
BSTTW COMMUNITY NEWS

Volume 12 Issue 2

April 2012

BSTTW REBUILDING LIVES

BSTTW Board of Directors Opening

By: Michael Appleman, CEO

BSTTW is in the process of accepting applications for the **Board of Directors Member at Large Position**. The **BSTTW** Board of Directors meets on the average of 10 times per year. We are looking for a burn survivor, family member, doctor, lawyer, or corporate professional to apply for the position.

A **BSTTW Member at Large** has the right to vote at all of our meetings, bring up information and question what is being discussed and/or voted on. All board members are required to attend all board meetings. If for some reason you are unable to attend a board meeting you can pass your vote to another board member. If a board member misses more than 2 meetings he/she can be asked to resign or can be fired.

As a member of **the BSTTW Board of Directors** a few of the areas you will be able to take part in helping **BSTTW** raise money to rebuild the lives of burn survivors and family members, raising money to educate the public about fire safety, offer support, build a stronger internet site, meet with burn survivors and family members to offer them support, help start support groups in communities that burn survivors live in, offer online live audio/video support groups, also offer one on one live audio/video online

support with burn survivors and family members, take part in creating on line conferences, take part in the **BSTTW Online Community** and the **BSTTW Facebook Site**, help burn survivors receive medical treatment, medications and medical supplies, travel with **BSTTW** around the USA and the world.

Think about when you were recovering from your burn injury and the **help** that you needed. Did you receive that help? As a **BSTTW Board of Director**, you can take part in rebuild lives and helping others receive what you did not receive when you were recovering from your burn injury by a possible member of the **BSTTW Support Team**, a **BSTTW Representative** who makes phone calls to receive



A BURN SURVIVOR'S LIFE DOES NOT END....

IT IS A NEW BEGINNING....

NEVER GIVE UP HOPE.....

SUPPORT BSTTW...

A FAMILY AROUND THE WORLD



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donations that may include cash, medications,
medical supplies, medical services, and
volunteer services.

To become a BSTTW Volunteer and apply to
become a BSTTW Board of Director Member at
Large you should go to the BSTTW Volunteer
E-Form at

<http://www.burnsurvivorsttw.org/volunteer/volunteer.html>, fill out the **E-Form** and submit it to **BSTTW**. It will be reviewed and you will receive a response within 72 hours after the E-Form was received. You will be asked to attend an upcoming **BSTTW Board of Directors Meeting** in order for you to ask any questions you might have and for the board of directors to ask you any questions they might have. You will be informed about the **BSTTW Board of Directors** decision within 1 week after the board meeting you attended, unless there are other applicants that will be interviewed at a later **BSTTW Board of Directors Meeting**.

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

BSTTW Family Support & Education Can Help Rebuild Family Members & the Burn Survivor

By: Michael Appleman, M.S.

Most of the time family members do not suffer external burn injuries. But they do suffer emotional trauma and confusion about how they can deal with their emotions the trauma their loved one is suffering from, how their



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loved ones live has changed, how they can help their loved one recover, come home, rebuild their lives and reenter the community.

So many family members are emotionally hurt and confused because of their loved one suffering a burn injury. They are lost and do not know what to do or where to go. That is why so many family members reach out to the **BSTTW Support Team (BST)** in order to open up, deal with their emotions and learn how they can handle the suffering that includes anger, emotional and physical pain that their loved one goes through during the recovery process and for some burn survivors they may suffer for weeks, months and years to come.

The **BST** is available to speak with burn survivor family members by telephone, email, **BSTTW Internet Audio Video Conference Service (BIAVCS)**, Skype and Nettalk audio video conferences and other internet services. The **BIAVCS** is an internet service that you do not have to download. As long as you have internet service, a microphone and web camera you can talk to and see the **BST Member** and the **BST Member** can hear and see you. This allows you to feel at home no matter if you live in a different part of the world.

The **BST Member** is willing to answer your questions, offer you referrals, educational information, support to work through your personal emotions about your loved ones burn injury and how you can not only help your loved one recover but also how you can emotionally work through the anger that might be thrown at you by your loved one who suffered the bur injury.

The **BST Member** can also refer you to doctors and lawyers who may help you and your loved one. It is work speaking to the **BST Team**, learn more and try the **BST Team** and see if you are able to receive the help needed to rebuild your life and the life of your loved one who suffered a burn injury.



Managing Chronic Pain

By: Michael Appleman, CEO

The impact of chronic pain can be both emotional and physical. So many burn survivors suffer from chronic pain. They must deal with pain for weeks, days, months, years and for some burn survivors they deal with pain for the remainder of their lives.

Burn Injury Pain:

Burn pain can be profound and poses an extreme challenge to the burn survivor, the doctors, the rehabilitation specialists and others in the medical community. As most of you know a first degree burn are the least severe. The initial pain lowers as the burn heals and ultimately the pain subsides. Deep second degree burns can cause a great deal of pain due to the fact that the nerves may not be injured or completely damage. If the nerves, tendons and muscles are not damaged from the burn injury the pain may be very low are not at all. If the nerves, tendons and muscles are damaged that can cause pain during recovery and possibly for weeks, months, or even years to come.

Both the third and fourth degree burns can at times not be very painful due to the destruction of the nerves, tendons and muscles. When their nerves are completely damaged a burn survivor may not have any feelings at all in the area of the burn and possibly a small area around the burn injury.

Contingent on the type of burn injury a person has will be dependent on the type and level of pain the burn survivor may have during his or her recovery and throughout the burn survivor's life.

A burn survivor who suffers from physical pain or not he or she may suffer from emotional pain for a period of time during their recovery, after their recovery and for the remainder of their life. If you suffer from physical and/or emotional pain there are medications that can be prescribed to help resolve the problems and help the burn survivor move on with his or her life. In order to find out what medications if any

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are needed, the burn survivor will need to see pain management and psychological specialists. They will evaluate the problem and discuss with you what they feel can help get your issue(s) under control and take part in helping you rebuild your life.

Nerve Pain:

Understanding the nerve damage you are suffering from and the level of pain you must deal with is very important. Doctors have special techniques on evaluating the types of pain you are suffering from and what is causing it. If it is found that nerve damage is causing the pain your pain specialist will talk to you about medications, rehabilitation and injections that can help you deal with the pain. This will not resolve the pain 100% but you will hopefully be able to move forward with your life and deal with a lower level of pain each and every day.

That is a way you can learn how to deal with and live with the pain. So many burn survivors suffer from tingling, burning, numbness, shooting and stabling pain and pins and needles.

Nerve pain is different from other types of pain that people suffer from. If you are suffering from nerve pain it may cause you to stay up all night or even wake up during the night. You may feel so much pain that it cause you to stop your daily routine. With nerve pain the lightest touch can cause you severe pain.

In order to get the pain under control we must see a doctor. Sometimes we are given medication. Other times we are sent to rehabilitation specialists. Many times we must use both. **BSTTW** suggests that you do not hesitate from seeing your doctor in order to be evaluated. Once the doctors run the tests needed and inform you of the results then you can evaluate what is best for you. If you feel it necessary you can have a second doctor evaluate the results and let you know what he or she feels should be done in order to help you get the pain under control.

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Ways to Deal With Pain:

Rehabilitation:

Many times doctors will send you to rehabilitation in order to see if that will help get control of the problem(s) that are causing the pain. You may need to work on losing weight, cramps, being out of shape, etc. Rehabilitation can be like going to the gym. Your body must begin to not only work on the medical problems but you are working on putting your body back in shape. This can cause you to have added pains in your body at first until your body becomes use to the exercise and the weight lifting, machine exercise, bicycling, swimming and other exercises you are involved in.

It is important that you keep a list on how your body is responding to the rehabilitative exercise and the side affects you might have in between appointments. By telling your rehabilitation specialist about the good and bad pain you will be able to make any adjustments to your rehabilitative plan.

Medications:

There are many different types of pain medications. Depending on the pain your primary doctor may send you to a pain specialist. The type of pain medication your doctor might suggest depends on the pain you are suffering from. So people have minor to middle pain and can take over the counter pain medication like Nonsteroidal Anti-Inflammatory Drugs (NSAIDs). The most common over the counter NSAIDs that are available are aspirin, and ibuprofen. Your doctor will suggest how you should take the over the counter medication. If you need a dosage that is higher than what you can purchase over the counter or the drug is mixed with other medications that are not purchased over the counter your doctor



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will have to give you a prescription and inform you of how to take the medication. These drugs can help with pain and inflammation.

Naproxen is the next NSAID that could be used but this mediation requires a prescription.

Naproxen is used to treat pain or inflammation caused by conditions such as arthritis, bursitis, gout, menstrual cramps, spondylitis or tendinitis.

So individuals who suffer from pain are given lidoderm patches that help relieve the pain for up to twelve hours at a time.

Aspirin, Ibuprophen or Tylenol and deal with the pain. You must be very open with your doctor so he/she can decide which pain medication or combination of mediations will work for you.

If your doctor puts you on pain medications always make sure to give all of your doctors a list of all the medications you are on. This will help the doctors make the best decision for you and also understand what might be causing any type of negative side affects you might be suffering from.

Headache & Prevention

By: Michael Appleman, CEO

Many **burn survivors** suffer from headaches during recovery, for years after and for some for the remainder of their lives. **Burn survivors** suffer from throbbing pain above their eyes and/or their temples. Headache pain can stop a burn survivor from having a productive day and for some a productive life. Some people state that headaches occur without warning and others have informed **BSTTW** that they have felt the headache coming before the pain takes control.

It is very important to speak with your doctor in order to not only receive the medication that can help gain control of the headaches but to also find out what triggers the headache and how it can be caught before it takes control of your life.

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Types of Headaches:

SINUS HEADACHES:

Signs of a **Sinus Headache** approaching are when you feel pressure and fullness in your head or ears. This is followed by pain in your cheekbones and pain across the bridge of your nose.

If you have a **Sinus Headache** the deep and continuous pain often occurs with symptoms like facial swelling and/or a runny or stuffy nose. Individuals who have seasonal allergies, suffer from head colds, or upper respiratory infections are most prone to suffer from **Sinus Headaches**.

The best way to escape **Sinus Headaches** is by handling the allergy and cold symptoms with over-the-counter decongestants, antihistamines, or nasal sprays. You should always talk to your doctor about the medical problems you are suffering from and ask your doctor to request what you should do in order to treat **Sinus Headaches**.

TENSION HEADACHES:

A **Tension Headache**, or tension-type headache, is usually a longwinded headache that causes mild to moderate pain around your forehead or the back of your head. The **Tension Headache** is the most common type of headache that can last a few minutes to several days. The causes of this a **Tension Headache** are still not completely understood. **Tension Headaches** are thought to be caused by muscle contractions around the skull.

Anything that can increase stress can bring on **Tension Headache**. We all should try to avoid stress but people who suffer from **Tension**



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Headaches should avoid high-stress situations and should practice stress relaxation exercises that can be used when life is under a hectic situation.

Everyone should be aware that the more frequent a **Tension Headache** occurs the more severe the **Tension Headache** can become. When a chronic **Tension Headache** arises and can remain for an extended period of time. The pain from a chronic **Tension Headache** is usually aching and affects the front, top, or sides of the head. Although the pain may differ in intensity throughout the day, the pain is almost always present. Chronic **Tension Headache** does not affect vision, balance, or strength.

MIGRAINE HEADACHES

Investigators have found that **Migraine Headache** is linked to blood-vessel enlargement in the brain. Light sensitivity, vomiting, nausea and blurred or reduced eyesight frequently accompany the throbbing, devastating pain of a **Migraine Headache**. Pain is often restricted to one side of the head and is concentrated around the eyes and temples. A **Migraine Headache** can last from four to seventy-two hours.

Migraine Headaches can be activated by irregular lights, food such as cheese or wine, not eating or not resting properly, eating chocolate and processed meats. Occasionally mood changes, fatigue, unusual scents or tastes can happen up to a day before the individual agonizes from a **Migraine Headache**.

Migraine Headache treated is individualized per person. Everyone must be evaluated for medications, current and past medical issues, and limitations. Many individual who suffer from **Migraine Headache** may see a dietitian in



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order to make changes in their diet. They may also see a rehabilitation specialist in order to start an exercise regiment. Their sleep habits may need to be corrected. Many individuals who suffer from **Migraine Headache** are given medications that if caught early enough the **Migraine Headache** can be controlled.

It is very important that you see your primary doctor who can help to decide what medications or specialist you should be seeing in order to hopefully get control of the **Headache** you are suffering from.

Bonsai Trees Can Help You Relax

By: Michael Appleman, CEO

Has anyone told you that you should find a hobby that will keep you busy and help you relax? Have you ever seen television shows about Bonsai Trees and wondered if that would help you relax and enjoy? So many people have found that Bonsai plants actually help to create a bonsai relaxation that helps individuals to remain relaxed and peaceful.

Bonsai trees have been said to be those funny looking green trees that some people sell and others just have in their home or at work. Bonsai Trees are not as easy to grow as some people say. You must learn how to take care of the Bonsai tree and which type of Bonsai tree would be best for you. The idea of bonsai relaxation is to use them to create a relaxing atmosphere in your home at work or even a business, doctor's or rehabilitation offices. To make the Bonsai tree relaxing you must learn how to prune them in special ways, when you should water the trees and what types of vitamins and minerals you should give to the Bonsai tree.

You can find these plants in many different places. You can often get a discount when you purchase more than one Bonsai tree at a time. When you have the chance to work with several trees it can generate Bonsai tree relaxation.

Below is a list of many benefits to Bonsai tree relaxation:

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1. You can't rush –
2. Taking care of these trees automatically puts you into a meditative state because you can't rush through them.
3. You have to be careful because they are delicate.
4. Working on a Bonsai tree is an art form
5. If you take your time, you will develop a hobby.
6. You can create a space where your artistic abilities can shine through.

All meditation related to working on and looking at the Bonsai tree will help you discover new things about yourself. You may find relaxed areas within yourself that you never found before you were working on the Bonsai tree. This can help you to increase your recovery from the burn injury.

You might want to start your Bonsai relaxation with one tree. But if you are like many people you find that one Bonsai tree is not enough and you will start buying more Bonsai trees. Remember that you need to investigate the type of Bonsai trees you purchase. When you start off it might be best to start with Bonsai plants that are easier to take care of and does not need that much work in order to keep alive.



BURN SURVIVORS THROUGHOUT THE WORLD



Proud participant in the
Combined Federal Campaign



**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

Donate To BSTTW:

- 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 To BSTTW

Donate On Line Using Any of the Following:



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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 936-647-2256.

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"

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

BSTTW POEMS

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

If you would like to submit a poem or story to **BSTTW** you can do so by email at poems@burnsurvivorsttw.org 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

The Sound of Happiness

By: Tri Tran

Listen to the hum of your little heart,
Woe or joy, she tries to tell.

Breathe the first breath of tranquility,
The buzz of silence ever tuneful.

Black as coal, you are alive,
Dark as midnight, you are a cyan moon.

Listen to the hum of your little heart
And breathe peace into your winding veins.

Lick your first light of the morning sky
And soar on top of the Earth to catch the wrens.

Tri Tran

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

Jeremiah Thurston: **Assistant Director – Colorado**
jeremiah@burnsurvivorsttw.org

DONATIONS

As a 501 (c)(3) Non-Profit Organization, **BSTTW** depends on donations from corporations, organizations, families and individuals. All donations, big or small are tax deductible to the extent allowed by the United States government tax laws. **BSTTW** has several different funds that you can donate to. The **BSTTW** general fund, the **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.

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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 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 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 Skin Care Products, Books 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

