can be money, clothes, a used bicycle etc.. All will help burn survivors and their family. Many families loose their homes and property. Please personally think about and talk to your family and friends about donating to **BSTTW**.

#### **MAKE DONATIONS PAYABLE TO & MAIL TO:**

Burn Survivors Throughout The World, Inc.  
16193 Lone Star Ranch Drive #102  
Conroe, Texas 77302

#### **DONATE ON LINE**

To learn more about donating on line go to:  
[www.burnsurvivorsttw.org/donations/donations.html](http://www.burnsurvivorsttw.org/donations/donations.html)

If you have any questions call us at 936-647-2256, toll free at 866-712-6164 or by email at:  
[donations@burnsurvivorsttw.org](mailto:donations@burnsurvivorsttw.org)

#### **VOLUNTEERING YOUR TIME**

There are many children, adults and families around the world that need support and other help. You do not have to be a burn survivor or family member to become a **BSTTW Volunteer**. All you need to do is become a **BSTTW** member and then apply to become a **BSTTW Volunteer**. If you are a burn survivor or family member, in order to become a **BSTTW Member**, fill out the **BSTTW Membership & Profile Registration E-Form** at:  
[www.burnsurvivorsttw.org/membership/memform.html](http://www.burnsurvivorsttw.org/membership/memform.html),

Next fill out the **BSTTW Volunteer E-Form** at:  
[www.burnsurvivorsttw.org/volunteer/volunteer.html](http://www.burnsurvivorsttw.org/volunteer/volunteer.html)

If you are not a burn survivor or family member you can skip the **BSTTW Membership & Profile Registration E-Form** and go directly to the **BSTTW Volunteer E-Form**.

By volunteering with **BSTTW**, you will be taking part in rebuilding lives and helping burn survivors reenter their community.

If you have any questions, you should first review the **BSTTW Volunteer E-Form**, after that if your questions have not been answered, you can contact **BSTTW** by email at [volunteers@burnsurvivorsttw.org](mailto:volunteers@burnsurvivorsttw.org), and by telephone at 936-647-2256 or toll free at 866-712-6164.

### **PURCHASES**

**BSTTW** has an online store where you can purchase Skin Care Products, Books and Video Tapes. To learn more go to:  
[www.burnsurvivorsttw.org/sales/sales.html](http://www.burnsurvivorsttw.org/sales/sales.html)

**BSTTW** also offers a free copy of the **BSTTW Music CD** to people who donate \$25.00 or higher to **BSTTW**. To learn more about this you should go to

[www.burnsurvivorsttw.org/donations/donatecd.html](http://www.burnsurvivorsttw.org/donations/donatecd.html)

or

[www.burnsurvivorsttw.org/donations/donations.html](http://www.burnsurvivorsttw.org/donations/donations.html)

### **BSTTW ADDRESS & PHONE NUMBERS:**

Burn Survivors Throughout The World, Inc.  
16193 Lone Star Ranch Drive #102  
Conroe, Texas 77302  
(936) 647-2256  
Toll Free: 866-712-6164  
Fax: (319) 856-5359

Feel free to contact **BSTTW** if you have any questions and/or comments by using the **BSTTW Comment & Question E-Form** at:  
[www.burnsurvivorsttw.org/eforms/emailform.html](http://www.burnsurvivorsttw.org/eforms/emailform.html)