Volume 11 Issue 3 July 2011

### **BSTTW REBUILDING LIVES**

### **BSTTW** Board of Directors

By: Michael Appleman, CEO

s the BSTTW CEO I am proud to announce several changes in the BSTTW Board of Directors (BBOD). The changes include one new BBOD members and one of the BBOD current members being upgraded to a higher position.

Ariel Gonzalez who has been part of the **BBOD** for over 7 years. I am sorry to inform the public that due to his personal issues Ariel is not able to continue offering his services to **BSTTW**. Mr. Gonzalez has resigned from the **BBOD** Vice **President Position**.

that Keith Baker who has been the on the BBOD since 2010 as the Member at Large is willing to accept the BBOD Vice President's Position. Mr. Barker is a burn survivor and has offered a great deal of support and volunteer service to BSTTW, the BSTTW and to the burn survivor community. I feel that Mr. Barker will be a large help to BSTTW as the BBOD Vice President.

For the last several months

BSTTW has been going through a
great deal of difficulties the

BSTTW Secretary Position. First
we tried Lei Lani who is the owner
of the Permanent Cosmetics and
Cosmetics company Sweet Lei
Lani in Canada. Lei Lain did not
attend several board meetings,





A FAMILY AROUND THE WORLD

she did not submit the **BBOD Minutes** and she did not sign in and read her **BSTTW** emails. Due to these issues the **BSTTW BBOD** felt that we had no choice but to request that Lei Lani

either resigns from the **BBOD Secretary** position or she will be fired. Lei Lani decided to complain and not deal with the lack of respect and responsibility to **BSTTW** and to the burn survivor community. So the BBOD had no choice but to fire Lei Lani. Next **BSTTW** accepted Kirsten Evans, a burn survivor since she was a child and an ex-alcoholic to replace Lei Lani. Kirsten works for American Airlines as a flight attendant and also is a member and runner for the Ragnar Relay Series. Unfortunately we found out that Kirsten appeared still has issues, that were not resolved and they conflicted with **BSTTW**. Kirsten did not attend the 2 BBOD meetings and did not submit the

board of director's minutes. She

continued to come up with excuses and was not taking the responsibility for her actions. So the **BBOD** decided respectfully to remove Kirsten from the **BBOD Secretary Position**.

The **BBOD**'s the concluded that it would be CONTINUED On Page 2 "BBOD"

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2	How to Live With Arthritis
3	Recommended Treatments for a Burn Injury
4	Prosanol Shows To Be Effective For Dry & Itchy Skin
	Poem: Time Will Tell

CONTINUED From Page 1 "BBOD" best to have Cindy Valavanis who was currently the BBOD Member at Large to modify her BBOD Position and become the BBOD Secretary.

Cindy has been a survivor since she was a child. She did not allow that to stop her from helping others. Cindy has been a teacher for many years and has also been volunteering with her local telephone support team in order to help the burn survivors and others in their community.

It is a dishonor to the **BBOD** that people like Lei Lani and Kirsten Evans do not consider the responsibilities they have to **BSTTW** and the burn survivor community before they volunteer themselves and become a member of the **BBOD**. The current **BBOD**'s have decided to learn from these experiences with Lei Lani and Kirsten Evans. The **BBOD** will review and each candidate and make sure to the best of their ability that **BSTTW** receives volunteers who are willing to donate both their time and expertise in order to not only help **BSTTW** but also help the burn survivor community.

If you would like to become a **BSTTW**Volunteer, take part with **BSTTW** to help the burn survivor community world within the USA and worldwide and possibly become a member of the **BBOD** you should fill out the **BSTTW Volunteer E-Form** at http://www.burnsurvivorsttw.org/volunteer/volunteer.html



Sweet Lei Lani Cosmetics Feedback By: Cindy Valavanis

#### My Experience With Using Sweet Lei Lani Cosmetics

I started using the Sweet Lei Lani foundation and the pressed powder last week. When I first put it on, the Sweet Lei Lain reminded me of Max Factor and Cover Girl, which is the other makeup I have used. The Max Factor and Cover Girl comes in a tube and is less expensive.

After having Sweet Lei Lani's make-up on for a while, I realized that it does last all day. That is extremely positive. The problem is that I must remember to put enough of the make-up on around my eyes so it covers the red spots. I didn't have to use a considerable amount of Clinique and Cabots in order to cover the red spots around my eyes. The other positive feedback about Sweet Lei Lani's cosmetics is that it does not feel .heavy or look artificial like other make-ups do.

I would not recommend this make up to other burn survivors and would not order it because even though I liked it, I find the other make-up I have used lasts a longer time between purchases. Another reason is that the tube it comes in makes the make-up hard to get out once it is approximately half way used. It also does not come with a mirror to be able to apply it anywhere or a sponge to apply it with. I feel that if it did come with a mirror and a sponge people would probably be more willing to spend the money to purchase it.

I felt that the color was a bit light for my skin since I generally use a foundation that is at least one shade darker and I believe that I told Lei Lani this.

Now that you've heard about my experience with Sweet Lei Lani Cosmetics you can decide for yourself.

## How to Live With Arthritis By: Michael Appleman, M.S.

So many burn survivors suffer from pain and arthritis due to the burn injury. Our lives are not over. There are ways to handle arthritis and the pain that comes with it. In this article I am going to offer you information about arthritis, the pain and how you can deal with it. Remember you should always talk to your doctor and the Information in this article are just suggestions.

There are different types of arthritis that can come about due to issues that relate to a burn injury and the recovery process. Each type of arthritis can cause you to be limited and suffer from pain.

Like myself I am suffering from serious joint damage due to the burn injury I suffered. My Right knee was left in 30 degree contracture by the doctors who were taking care of me in Sarasota, Florida. They did not call a knee doctor or a rehabilitation specialist to review the situation and possibly put my knee in a brace so it would not lock in place. I suffered and still suffer from a great deal of pain in my right knee.

For over two years I was unable to walk due to my knee damage and the fact that I also suffered from strokes and heart attacks. I was in and out of the hospitals, nursing home and specialists offices. My pain management doctor put me on a great deal of pain medications. They did help but I wanted to walk again. Finally after a lot of hard work by my doctors I was able to receive rehabilitation therapy. I was first massaged and helped to build my strength back. Then I was put into a swimming pool to learn how to walk. Finally I was given a special brace that offered my legs the support needed to give me the opportunity to walk again.



Thank God I built the strength and was able to walk again. But my pain did not go away and my right knee is still suffering from joint damage. In order to possibly protect your knee and stop the damage you might want to try early aggressive treatment. After some research I have found that you might need to try two different types of powerful medications that can possibly offer you the best hope and put the damage in your knee like I have into remission.

The medications Infliximab and methotrexate are have been used in a Dutch study to help relieve the pain that patients first started suffering due to rheumatoid arthritis. In this study the patients who received a combination of those medications.

At this point I would like to educate you on the two medications. In the United States the medication Infliximab has been approved for use alone or combined with the second medication Methotrexate to treat moderate to severe rheumatoid arthritis. Infliximab is also used to reduce the signs and symptoms of swelling in moderate to severe Crohn's disease and Crohn's disease in which there are fistulas (passageways created when the inflammation penetrates beyond the wall of the intestine). Infliximab is also approved for the treatment of active psoriatic arthritis. Infliximab is helpful in reducing the joint inflammation of juvenile rheumatoid arthritis, ankylosing spondylitis, and psoriasis, psoriatic arthritis. This medication has also been found to be helpful in treating the inflammation of uveitis, psoriasis, and for sarcoidosis that is not responding to traditional therapies. Finally Infliximab is approved for use in pediatric patients with moderately to severely





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#### CONTINUED From Page 3 "ARTHRITIS"

active Crohn's disease who have had an inadequate response to conventional therapy. The second medication used in this Dutch study Methotrexate is used to treat severe psoriasis (a skin disease in which red, scaly patches form on some areas of the body) that cannot be controlled by other treatments. Methotrexate is also used along with rest, physical therapy and sometimes other medications to treat severe active rheumatoid arthritis (RA: a condition in which the body attacks its own joints, causing pain, swelling, and loss of function) that cannot be controlled by certain other medications. Methotrexate is also used to treat certain types of cancer including cancers that begin in the tissues that form around a fertilized egg in the uterus, breast cancer, lung cancer, certain cancers of the head and neck, certain types of lymphoma, and leukemia (cancer that begins in the white blood cells).

It is very important for everyone who feels they might be suffering from any type of arthritis to speak with a specialist and have a decision to be made on the best way to treat what and if anything was found. The earliest possible treatment for rheumatoid and other types of arthritis with one or a combination of medications may help to stop the disease before the joint damage begins.

As a burn survivor I suggest that if you do not have a specialist already it might be best to meet with your primary doctor and discuss the possibility of being referred to a specialist.

## Recommended Treatments For A Burn Injury

Due to excessive heat from flames, chemicals, electric and other fires that a burn victim suffers



a burn injury has the cells in his or her body destroyed and the burned area can become tremendously sensitive.

Burn Survivors Throughout The World, Inc. suggests that when you suffer a burn injury it is best to go to the emergency room and have the doctors clean the wound and inform you what burn degree you suffered and if you can treat the injury at home or in the burn unit.

The best first aid at home while you are waiting for the ambulance to arrive is to immediately put cold water on the areas and surrounding areas on the body that the burn injury occurred. You might also like to clean the wound with Hydrogen Peroxide.

It has been found that using honey can help to hydrate the dry skin cells and with the natural healing power of honey it can also help to begin the healing process. Do not use butter since it can increase the burn injury.

If the emergency room informs you that you suffered a minor first degree burn, you should immediately get to an emergency room and receive medical help. With the proper medical treatment a burn victim has a chance to become a burn survivor and rebuild his or her life.

If you are treating the burn injury at home you for the next seven to fourteen days or longer, depending on the healing process of the burn wound, you might want to use a prescribed medication from your doctor, Agnijith, a herbal medication or Aloe Vera Gel.

Agnijith is produced in India. Burn Survivors Throughout The World, Inc. has donated Agnijith to doctors who have used it to help heal



CONTINUED From Page 4 "ARTHRITIS"

first, second and third degree burns. It has also been found to help reduce a burn scar that is within the first six months after the burn injury. Agnijith has also been seen to help reduce keloids.

No matter what medication you use to treat the burn injury, it is important that you treat the in the way your doctor has advised. If you have not spoken to a doctor you should treat the burn wound twice a day for at least ten to fourteen days, possibly longer. By treating the wound properly and keeping it clean you can help to reduce the possibility of infections.

Easing Chronic Pain With Massages By: Michael Appleman, M.S.

As a burn survivor I know that during my recovery and for years after I suffered chronic pain in areas that I suffered 2<sup>nd</sup> degree burns. It was not easy to deal with. At times I was stuck on the couch or in bed. I also found that pain was not always relieved with the pain medication my doctors gave me. So I tried massage therapy and found that with the help of medication and massage therapy I was able to find relief.

A massage therapist is usually trained in a full assortment of strokes that can help to ease the pain you are suffering and also help to relax your muscles and reduce the stress we have all suffered from. It has been found that both energy massage and Swedish massage therapies can both help to improve your circulation decrease the rigid areas, pain and swelling.

At your first appointment with a massage therapist you will be evaluated. Once the therapist concludes what problems you have and how he/she can treat them this will be



discussed with you. In order for your massage therapist to make the best conclusion on how to treat you do not forget to tell him/her about the level of your pain, the areas of your body that you have the pain, what medications you are on, your physical conditions and allow your therapist to speak with your doctors so they can give you the best team treatment.

During the massage therapy if you feel any discomfort it is best to tell the therapist. This will help them to know how the massage therapy is working and if they must change the technique or possible not massage that area as often.

You can find a certified massage therapist by asking your doctors, friends or gong to the American Massage Therapy Association on the internet at <a href="https://www.amtamassage.org">www.amtamassage.org</a>. You can also call them at 888-843-2682.

Give it a try. I did and it helped me.

PROSANOL™ IS SHOWN TO BE EFFECTIVE FOR DRY AND ITCHY SKIN

Burn Survivors Throughout The World, Inc., also known as BSTTW, and Swedish Skin Care® are pleased to announce that we are collaborating to help the burn survivor community. We are proud to inform you we are continuing a joint test-evaluation project relating to Prosanol, a topical skin-spray specifically designed for unparalleled relief and repair of dry and itchy skin. Prosanol was doctor developed in Sweden and is patented in the U.S. and Canada.

### A Few Words About the Product...

Prosanol's patented formula features unique hydration retention technology that helps restore and retain essential hydration to moisture starved skin. The formula's micromolecular ingredients absorb easily and penetrate deeply into skin to ensure maximum efficacy. Prosanol is non-comedogenic and its effects are fast-acting and long-lasting. Simply spray a light mist of Prosanol to affected area CONTINUED On Page 6 "FREE PROSANOL"

continued from Page 3 "FREE PROSANOL" and gently massage into skin. The product is now available in a 4 fl oz easy to use pump-spray application and the bottle is recyclable. Prosanol is uniquely formulated with gentle cosmetic ingredients only and does not contain any steroids, fragrances, parabens or synthetic dyes. To learn more about Prosanol by downloading the Prosanol Brochure at <a href="http://www.burnsurvivorsttw.org/prosanol/prosanolbrochure.html">http://www.burnsurvivorsttw.org/prosanol/prosanolbrochure.html</a>.

# Opportunity for Burn Survivor Community Members to participate in free Prosanol evaluation:

During the last ten years Prosanol has produced encouraging results on a number of other burn survivors. When Swedish Skin Care came out with the newly updated spray bottle Prosanol, Michael Appleman, CEO of Burn Survivors Throughout The World, Inc. and Bengt Johansson, CEO of Swedish Skin Care began to discuss how they can again help the burn survivor community. They concluded that **Burn Survivors Throughout The World. Inc.** and Swedish Skin Care should start the **Prosanol Test Evaluation Project (PTEP).** The PTEP has already started and from the current responses Burn Survivors Throughout The World, Inc. and Swedish Skin Care would like to offer another 50 free bottles of Prosanol to 50 selected burn survivors who are willing to participate in the **Prosanol Test Evaluation Project.** 

The selected PTEP test participants will receive one free bottle of Prosanol (normal retail value \$24.00) and shipping free of charge, courtesy of Swedish Skin Care. Each test participant will be asked to use Prosanol daily over a 3 week period and will be asked to complete a simple online questionnaire thereafter. If you are interested in participating in the Prosanol Test Evaluation Project you can learn more about the Prosanol Test Evaluation Project and how you can apply online to take part in the Prosanol Test Evaluation Project and receive a free bottle of the moisturizer Prosanol by going to

http://www.burnsurvivorsttw.org/prosanol/prosanol.html.

### **Burn Survivor Quotes:**

For years Michael Appleman the CEO of Burn Survivors Throughout The World, Inc. has used both the aerosol can and spray bottle types of **Prosanol**. Mr. Appleman has stated that "I personally began to use Prosanol because I was suffering from dry and itchy skin due to a burn injury. It has worked better and lasted longer than any other products I have tried. Although the original Prosanol was in an aerosol can it worked well for me, I really like the new and improved Prosanol in the pumpspray bottle even more." Quotes from people like Michael and other burn survivors has helped **Swedish Skin Care** to conclude that there is a need to have a test-evaluation project that will help identify **Prosanol's** usefulness on a larger scale within the burn survivor community.

For those of you who may not be selected for the Prosanol Test Evaluation Project, or if you want to purchase Prosanol immediately, you may do so on <a href="https://www.swedishskincare.com">www.swedishskincare.com</a> where Swedish Skin Care will donate \$5.00 to Burn Survivors Throughout The World, Inc. for every Prosanol purchased by anyone who mentions Burn Survivors Throughout The World, Inc. or BSTTW. You may also purchase Prosanol on <a href="https://www.burnsurvivorsttw.org/bsttwshop/index.php">www.burnsurvivorsttw.org/bsttwshop/index.php</a>

### A Special Word From Swedish Skin Care:

Bengt Johansson, CEO of Swedish Skin Care states "We will continue to support the honorable cause of BSTTW, and we have truly enjoyed working with Michael, the BSTTW board of directors and members of the burn survivor community for the last 10 years. We have discovered that not only is dry and itchy skin common for many people in general, these symptoms are particularly common among burn survivors. Our goal is to help improve the quality of lives by providing the burn survivor CONTINUED On Page 7 "FREE PROSANOL"

CONTINUED From Page 6 "FREE PROSANOL" community with a product that delivers high efficacy and safety where viable over-the-counter options are limited."

Note: The **Prosanol Test Evaluation Project** is limited to 50 participants.





## ListMailPR0°









Burned Children Need Our Help

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

http://www.burnsurvivorsttw.org/donations/donationschild.html

### Donate To BSTTW

TAKE PART IN REBUILDING LIVES

http://www.burnsurvivorsttw.org/do nations/donations.html









**Donate On Line Using Any of the Following** 

http://www.burnsurvivorsttw.org/lis
t/donations.html











# DZOIC



In 2007 17,675 burn injuries occurred. Fourteen thousand of those injuries occurred at residential fires. Worldwide every thirty seconds a burn injury occurs in every country around the world. That means that thousands of individuals worldwide suffer a burn injury every thirty seconds and need so many of them contact **Burn Survivors Throughout The World, Inc.**, known from this point on as **BSTTW**, for help. With your donations **BSTTW** can continue to take part in rebuilding the lives of the individuals and families who contact us.

In order to continue our work that is needed to rebuild the lives of the current and future burn survivor and offer assistance to their family members, **BSTTW** is in need of finances, medications, medical supplies, automobiles, furniture, televisions, homes, land, clothes, stereo equipment and more.

If Burn Survivors Throughout The Word, Inc. can receive a new or an excellent working used automobile and automobile insurance to our Texas Office the BSTTW Support Team will be able to travel to burn survivor's homes, burn units, help burn survivors get to doctors, rehab 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

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"

### **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 in order to continue moving forward and rebuilding 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

### Time Will Tell

By: Michael Appleman

A burn injury can happen so fast
And the recovery does eventually become part of
the past

Getting medical help, love and support each day Is a major way for us to recovery and stay

Moving forward is an important way to live With recovery you have to give

Family standing by us is a way to get strength That can help us to go through the recovery length

Our rehab specialist will push us every way That is how recovery will become a happy play

Helping each other in the community is a must Other burn survivors understand and are people we can trust

### Michael Appleman

You can contact **BSTTW Support Team** by using our internet site at <a href="http://www.burnsurvivorsttw.org/eforms/supportemail.html">http://www.burnsurvivorsttw.org/eforms/supportemail.html</a> or by telephone 936-483-9014.

## 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 or the **BSTTW Support Team E-Form** at www.burnsurvivorsttw.org/eforms/supportemail.html

To contact **BSTTW** by telephone by dialing 936-483-9014. 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

### **DONATIONS**

As a 501 (c)(3) Non Profit Organization, BSTTW depends on donations from corporations, families, foundations, governments, individuals and organizations. 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, BSTTW Asia Fund, the BSTTTW World Burned Children's Fund, the "Dwight Lunkley Racing To Victory" Fund, the BSTTW Healing Weekend Fund and the BSTTW USA & Asian Burn Camp Funds.

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 or

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

If you have any questions call us at 936-483-9014 or by email at: 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 Online**Community Membership & Profile

Registration E-Form at:

www.burnsurvivorsttw.org/membership/memform.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 Online Community Membership & Profile Registration E-Form** and go directly to the **BSTTW Volunteer E-Form**.

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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.

### **PURCHASES**

**BSTTW** has an online store where you can purchase the **BSTTW CD**, Books, eBooks, Skin Care Products and Video Tapes. To learn more go to:

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

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) 483-9014

Fax: (936) 570-1179

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

# BSTTW COMMUNITY NEWS BSTTW Online Shop

Donate to **BSTTW** by purchasing the **BSTTW E-Books**, **BSTTW Music CD** and Donate to **BSTTW** by going to the **BSTTW Online Shop** at

www.burnsurvivorsttw.org/bsttwshop/index.php











