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BSTTW REBUILDING LIVES

BSTTW Online Podcast

By: Michael Appleman, CEO

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BSTTW asks burn survivors, family members, doctors, fire fighters, rehabilitation specialists and others to share their personal and/or professional experiences and thoughts on the **BOP**. By doing so you will be helping yourself and others.

I suggest that in order to record and submit a broadcast to **BSTTW** you should first put your thoughts down on paper, in your computer, cell phone, etc.. When you feel all of your thoughts are written down, you should prepare to record your podcast. Once the podcast is completed, reviewed and is ready to be reviewed by **BSTTW** you should submit the podcast. You will be notified if your podcast is accepted. If it is accepted your podcast will be uploaded and available on the **BOP**, on the search engines, Facebook, Twitter and others so it can be watched and/or

listened to and enlightened from. People who listen to and watch the podcast on the **BOP** can gather information in order to share the information with their family members and friends, and use the information to better themselves today and/or in their future. This can help you towards personal growth.

I am sure by this time you are asking yourself how and where is a podcast submitted. If you continue reading in this article you will find out how to submit a podcast to **BSTTW**.

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A BURN SURVIVORS
LIFE
DOES NOT END....

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cause you to miss important information and possibly not absorb the meaning of the podcast. A podcast can help you increase your intelligence, emotional awareness and personal recovery. Listening to a podcast on the **BOP** can also help you alter and increase life in general.

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How Burns Affect The Body

By: Michael Appleman

Skin is nourished by blood vessels, which release fluid when damaged. When the skin is cut, blood is lost; when our skin is burned, blood plasma (protein) is lost. Plasma is the fluid part of the blood in which the red blood cells, white blood cells and platelets are suspended. That makes plasma the extracellular matrix of blood cells. Plasma makes up approximately 55

percent of the volume of blood in our body. Plasma itself comprises about 92 percent water, 7 percent protein and 1 percent vitamins, minerals, sugars, fats and hormones.

Blood is considered to be a specialized type of connective tissue. The function of connective tissue is to bind other tissues in the body together. When you suffer a small burn a blister usually forms. The fluid in the blister is plasma. When a large area of the skin is burned, great quantities of plasma are lost. This causes an instability in our blood chemistry and affects all of our body's systems. Due to this reason, and because of the long-lasting danger of infection, major burns are a threat to life for many days or weeks.

Treating electrical burns frequently requires drastic emergency measures. If the burn victim has been in contact with alternating current, such as that in home wiring, or has been struck by lightning, the resulting shock can be fatal. Artificial respiration is essential to maintain breathing or to restart the heart. A burn from electricity is often worse than it appears. This is due to tissues far below the surface of the skin that can be severely damaged.

Due to infections being the leading cause of death relating to serious burns, antibiotics are usually given. The effects of a severe burn usually causes normal protective functions of our immune-system to be depressed. This means that the burn victim's body is less able to support itself against invading bacteria.

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After shock has been controlled, antimicrobial ointments such as Silver Sulfadiazine, Mafenide, Silver Nitrate, and Providone-Iodine are applied to the burns during the time the wounds are open. These medications help reduce the risk of infection. Bacitracin may be used for first-degree burns. One study found that paraffin gauzes are valuable for superficial burns while silver-based dressings are preferable for deep burns.

Antibiotics, such as Oxacillin, Mezlocillin, and Gentamicin help treat an infection. Antibiotics are also used when the risk that the burn survivor will develop an infection is high. This usually occurs -- for example, when a large portion of the burn survivor's body is burned.

Mfenide Acetate 5% (MAF) is often used with topical Miconazole and Nystatin, and systemic antifungal agents including Amphotericin B (AMPHB), Itraconazole and Fluconazole in vitro.

Alternative Compounded Topical Medications

Ketoprofen is in a group of drugs called nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs works by reducing hormones that cause inflammation and pain in the body. It is often used to treat pain and/or inflammation.

Misoprostol is a synthetic prostaglandin that is used for pain and various inflammatory conditions.

Phenytoin is an oral anticonvulsant with a noted side effect of tissue hyperplasia which may be advantageous to tissue growth.

Allantoin is a compound naturally produced by many organisms, including animals, plants, and bacteria. By increasing the capacity of corneocytes to bind water, it promotes the renewal of epidermal cells and promotes healing. It strengthens the skin's natural protective barrier. It has also been seen to improve its moisture retention, providing a smoothing effect to the skin. It is a frequent ingredient in lotions and skin creams and medications for dermatological conditions.

Also during treatment particular attention is paid to the burn survivors diet due to the fact that burn patients need to consume a huge number of calories. It is very important to see a doctor if you suffered second or third degree burns. Ask your doctor which supplements are best for you. Tell your doctor about the herbs and supplements you are using or considering using, as some supplements may interfere with conventional treatments.

The following tips may improve your healing and general health:

- Avoid caffeine, tea, alcohol, tobacco and other stimulants.
- Cut down or do not eat trans-fatty acids, that are found in commercially baked goods: cakes, cookies, crackers, donuts, french fries, margarine, onion rings and processed foods.
- Eat antioxidant foods that include fruits (such as blueberries, cherries, and tomatoes), and vegetables (such as squash and bell peppers). One study found that high doses of vitamin C after a burn reduced fluid requirements by 40%. It also reduced burn tissue water content 50%, and finally it reduced ventilator

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days.

- It is important to drink 6 to 8 glasses of filtered water daily.
- Stay away from refined foods, such as white breads, pastas, and sugar.
- You can benefit from eating fewer red meats and more lean meats, cold-water fish, tofu (soy) or beans for protein.
- Use healthy cooking oils, such as olive oil or coconut oil.

If you suffered moderate to severe burn, ask your doctor if the following supplements may help you.

- **Coconut Oil:** After a burn heals, applying coconut oil topically has been seen to be helpful for reconditioning and moisturizing the skin.
- **Coenzyme Q10 (CoQ10):** This is a nutrient that occurs naturally in the body. Taking 100 to 200 mg of CoQ10 at bedtime acts as an antioxidant, which protects cells from damage and plays an important part in the metabolism. CoQ10 may also have a blood-clotting effect, can interact with blood-thinning medications (anticoagulant/antiplatelet drugs) and can slightly lower blood pressure. CoQ10 is also used to treat heart failure and other heart conditions, possibly helping to improve some symptoms and lessen future cardiac risks when combined



with regular medications, but the evidence is conflicting.

- **Daily Multivitamin:** Take a multivitamin that contains the following antioxidant vitamins: A, B-complex, C, E and trace minerals such as calcium, magnesium, selenium and zinc.
- **L-glutamine:** This is the most abundant amino acid in the bloodstream. At burn units glutamine may be given to a burn survivor in order to complement medical care. This amino acid has been given through a feeding tube, by pills, liquid nutrition supplements, or by increasing protein in the burn survivors diet. Taking 500 to 1,000 mg, 3 times daily, of this amino acid has been seen to offer support to your gastrointestinal health and immunity. Glutamine is key to boosting your brain health. High doses of glutamine can affect mood particularly in patients with mania. Glutamine has been found to increase muscle growth and decrease muscle wasting. This may help you during recovery and maintaining muscles after recovery. There is some concern that people who are sensitive to MSG (monosodium glutamate) may also be sensitive to Glutamine. People with hepatic encephalopathy, severe liver disease with confusion, or a history of seizures, should not take Glutamine. Glutamine can interact with certain medications, so speak with your physician.
- **Omega-3 fatty acids:** Omega-3

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fatty acid can be found in fish oil and in plant sources such as nuts and seeds. Taking 1 to 2 capsules or 1 tbsp of oil, 1 to 2 times a day can help fight depression, reduce inflammation, and for healing and immunity. Good sources of Omega-3 fatty acid from fish are Catfish, Cod, Flounder, Grouper, Halibut, Mackerel, Mahi mahi, Red snapper, Salmon, Swordfish and Tuna (canned, light) to name a few. Cold-water fish, are good sources, but you may need a supplement to get a higher dose. Omega-3 fatty acids can interact with blood-thinning medications such as warfarin (Coumadin) and aspirin, and may decrease clotting time.

- **Probiotic supplement:**

Probiotics are bacteria that line your digestive tract and support your body's ability to absorb nutrients and fight infection. They are often called "good" or "helpful" bacteria. Probiotics benefits have been proven effective in supporting immune function, reducing inflammation, promoting healthy digestion, as well as maintaining beautiful skin. Lactobacillus Acidophilus is the most common probiotic. You find it in yogurt and other fermented foods. Antibiotics can upset the balance of bacteria in your intestines. Probiotics or "friendly" bacteria can help restore the balance, improving gastrointestinal and immune health. The top ten probiotics are kefir, sauerkraut, kimchi, coconut kefir, natto, yogurt, kvass, miso, kombucha and raw dairy.

- **Vitamin C:** Vitamin C is a water-soluble vitamin. That means it will dissolve in water. Vitamin C is needed for our normal growth and development. Taking 1,000 mg, 2 to 6 times per day can help your skin heal by causing new tissue growth and strength. If diarrhea develops you should take a lower dosage. It is important to speak to your doctor before you take vitamin C. The doctor can help with the dosage and if any issues occur.
- **Vitamin E:** Vitamin E is an antioxidant that is found in foods. Good sources of vitamin E are leafy greens, margarine, nuts, seeds and vegetable oils. By taking 400 to 800 IU a day of Vitamin E you can be promoting healing in your body. It has been found that once a burn has healed and new skin has formed, you can use Vitamin E topically. Vitamin E oil has been found to help heal minor burns that do not require medical treatment. The antioxidant properties in Vitamin E moisturize and soothe the burned area. It also has some antibiotic properties, that makes it safe to use on first degree burned skin. Vitamin E can also help prevent infections. You should talk to your doctor before taking vitamin E.

Herbs

Minor burns have been treated with herbs. Herbal remedies can soothe the pain of a first degree burn. Herbs can also help fight infection, aid in the repair of the skin, and help prevent the formation of scar tissue. It is very important to understand and remember that you should never apply

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any herbs to moderate and severe burns. If you suffered second, third or fourth degree burns you should always go to the hospital and/or call for emergency help. Never apply herbs to an open wound.

Herbs can strengthen and tone the body's systems. As with any therapy, you should work with your doctor to diagnose your problem before starting treatment. You may use herbs as dried extracts (capsules, powders, or teas), glycerides (glycerine-extracts), or tinctures (alcohol extracts). Unless otherwise indicated, make teas with 1 tsp. herb per cup of hot water. Steep covered 5 to 10 minutes for leaf or flowers, and 10 to 20 minutes for roots. Drink 2 to 4 cups per day. You may use tinctures alone or in combination as noted.

These herbs may be applied topically (externally) to minor burns:

- **Aloe Vera:** *Aloe vera* comes in both cream and gel. The gel relieves pain and inflammation and speeds the healing process. Apply externally to the burned area, 3 to 4 times daily as needed, for soothing and healing.
- **Calendula** (*Calendula officinalis*), or pot marigold, as an ointment or a tea applied topically. To make tea from tincture, use 1/2 to 1 tsp. diluted in 1/4 cup water. You can also steep 1 tsp. of flowers in one cup of boiling water for 15 minutes, then strain and cool. Test skin first for any allergic reaction. Only use calendula topically.
- **Comfrey:** Comfrey (*Symphytum officinale*) has been used in Chinese Traditional Medicine for over 2000 years. One of the most common uses of comfrey leaf is as an

ointment or a poultice applied externally as a natural treatment for burns and other wounds.

- **Gotu kola:** Gotu kola (*Centella asiatica*) is used as a cream containing 1% of the herb. It is highly valued in Ayurvedic medicine for its ability to rejuvenate the skin. The medication speeds the healing process and helps to prevent scarring.
- **Lavender:** Lavender (*Lavandula angustifolia*) is a pure essential oil that is looked at by many aromatherapists as one of the best remedies for burns. It is antiseptic and analgesic and is the only essential oil that can be applied directly to the skin without dilution.

Lavender prevents infection, reduces inflammation, promotes healing and reduces or prevents scar tissue formation.

- **Plantian:** Plantian (*Plantago major*) is one of the most popular folk remedies in North America for the treatment of burns. Juice from the plant is applied directly to mild burns for a soothing effect.

It is anti-bacterial, and like comfrey, it contains allantoin, an anti-inflammatory phytochemical that speeds wound healing and stimulates the growth of new skin cells.

Debridement is the process of removing

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unhealthy tissue from the body. It is an important part of treating a burn. Removing (to debride or cut away), all of the dead tissue that has been burned helps so healthy tissues can grow. This is usually done on deep second and third degree burns. It usually helps prevent infections.

Types of Debridement are:

- **Autolytic Debridement:**
This is the body's own process of getting rid of dead tissue and keeping healthy tissue.
- **Enzymatic Debridement:**
This type of debridement uses enzyme solutions or ointments to treat the tissue.
- **Hydrotherapy (Mechanical) Debridement:** Hydrotherapy, or pressurized water, is most commonly used to debride burn wounds.
- **Maggot Debridement:**
This type of debridement uses maggots, or fly larva.
- **Mechanical Debridement:** This form of debridement is the removal of tissue using a dressing that is changed regularly.
- **Surgical Debridement:**
This is the process of removing damaged or dying tissue surgically.

Each time the debridement is completed the wound is covered. Many times the wound is covered with allografts. Although they are eventually rejected by the body, allografts help prevent infection and allow healing to begin. The use of drugs that suppress the immune system has made

the allograft a lifesaving technique for burn patients.

As healing takes place and the burn victim becomes stronger, grafts of skin from healthy parts of the patient's body are used to cover the burned areas permanently. This process can take many months or even years to complete. Advances in the understanding and treatment of serious burns have led to the creation of specialized burn wards in major hospitals. It is now possible for those with burns on up to 85 percent of their body surface to survive when proper treatment is begun quickly enough.

Healing The Scars

By Colleen Kastl

Don't call Colleen Kastl a victim. She prefers the term "survivor." Kastl, now 44, was severely burned at age 2 when the furnace in her parents utility room exploded.

"Mom grabbed me, rolled me in a rug and ran outside with me," she said. Her 6-month-old brother was asleep at the time and didn't get injured. But Kastl suffered 3rd-degree burns on 65 percent of her body.

She spent six months in the hospital then. And that was only the beginning. In the years since, Kastl has endured countless surgeries, including numerous grafts, some with skin donated by her mother.

"As I grew from 2 years to 5, I had quite a bit of surgery," said Kastl, who now lives in Mesick. "Then when I started school, it was every summer, two or three surgeries a summer, because they didn't want to do it during the School Year."

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Serious burns like Kastl's are not easily, if ever completely, fixed. And they are life-changing.

According to Burn Survivors On Line, 2 million people suffer burns each year in the United States. Of those, 300,000 are serious injuries, with more than 6,000 people dying from burns annually.

Web sites and chat rooms dedicated to burn survivors provide an outlet for those whose repeated forays into the health care system can produce a sense of frustration and isolation. Kastl has tried to start a support group for burn survivors, but never got much response.

She's willing to share her story, though, describing how 42 years later, she still copes with the effects of the accident. For one thing, Kastl must avoid the sun. She's had skin cancer on her face resulting from sun exposure five times. In each instance, the cancerous cells were removed, the skin grafted.

She also can't endure cold temperatures. "I go outside, but I don't go outside to stay," she said. "I could get frostbite very easily on my face." Then there are the "contractions" she experiences because burned skin doesn't grow as your body grows.

"My wrists were facing the bottom of my forearms and my fingers were contracted up," she said. Kastl had to have the little finger on her right hand amputated about five years ago. And even with the surgeries,

burns are still evident on her legs, hands, arms and face.

"You're supposed to have seven layers of skin," she said. "I have one."

In the most severe cases, burn victims can experience crippling of the hands, kidney damage, shutdown of the stomach and bowel system, pneumonia, stress ulcers, stomach and bowel swelling and pulmonary problems resulting from burned airways. And sometimes, the worst scars aren't the ones you can see. Kastl still remembers the way she was treated by other children in school.

"Kids are very cruel," she said. "In sixth grade, I was called contaminated, and people always stared. My parents always told me to ignore them."

People still stare, she said, describing an encounter with a group of girls in the bath room of a discount store a few years ago.

"Only one was staring," she said. "But she was old enough to know better."

Kastl tried to ignore it. However, when she walked past the group to dry her hands, the girl turned and continued to gawk. Kastl left and went to her car, but got to thinking about how she had a niece about the same age as that girl, and how she wouldn't want her doing that to someone. So she went back in and confronted the girl.

"I said, 'You know, you're old enough to know better. You could have asked what happened to me, and I would have been glad to talk about it. But I'm not giving you that benefit now,'" she recalled.

Dale Blum, M.D., medical director of emergency services for Munson Healthcare, said that most burns hospitals

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see aren't as serious as Kastl's.

"Every now and then you get a burn from a major event like a house fire or something exploding," said Blum.

Since Traverse City doesn't have a burn center, such acute cases are often airlifted to Grand Rapids or Ann Arbor. Here, time is of the essence, he said, since burn patients have a tendency to go into shock and develop infections and breathing problems.

More commonly, burn cases involve incidents like a child being scalded by a bathtub faucet or pan of hot liquid on a stove. "That's probably the biggest thing," said Blum, either hot water or someone sets a cup of hot coffee down and the youngster will pull it down on them." Those scenarios are all too familiar to Dennis Partidge. The 28-year-old Saginaw man was burned by a bathtub faucet when he was just 10 months old. "I was being cared for by friend while my mother was in the hospital," he said. "I was in the bathtub when the doorbell rang and was left unattended while the door was answered. I tried to pull myself up with the hot water handle and the water came on."

More than 75 percent of his body was scalded. Partridge spent 38 days in the hospital and had five skin graft surgeries over the next five years, with skin being taken from his leg and placed on his right arm and face.

"I was told if my accident had occurred ten years earlier I would have died," he said. "The technology did not exist to save me then. Due to the grace of God, I have not needed surgery since I was 5 -years old."

Then there is Andrea, who didn't want her full name used for this article. She was burned at age 6 while playing with matches.

"I was playing house with my sisters during the fall and we decided that we needed a real fire," she said. As Andrea bent to pick up some twigs the wind blew the flames the girls had ignited onto her skirt. "I panicked and just stood there crying and jumping up and down," she said. "Then I ran about 50 feet into the house. The flames were smothered by my uncle with a wet sheet and a rug."

Although Andrea's burns were severe, requiring numerous grafts and surgeries, Blum said that less severe burns will quite often heal on their own. "The biggest issue is preventing an infection and then also some of the resulting scarring," he said. "That's usually when the plastic surgeons gets involved."

Various plastic surgery procedures may improve the appearance or function of a Burn scar. But no scar can be removed completely.

"I have come to understand that I am who I am said Kastl. "If people can't understand that, then its' their problem, not mine."

Her experiences - and what she continues to endure - have taught Kastl another important lesson, "Be happy with the way you are," she said, "because it's what's on the inside that counts.

Learn How To Manage Your Every Day Stresses

By: Stanley Popovich

Everybody deals with stress and anxiety, however sometimes our anxieties can get the best of us. Its important to know how to cope when your anxieties and fears get out

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CONTINUED From Page 9 "STRESSES" of control.

Here is a list of stress free tips that a person can use to help manage their daily stresses and anxieties.

1. Take a break. Sometimes, we get stress when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper, or do an activity that will give them a fresh perspective on things.

2. Carry a small notebook of positive statements with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook and carry it around in your pocket. Whenever you feel anxious, open up your small notebook and read those statements.

3. In dealing with your anxieties, learn to take it one day at a time. While the consequences of a particular fear may seem real, there are usually other factors that can not be anticipated and can affect the results of any situation. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

4. Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. Changing your thinking can help you manage your fears.

5. Break your tasks into separate steps. When facing a current or upcoming task that overwhelms you with a lot of anxiety,

divide the task into a series of smaller steps and then complete each of the smaller tasks one at a time. Completing these smaller tasks will make the stress more manageable and increases your chances of success.

6. Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your depression and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem.

Surviving An Accident

By: William Soulsby

The year was 1988, and it was a typical warm day in California when Bill, a Vietnam veteran and trucker, finished performing his pre-trip inspection on the cab-over he was assigned for deliveries. Bill worked for a small Sacramento area trucking company that delivered boxed freight to area supermarkets and had a daily run which consisted of about 26 stops from Sacramento to Fresno by way of Highway 99. The first few hours of Bill's day were uneventful, as he recalls, but danger has a way of lurking around, waiting to strike, and it was doing just that on this day.

He started his regular route and was traveling about 55 mph down the highway when the flow of traffic in the right lane slowed to a crawl due to exiting vehicles up ahead. Bill crossed into the passing lane and was just about to pass an old Peterbilt hauling chickens when his left front tire exploded like a bomb.

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Bill's head was violently thrown against the window frame due to the sudden jolt of the truck, and he lost consciousness. Without anyone in control, the truck entered the grassy median and the fuel tanks rubbed on the metal guardrail. The resulting friction caused the fuel tanks to explode and engulf the truck in flames.

When Bill regained consciousness, he was sprawled across the doghouse of the cab. His mind was racing, and he remembers thinking that he had better escape the burning truck. At that moment, Bill saw a very bright light and a figure resembling his dead father motioning for him to follow...and he lapsed into unconsciousness once again.

When Bill awoke next, he was in a dazed state and found himself wandering across the interstate highway in nothing but his underwear briefs. Vehicles were at a standstill; traffic had been completely halted in both directions on Highway 99. It was estimated later that the resulting backlog lasted over three hours. A number of truck drivers had pulled over and jumped from their rigs to try and assist the obviously disoriented and badly injured fellow driver. Bill recalls a number of them trying to get him to sit down, and to help shade him from the sun while time marched on waiting for the paramedics who had already been summoned, to arrive. An unknown driver had risked his life pulling Bill from the blazing inferno that was once an over-the-road truck, a good Samaritan that he never got to meet or thank for the courageousness that saved his life.

The fire department arrived shortly and proceeded to extinguish the raging fire. The California Highway Patrol began coordinating the accident scene, controlling traffic, organizing milling pedestrians and

beginning the investigation of the accident. What the paramedics found upon their arrival was shocking. The fire that had spared Bill his life hadn't been so kind to his body. He was down to his underwear as the fire had charred off all his outer clothing, exposing his skin, which was, in turn, severely burned. Second and third degree burns were diagnosed on over 85 percent of his body. Massive doses of morphine were administered immediately to knock Bill out and hopefully ease some of the almost incomprehensible pain.

Once stabilized, he was rushed to the nearest hospital in the town of Merced, but since it was not equipped to handle such severe burn cases, he was flown via life-flight helicopter to the Valley Medical Center's burn unit in Fresno. There, he would begin the daily battle of fighting for his life.

AN UPHILL CLIMB

When Bill was first admitted to the Valley Medical Center, he was only somewhat lucid, recalling only two things, a nurse trying to get a breathing tube down his throat and a bath that he was submerged in. In addition to the overall diagnosis, Bill's left ear was half burned off, his lungs were scorched, and the left side of his face and left eye were badly burned. The doctors did not have much hope for his recovery. For most of the first couple of weeks of Bill's stay in the burn unit, he was unconscious a blessing considering the pain, depression and delusions that accompanied the morphine still being administered for pain. He was x-rayed daily, and the doctors wanted to amputate some of the fingers on his left hand because they did not appear to be healing; Bill refused. "I'll make them heal!" he insisted. Looking and feeling much like an Egyptian mummy, Bill was

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completely bandaged from head to foot, leaving only peep holes for his eyes and a small slit for his breathing tube. He was told that, if he did recover, he would have to re-learn how to walk and talk, and there was even some concern that he would never regain his normal voice due to throat burns. A series of skin graft operations to try and repair as much of the burned areas as possible would also be conducted. After three months, Bill had improved enough to be transferred out of the burn unit and into the general area of the hospital. His fiancée, Judy had traveled 350 miles from their home to sit by his side every day. The two had been planning a June fourth wedding, and Judy decided to proceed with the plan in hopes that it would give Bill even more reason to fight to live. After all, the doctors had said since the beginning that his only chance for survival would depend heavily on his sheer will to live. So on the scheduled day, Judy showed up in a beautiful blue gown ready to take her vows. Her son, Mike, came along as ring bearer, and Bill was there in his normal attire of bandages, attached monitors and an I.V. tube. The two became husband and wife with a ring on Judy's finger and a ring on the only exposed part of Bill's body-his big toe!

THE ROAD HOME

After a couple more weeks of regular upkeep and maintenance to repair his body, Bill began to experience severe stomach pains. After numerous tests, the doctors found the problem-Pancreatitis, a condition often brought on by stress. Part of Bill's pancreas, intestines and appendix were removed.

Judy had continued traveling the distance between the hospital and her home to be at her husband's side. Bill had been unable to

simply transfer hospitals because the state of California was picking up Bill's medical tab and had to formally approve all related expenses. (Bill's employer had failed to carry Workers Compensation insurance, as required by law, so as such, the state was paying the medical bills). Several family members had been writing and calling the offices of Congressman Leroy Greene, requesting approval of the funds needed to transfer Bill to a hospital near his home. After numerous requests, Congressman Greene made a special request which granted the move. He was moved to U.C. Davis hospital where he underwent more surgery, still took all his meals in liquid form (through a feeding tube) and celebrated his 40th birthday with a party in his room thrown by family members.

At last the day came when Bill was allowed to go home. He had beaten the odds of recovery, had recovered his voice and was back on his feet. A nurse still tended to him five days a week, helping with the bandage he still wore on parts of his body. After a year of physical therapy and three additional skin graft operations on his hands, the doctors pronounced him "as good as he'll ever be." Burn scars, burned lungs, reduced vision, severe arthritis in his legs and hands, and disintegrating back discs would always be problems for him, but he had his life, his wife, his family and an amazing feeling of gratitude for all of it.

The California Department of Rehabilitation provided some retraining in the field of Graphics, an area he was interested in prior to trucking, but not enough to earn degree. With a career in trucking at an end, Bill decided to jump-start a new career by taking matters into his own hands. He

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RARLAB WinRAR

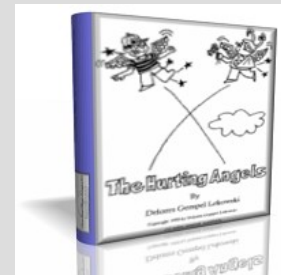
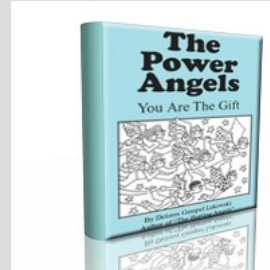
CONTINUED From Page 12 "SURVIVING"

enrolled in a local school, Sierra College, and began the road to getting an A.A. degree in Communications which he hoped would help him get a job in his chosen field of Graphic Design. Today, Bill is 49 years old. He is completing the last of his courses at Sierra, a course of study that should have taken two years to complete, but which took him six and a half years. But he could not be more proud to have been alive and well enough to get it done. His family and especially his mother, was very proud of him! And I can testify to that because, you see, I am Bill. My full name is William Soulsby, and this is my tale of surviving a Big Rig Fire, proving to the doctors and many others that the impossible is possible if you desire it bad enough and have the will to fight for what you believe in! So no matter what befalls you in life...don't give up, you can accomplish whatever you put your mind to! Be strong and never, never give up!

William (Bill) Soulsby resides in Orangevale, Ca., with his wife Judy. He is the father of five children and the step-father of four. Though Bill's 1988 trucking accident left him disabled, he has gone on to start his own small business, obtain a college degree and begin forming an additional career in writing and photography. He is currently writing a book of useful information for burn survivors.



BSTTW Angels eBooks



**NEVER GIVE UP, NEVER GIVE IN,
NEVER QUIT...life IS TOO PRECIOUS
BURN SURVIVORS
HELPING BURN SURVIVORS
...THIS IS WHAT IT IS
ALL ABOUT!
"Dwight Lunkley"**



**Our Lives
Changed Forever**



**So Many People
Suffer From
A Burn Injury**

**Burned Children Need Your
Help**

**Donate to the
BSTTW World Wide Burned
Children's Fund**

At

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



Take Part in Rebuilding Lives

In 2016 12,775 burn injuries occurred. Ten thousand seven hundred and fifty of those injuries occurred at residential fires. World-wide every thirty seconds a burn injury occurs. That means that thousands of individuals worldwide suffer a burn injury every thirty seconds and so many of them contact **Burn Survivors Throughout The World, Inc. (BSTTW)**, for help. With your donations **BSTTW** can continue to take part in rebuilding the lives of the individuals and families who contact us.

To continue our work rebuilding lives, **BSTTW** is in need of automobiles, clothes, finances, food, furniture, homes, kitchen supplies, land, medications, medical supplies, music, televisions, stereo equipment and more.

If **Burn Survivors Throughout The World, Inc.** can receive a new or an excellent working automobile and automobile insurance the **BSTTW Support Team** will be able to travel to burn survivor's homes, burn units, help burn survivors get to doctors, rehabilitation appointments, grocery stores, etc. So please if you have an automobile that you are willing to donate to **BSTTW** please contact us at 936-483-9014.

You can mail your checks and other donations to Burn Survivors Throughout the World, Inc. at:

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

<http://www.burnsurvivorsttw.org/list/donations.html>

Become a BSTTW Volunteer



BSTTW eBooks Package



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 members 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 or 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 and your full poem at www.burnsurvivorsttw.org/poems/poemmaker.html

Michael Appleman, CEO



Holidays and Burns

**Holidays can be hard on everyone
A burn injury does not help us at all**

**Our emotions become doubled
The time can cause us to be alone**

**People may not understand
The live we must live**

**Surviving during this time of year
May cause us to fight personal fears**

**Is there a way survivors can share?
Sharing with other burn survivors can
help us find a new path**

**They can feel our pain
See us for who we are**

**Life together can give us a chance
To move to a place we all can last**

Michael Appleman

You can contact the **BSTTW Support Team** by filling out the **BSTTW Support Team Eform** at <http://www.burnsurvivorsttw.org/eforms/supportemail.html> or by telephone 936-483-9014

**BSTTW
Weekly Chat**

DONATE TO BSTTW

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 **BSTTW World Wide Burned Children's Fund, USA & Asian Burn Camp Funds**, and **The Asian 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 \$30.00 or higher a free copy of the **BSTTW Music CD**. To learn more about this you should go to

www.burnsurvivorsttw.org/donations/donatecd.html or

www.burnsurvivorsttw.org/donations/donations.html

Remember your donations can be money, clothes, a 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:

- All types of Services
 - Automobiles
- Credit Card Donations
 - Online or by Phone
 - Furniture
- Finances by Cash, Check or Credit Card
 - Homes
 - Medical Supplies
 - Medical Treatment
 - Medications
 - Permanent Cosmetics
 - Rehabilitation
 - Tattoos
- Using A Credit Card

Donate On Line Using Any of the Following:



To learn more about donating on line go to:
www.burnsurvivorsttw.org/donations/donations.html

If you have any questions call us at 936-483-9014 or by email at:
donations@burnsurvivorsttw.org

BSTTW Online Shop

Donate to BSTTW by purchasing the BSTTW E-Books, BSTTW Music CD, Skin Care Products and by going to the BSTTW Online Shop at www.burnsurvivorsttw.org/bsttwshop/index.php

you can learn more by going to www.burnsurvivorsttw.org/sales/sales.html

VOLUNTEERING YOUR TIME

There are many children, adults and families around the world who need support and other assistance. 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 to become a **BSTTW Member**, fill out the **BSTTW Membership & Profile Registration E-Form** at: www.burnsurvivorsttw.org/membership/mform.html

Next fill out the **BSTTW Volunteer E-Form** at: 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, and by telephone at 936-483-9014.

FOLLOW BSTTW ONLINE AT:



BSTTW CONTACT INFORMATION

EMERGENCY CONTACTS

BSTTW has a support team that is on call 24 hours a day 7 days a week to assist a burn survivor, family member, firefighter or friend deal with a burn injury and fire related issues. You can contact **BSTTW** on the internet at the **BSTTW Emergency Email E-Form** at www.burnsurvivorsttw.org/eforms/emergency.html or the

BSTTW Support Team E-Form at www.burnsurvivorsttw.org/eforms/supportemail.html

Contact **BSTTW** by telephone at 936-483-9014. If we are not in the office or it is after hours, you can leave us an emergency message and a support team member will respond to you within 24 hours.

BSTTW Directors

Michael Appleman: **Executive Director**
michael@burnsurvivorsttw.org

BSTTW ADDRESS & PHONE NUMBERS:

Burn Survivors Throughout The World, Inc.
16193 Lone Star Ranch Drive #102
Conroe, Texas 77302
Phone: (936) 483-9014
Fax: (936) 570-1179

Feel free to ask any questions or submit your comments by using the **BSTTW Comment & Question E-Form** at:
www.burnsurvivorsttw.org/eforms/emailform.html

BSTTW Music CD

