
BSTTW COMMUNITY NEWS

Volume 11 Issue 4

October 2011

BSTTW REBUILDING LIVES

BSTTW Children's Comic eBooks

By: Michael Appleman, CEO

BSTTW is very proud to inform the public that we have created seven newly updated comic eBooks for children. One of the **BSTTW Comic eBook** is related to fire safety education, one of the **BSTTW Comic eBooks** is filled with important educational questions, one of the **BSTTW Comic eBook** is filled with firefighter educational information about firefighters and the work that they perform, one of the **BSTTW Comic eBooks** is related to camping fire safety, other camping safety education information and how the children, their families and groups can enjoy the camp.

The other three **BSTTW Comic eBooks** are coloring comic eBooks with educational material. One of the **BSTTW Comic eBooks** is about fire safety education, the second **BSTTW Comic eBooks** is related to Firefighter's and the final **BSTTW Comic eBooks** is related to Camping safety and enjoyment.

BSTTW was able to create all of the comic eBooks after Plasq (www.plasq.com) was very happy to join the **BSTTW Team** and



donate the **COMIC LIFE**

DELOXE SOFTWARE PROGRAM. This comic book program is great and **BSTTW** suggests that anyone who is interested in creating comic books should check out this software program.



A FAMILY AROUND THE WORLD

BSTTW would also like to thank *Flip Builder* from China, (www.flipbuilder.com), who joined the **BSTTW Team** back in 2010 and donated several software programs including the **FLIP PDF PROFESSIONAL SOFTWARE PROGRAM.** With the use of the **FLIP PDF PROFESSIONAL SOFTWARE PROGRAM** **BSTTW** was able to take the comic books and create them into a Flip Page eBook format. **BSTTW** suggests that individuals and companies who would like to create flip page eBooks should try this software program. It is definitely worth every penny.



The **BSTTW Children's Fire Safety**
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Educational Comic eBook (BCFSECE) is 28 pages that are presented to the children by **Fire Chief Tommy**. The **BCFSECE** is filled with clip art pictures, fire safety educational information and pictures that the children can enjoy coloring. This **BSTTW**

Comic eBook is for elementary and middle school children.

The **BSTTW Children's Fire Safety Coloring Comic eBook (BCFSCE)** has 29 pages of fire safety clip art pictures that **Fire Chief Tommy** helps the children to learn about fire safety education and enjoy coloring the pictures.



The **BSTTW Children's Fire Safety Educational Checklist Comic eBook (BCFSECCE)** is the third educational **BSTTW Comic eBook**. The **BCFSECCE** has **Fire Chief Tommy** offering children, their family members, teachers and others important fire safety educational questions. The adults and children work together to answer the important fire safety educational questions. **Fire Chief Tommy** asks the children and the adults who are taking part in the **BCFSECCE** to use this eBook to learn about fire safety information that can be shared with share their other children, neighbors, teachers and their own children when they become parents.



The fourth comic eBook that **BSTTW** has created is the **BSTTW Children's Firefighter Educational Comic eBook (BCFECE)**. The **BCFECE** is filled with 18 pages of information that has **Fire Chief Tommy** assisting the children in

learning how individuals become firefighters, why they make that decisions, what type of education they have to go through, the types of equipment a firefighter wears and uses, how a firefighter makes decisions to save lives and stop a fire and there are many pictures for the children to color as they learn.

The fifth comic eBook is the **BSTTW Children's Firefighter Coloring Comic eBook (BCFCCE)**. The **BCFCCE** eBook has twenty pages filled, clip art pictures for the children to color. As the children color the pictures **Fire Chief Tommy** helps the children to learn about the work firefighters do, the equipment a firefighter wears and the different type of equipment a firefighter uses to not only stop fires but to save lives.



The sixth comic eBook is named the **BSTTW Camping Fire and Other Safety Information Comic eBook (BCFSICE)**. The **BCFSICE** has 13 pages of information and coloring clip art pictures.

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Ranger John is in charge of the **BCFSICE**. **Ranger John** offers the children fire safety and other safety information at a camp site. **Ranger John** offers suggestions that the children and adults can do while they are at his camp. Finally **Ranger John** offers the children pictures to color and things they can do in order to enjoy their time at the camp.

The seventh and final comic eBook is the **BSTTW Camping Fire and Other Safety Information Coloring Comic eBook (BCFSICCE)**. The



BCFSICCE has 18 pages of educational and enjoyable clip art pictures that the children can learn from and enjoy coloring. **Ranger John** helps offer information with the coloring pictures in the **BCFSICCE** so the children can relate the pictures they are coloring with all different types of camp safety.

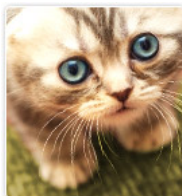
To learn more about the **BSTTW Educational and Enjoyable Comic eBooks** you should go to http://www.burnsurvivorsttw.org/articles/fire_safetycomic.html

BSTTW is also offering a variety of packages of the Comic eBooks that can be purchased at the BSTTW Online Store. You can learn more and purchase the packages by going to <http://www.burnsurvivorsttw.org/bsttwshop/index.php>.



Having A Pet Can Help Your Recovery

So many of us who suffered a burn injury at some time during our recovery felt that life ended. We were in so much pain both emotionally and physically. We also felt alone. Our loved ones were also going through their own emotional pain watching us suffer.



After you were out of the hospital, completed rehabilitation and were not having surgeries for an extended period of time did you ever think about getting a pet? Some of us like dogs, cats, fish or even birds. Current burn survivors and even family members reading this article might want to think about getting a pet. This could help not only the burn survivor but the family members to get involved with loving, receiving love and taking care of the pet.

A pet does not look at a burn survivor in a funny way like the general public. A pet does not say crazy things to you due to your burn scars, loss of limbs and possibly even the way your walk or being in a wheelchair. The animal will love and accept you 100%. The animal will offer you love in return for what you are giving to him or her.



The pet can become your partner. A partner that so many burn survivors do not find due to the fact that most people unfortunately do not look at who we are inside due to the external scars that they see and become afraid of or turned off by.



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If you do not have the finances to purchase a pet you might like to go to the local Animal Shelter in your community, explain your situation, what type of animal you are looking for and your financial problems. There is a chance that you might get a discount or be allowed to choose the pet and receive it for free. So many Animal Shelters would rather give the pet to a person who would offer it love, care and life then to take the animal's life away by putting it down.



So give it a try and see if your life changes for the positive by sharing it with an animal who will accept you for who you are and offer you the love you deserve.

BSTTW Online Community

By: Michael Appleman, CEO

The **BSTTW Online Community (BOC)** is an online community that was set up and run by **Burn Survivors Throughout The World, Inc.** The **BOC** was set up by **BSTTW** in order to open up doors for the burn survivor community. **BSTTW** felt that the burn survivor community, burn survivors and family members specifically needed a place that they could feel comfortable to express themselves, meet new and old friends and possibly meet others who understand what life is like as a burn survivor and maybe even meet that person who would like to get to know you better and build a relationship.

The **BSTTW Online Community** will help you find other individuals, organizations, doctors, burn units, caregivers and more in the **Burn Survivor Community**. All of the members of the **BSTTW Online Community** are from all around the world. With the **BSTTW Online Community** you can:

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- Build your own network of contacts who share your interests
- Use built-in communication services
- Create blog's and forums
- Chat and Email other members
- Keep up to date on BSTTW's Upcoming Events
- Create your own clubs and invite people who share your interests
- Keep up to date on Doctors and Specialists online Conferences with the **BSTTW Online Community**
- Receive the Friendship, information and the support needed to rebuild your life
- Share your stories and poems
- Upload music and videos

BSTTW has created three new forums they can join in order to get the friendship, support and information needed to rebuild their lives. You can start your own clubs that are for burn survivors, burn unit members, family members, firefighters, friends, **MRI burn survivors**, volunteers and others who have taken part in the **Burn Survivor Community**. In the clubs you can make friends, gather information and possibly even find that special someone who can understand you as a burn survivor and can

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offers you the friendship, love and support needed. Take part in the forums and start your own clubs.

BSTTW reviews membership of the **BOC** so people who do not understand burn survivors, individuals who are trying to take advantage of people in the burn survivor community, companies and individuals who are trying to advertise for sexual areas, companies, organizations, etc. will not be allowed to join. If they do get past the membership review board, these people will be removed and blocked from joining again once they are caught. This helps the **BSTTW Online Community** be a private and enjoyable online community for the burn survivor community.

In order to become a member of the **BOC** you need to be a burn survivor, a caregiver, a corporation, a doctor, a family member, a friend of a burn survivor, a firefighter, a foundation, a nonprofit organization, a nurse, a paramedic, a volunteer, in the government or military.

Each individual must fill out the **BSTTW Online Community and BSTTW Membership E-Form Application** at <http://www.burnsurvivorsttw.org/community/membership.php>. The application is reviewed prior to acceptance. This is done by **BSTTW** in order to do our best to protect the burn survivor community and not have hackers, sex related individuals or groups and others that can be abusive to a burn survivor, family member or any other **BOC** member. All applicants are asked to pay the yearly membership dues to **BSTTW**. The membership dues will be used by the nonprofit organization to help rebuild the lives of burn survivors, family members and fire safety education worldwide. Any burn survivor



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and/or family member who financially cannot afford to pay the membership dues are asked to donate as much as they are able to or they can request to be given a free lifetime membership. Anyone who is not a burn survivor or family member and attempts to join without paying their membership dues will not be accepted into the **BSTTW Online Community**. All applications and members who attempt to SPAM or Advertise on the **BSTTW Online Community** will be rejected and/or removed if they are already a member.

The membership dues that are raised from the **BOC** and **BSTTW** are used to help burn survivors and family members rebuild their lives and to increase fire safety education.

If you have any questions relating to the BOC do not hesitate to contact Michael Appleman, CEO at 936-483-9014 or by email at michael@burnsurvivorsttw.org.

Understanding Pain and Pain Management

By: Michael Appleman, M.S.

So many burn survivors suffer from pain during their recovery period and for some for many years and possibly their life. Pain is a major emotional and physical problem.

Due to the fact that pain hurts it can cause you to lose your appetite, become temperamental with your family, friends and workers. You must tell your doctor about the pain, how it makes you feel both physically and emotionally. This will give your doctor the ability to understand your life and speak with you about what he or she feels can be done in order to give you a better and happier life.

As burn survivors many times we become angry



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due to the pain. We hide from others. We feel that our life is no good and we are being punished. Well due to the major injuries that you sustained many burn survivors still have feelings in their nerves and are unfortunately able to feel and suffer from the high levels of pain. The pain can be our body called out to us and stating that something is wrong. That is why it is so important to discuss everything with your doctor.

It is very important to inform your doctor where you hurt, when it began, how long the pain lasts, is the pain consistent, what number the pain is between 1 and 10, does the pain stop you from sleeping, what do you do that makes the pain become worse, did you do anything that helped to lower your pain and finally what have you done to deal with the pain.

What Can Be Done To Treat Your Pain?

Frequently pain can be stopped or controlled. You can do special things to help yourself to lower the pain along with medications that can help.

In order to lower the pain you might like to try relaxation therapy, get involved with things that take your mind off of the pain, put cold and heat on the areas that hurt. These ideas are for minor pain. Even with minor pain your doctor might have to prescribe pain medications.

Ways to Relieve Your Pain:**Distraction:**

Distracting your mind and body from the pain is a way that can possibly help you deal with the pain. So people have used meditation. They have found it very helpful in dealing with the pain. Others have closed their eyes and thought of flowers, animals, nature or listened



to music.

Relaxation:

- First sit or lie down in a comfortable place and position.
- Close your eyes and think about a relaxing and happy place
- Take a slow and deep breath in. Tighten the muscles in your legs.
- Slowly exhale and let your leg muscles relax.
- Feel the tightness go away.
- **Repeat This Two or Three More Times**
- Now you should work on your stomach muscles
- Inhale a slow and deep breath. Tighten your stomach muscles
- Slowly exhale and let your stomach muscles relax
- Feel the tightness go away
- **Repeat This Two or Three More Times**
- Now you should begin working on your shoulders and neck muscles
- Inhale a slow and deep breath. Tighten your shoulder and neck muscles.
- Slowly exhale and let your shoulder and neck muscles relax
- Feel the tightness go away
- **Repeat This Two or Three More Times**
- Now you should begin working on our back muscles
- Inhale a slow and deep breath. Tighten your arms.
- Slowly exhale and let your back muscles relax
- Feel the tightness go away
- **Repeat This Two or Three More Times**
- Now you should begin working on your hands muscles
- Inhale a slow and deep breath. Tighten your hand muscles
- Slowly exhale and let your hand muscles relax
- Feel the tightness go away

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- **Repeat This Two or Three More Times**
- Now you should begin working on your feet muscles
- Inhale a slow and deep breath. Tighten your feet muscles
- Slowly exhale and let your feet muscles relax
- Feel the tightness go away
- **Repeat This Two or Three More Times**
- Now you should begin working on your face muscles
- Inhale a slow and deep breath. Tighten your face muscles
- Slowly exhale and let your face muscles relax
- Feel the tightness go away
- **Repeat This Two or Three More Times**

If you try these exercises before you are suffering from pain or your pain level is high it will be easier to relax. This will also help you become use to the relaxation techniques so when you are doing them with the medium to high level pain you will know the exercises and they will hopefully be easier to attempt.

Heat or Cold Treatment:

If you use hot or cold packs on your painful areas the pain may go down and the area may feel more comfortable. If you do not have hot or cold packs you can put hot water on a cloth. Be careful not to get touch the water or the hot cloth and suffer a burn injury.

It is very important to remember that if you use ice cubes you should put them in a plastic bag that is closed tightly. Then you should wrap the plastic bag with a cloth so the ice does not stick to your skin.



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When using a hot pack do not keep it on too long. You can cause a burn injury to the skin if the heat remains on the skin for too long of a period of time.

Pain Records:

It is important that you speak with your doctor about possibly keeping pain records so the doctor can have a better understanding of your suffering. This may help the doctor to make the best decision for you in order to reduce the pain and make life more live able.

Your pain records should consist of the following:

- How well do you sleep?
- What does your pain feel like?
- How is your appetite?
- Does the pain cause other problems? If yes what are they.

Hopefully with the information given in this article and working with your doctors you will be able to find ways to deal with the pain and find a happier and more fulfilling life.

A Burn Injury Due To An MRI

By: Michael Appleman

Many people throughout the world have suffered a burn injury due to an Magnetic resonance imaging (MRI). Their burn injuries have been both internal and external. People around the world have suffered 1st, 2nd and 3rd degree burns.

It has been found that damaged radiofrequency coils, physiologic monitors, electronically-activated devices, and external accessories or objects made from conductive materials have caused excessive heating, resulting in burn injuries to patients undergoing MR procedures.

ListMailPRO®

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Heating of implants and similar devices may also occur, but this tends to be problematic primarily for objects made from conductive materials that have elongated shapes or that form loops of a certain diameter.

In many of these burn injury cases, the individuals specified that the limbs or other body parts of their body were in direct contact with transmit body radiofrequency (RF) coils or other transmit RF coils of the MR systems. In other cases, skin-to-skin contact points were suspected to be the reason for these injuries. At this time the exact mechanism responsible for these incidents is still unknown.

Some individuals who have had an MRI have stated they suffer from a severe burning sensation and hot spots on their skin and in their muscles. These burning sensations or hot spots seem to be a common MRI side effect especially to those individuals who had an MRI in their arms and leg. It was found that these areas of the body have thick skin. There is a possibility that the burning pain in these areas may be associated with the skin and muscle tightness or muscle contractures that seem to be a common MRI side effect for some individuals during the MRI process.

Other individuals who have had an MRI have been found to suffer from side effects from an MRI that includes skin lesions, muscle pain and joint pain, deep bone pain, hip joint and hip bone pain, tenderness, unexplained rib pain, and rib cage pain. Often (but not always) the rib & hip pain is accompanied with joint and muscle stiffness, red skin and thickened skin that looks like the texture on an orange peel. There is a possibility that the hip and rib bone pains can be early signs of serious Gadolinium MRI side effects, known as Nephrogenic Systemic Fibrosis (NSF) a disorder characterized by widespread tissue fibrosis.

Punch biopsy testing is needed to confirm a NSF or NFD diagnosis.

Anyone who has suffered side effects from an MRI should speak to their doctor and possibly consult a lawyer.

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All burn survivors due to an MRI might like to join the BSTTW Online Community at <http://www.burnsurvivorsttw.org/community> and also join the BSTTW MRI Burn Survivor Community on Facebook at <https://www.facebook.com/groups/192519964161214/edit#!/groups/mriburnsurvivors/> for more support and information.

Donate TO BSTTW On Line Using Any of the Following

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



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"

Donate To BSTTW

**TAKE PART IN
REBUILDING LIVES**

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



**BSTTW COMMUNITY NEWS
Burned Children Need Our
Help**

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

At

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

:



DZOIC

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



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Living and Rebuild

By: Michael Appleman

Life changes when we suffer a burn
It is a long and hard road to return

When can people understand our needs?
Will they help us plant new seeds?

Moving forward along and without support
Can be as painful as being in court

Take us all for who we are
Do not be fearful of our external scar

Learn about us from inside out
You might find we are loving, quiet and do not shout

Michael Appleman

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



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.

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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**.

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

or

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

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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

