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# BSTTW COMMUNITY NEWS

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July 2010

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## BSTTW REBUILDING LIVES

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### Burn Survivors Throughout The World, Inc. Founder

By: Michael Appleman, CEO

**B**ack in May 1998 I suffered a major burn injury due to a car fire. Back then I use to smoke cigarettes. Before I took a nap in the car I had to smoke the cigarette. I thought I put the cigarette out but I was wrong. I woke up to a major fire in the car. I was able to get out but I was already on fire. My legs were burning up. I went back in the car for a gallon of water and my face, neck and hand suffered 1<sup>st</sup> and 2<sup>nd</sup> degree burns. I put the fire out on my legs but it was too late. I suffered 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> degree burns to my legs, ankles and feet.

My life changed forever. I went through so many ups and downs. I felt alone. I went on the internet and found Burn Survivors Online (BSO) when Gary was running the internet site. I joined the email list and began to meet other burn survivors. I was able to gather information and make new friends.

In the 1999 with the help of two churches I raised the funding needed to attend the World Burn Congress. I was the only burn survivor in a wheelchair at the WBC 1999. I met many burn survivors, gathered support, created friends and a new life. When I returned to my apartment I decided to create a support group on the internet. Then in 2001 after

attending the WBC I founded **BSTTW**. We began helping burn survivors and family members on the internet, in person, with medications, funding, medical supplies and even free medical treatment. I also traveled to Viet Nam and offered free wound care. My life have changed forever since I became a burn survivor and founded **BSTTW**. One of my best friends is Dwight Lunkley. He never gave up hope and was one of the people who helped me to become who I am today.



*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"*

Do not give up on life. If you would like support, medical referrals or need any other help you can contact me Michael Appleman, CEO directly at [michael@burnsurvivorsttw.org](mailto:michael@burnsurvivorsttw.org) or by telephone at 936-647-2256.

## A FAMILY AROUND THE WORLD

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## Skin Discoloration

By: Maurice Stein

In today's world very little is perfect, including our skin. Many people at a young age have beautiful flawless skin, but as we mature and we are exposed to the elements of nature and to accidents and surgeries and different types of skin discolorations and disfigurements, there is a growing need for a makeup system that will help to make skin that is not perfectly colour balanced to be colour balanced and natural looking.

I would like to focus this particular article on all types of skin discoloration. There are many do's and don'ts in makeup application.

When working on skin that has been traumatized by injuries or has been burned, usually there will be unnatural skin texture upon healing. An uneven skin texture requires a different method of makeup application.

The type of application that I have found which has caused the biggest mistakes is usually when makeup has been applied particularly thick in order to get the kind of coverage than most foundations need in order to give good coverage.

The opposite is usually true – especially when using a foundation like Cinema Secrets Foundation. The thinner you put the application on, the better the correction. Using two thin layers of makeup with a layer of loose,



**authorPOINT**

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translucent mineral based powder will work better than one thick layer.

The best proven method of covering any type of skin discoloration is by using what is known as the patting or stippling motion. This is an application that is quite different than what is normally done, which is the sliding or spreading motion. The stippling motion is done by applying an ample amount of makeup foundation to a non latex sponge. Then the makeup is patted on directly to the discoloured area.

When applying the foundation you first apply to the largest or center portion of the discoloured area, and as you get to the edges, don't press quite as hard with the sponge. This will give that feathered effect and blend out the edges. A good rule of thumb to remember is that the majority of pressure applied with the sponge is to the largest area of discoloration. As you move towards the outer edges, a lighter patting or stippling motion will prevent a heavier transfer of makeup from the sponge to the skin, creating an automatic feathered look but in a natural skin textured appearance.

The next step following the application of the foundation is to use a loose translucent or ultra-lucent powder that has a good portion of Kaolin mixed in with the powder. The powder should be applied with a professional puff, pressed into approximately half of the puff, and the puff should then be folded in half (resembling a taco shape) and rubbed together. You now have an equal amount of powder distributed onto the puff. Press the powder firmly onto the discoloured area where the makeup has been applied. Taking a powder brush and using

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that same patting or stippling motion to the discoloured area works the powder further in. Wipe the excess powder off, very lightly with a soft delicate powder brush. The best type of powder brush to use on sensitive skin is a brush made with squirrel hair. This will not disturb the makeup, and gives a finished look to the area.

Following this application, should you still see some discoloration coming through, simply repeat the above application steps by applying a second thin layer of foundation. Always finish by setting the foundation with a translucent powder, as described. Following application of the product should you see what we as makeup artists refer to as a "powder look," you can spray a thin amount of Cinema Secrets Moisture Spray to help remove the excess flat powdered look. The end result should be a natural, non-heavy look to the discoloured skin area. The makeup product itself is a very big key to the overall look and natural appearance. As a film and television makeup artist for over 30 years, I've worked with about every product there is to work with. I have found that education in how to apply is every bit as important in achieving the finished result. Once you learn the basic mechanics of this application, as described above, you'll find that camouflaging any discoloured area will become less time consuming and will give a natural finished look.

On areas other than the face to keep the makeup from rubbing off, you can use a finishing spray sealer. Spray 2 thin coats from about 12 to 14 inches for skin, allowing 20 to 30 seconds drying time between each layer for best results.

Women who have had laser surgery need about an average of about 10 to 14 days of healing before makeup should be applied. For burn survivors it is always important to make sure that you are not applying makeup to any area that has not completely healed. That means no makeup on a scabbed area!

Makeup misdirection is another way you can

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hold with your talents. What I mean by misdirection's is, for example, looking at a face that does not have a normal mouth because of scarring from burns. Instead of directing attention to the mouth, misdirection draws attention to the eyes by making them a little bolder with colour or false lashes. This method can be used in reverse.

Always make sure that anything that you do on the person you work on can be done with a little practice by them also. If you make it too complicated they will give up and all is lost.

For anyone who has any type of skin discoloration, learning to apply makeup that will help them look more natural will allow them to better fit into society. There will be fewer scars from the world at large. They can then focus on life more comfortably.

Always remember we as makeup artists are there with the proper training and product to take over where the medical industry leaves off.



## Sleep Difficulties During Recovery and After

By: Michael Appleman, M.S.

It has been found that during the recovery of a burn injury over fifty percent of these individuals suffer from some sort of sleep problems.

Sleep disorders are particularly common after a burn injury, during the recovery stages. Insomnia can come and go over the years after the burn injury and may require different solutions, including medications. Each burn survivor has a different experiences so some of the issues that you suffered from or did not suffer from may differ from each individual.

Insomnia has been found to be the most common sleep disorder that a burn survivor suffers from. Issues relating to insomnia are as follows:

- Problems staying asleep
- Waking up earlier than usual
- Nightmares
- Trouble falling asleep
- A underprivileged value of sleep

### Causes of Sleep Disorders After A Burn Injury:

Numerous factors can upset your sleep pattern after suffering a burn injury. Some of these numerous factors may continue to affect you long after departing the burn unit and completing the healing process. Below are some reasons why this can happen:

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- You may be suffering from depression
- You may be suffering from Post Traumatic Stress Disorder (PTSD)
- You may be suffering from Anxiety
- You may be suffering from dry and itchy skin
- You may be suffering from pain
- You may have difficulty breathing
- A burn injury can change your hormone levels that can affect your sleep
- You may be taking medications that disturb your sleep

### Deprived Sleep Can Cause Severe Problems:

It is extremely important to receive treatment if you are suffering from deprived sleep. This is due to the fact that you can suffer from a number of medical and emotional issues. This can be particularly distressing and debilitating. By not sleeping enough your recovery process can suffer. Deprived sleep can cause you to suffer from:

- Your healing process can slow down
- You can suffer from increase pain
- You can suffer from mood swings
- You can suffer from lack of energy
- You can suffer from depression
- You can suffer from restlessness
- You can suffer from irritability
- You can suffer from difficulty in concentrating

### Treatment Options:

#### Approaches:

There are many approaches to solving sleep disorders. The choice of treatment chosen by the physician depends on the cause, type and depth of the problem. You must also review the individual's stage of recovery from burn injury.

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Your doctor or medical team may talk to the burn survivor and/or family members about the patients past sleep habits and other factors that have an effect on the individuals sleep. This should help the doctors have a better understanding of their patients sleeping problems. If necessary, your doctor may refer you to a sleep specialist.

**Behavioral or Non Pharmacological Treatments:****Good Sleep Hygiene:**

Sleep hygiene is the usual practice of subsequent reasonable procedures for promoting standard, exceptional and restful sleep.

Types of practice for Sleep Hygiene:

- If naps are required they should be at the same time each and every day and last no more than one hour at a time.
- Stay clear of stimulating activities late in the evening. These activities can cause to arouse your body and cause you to have trouble sleeping.
- Daytime naps can interrupt your typical sleeping patterns. Naps may be required during the early stages of the recovery process, but you should slowly reduce your naps as your health improves.
- Continue a usual time that you go to bed and you wake up. If you have difficulties falling asleep after 15 minutes you should get out of bed and do something until you become sleepy again.
- Mild exercise should be completed at least four hours prior to bedtime. And energetic exercise should be completed at least six hours prior to bedtime.
- Nicotine is a stimulant. Avoid it when it is getting close to bedtime.
- Avoid eating several hours prior to bedtime.
- Alcohol can cause you to have trouble sleeping. It would be best to avoid alcohol close to bedtime.

**BSTTW COMMUNITY NEWS****Cognitive Behavioral Therapy (CBT):**

Cognitive Behavioral Therapy (CBT) can help to teach individual sleep hygiene, relaxation methods and CBT can employ stimulus control techniques.

When people have problems falling asleep feelings, thoughts, attitudes and beliefs about troubles sleeping can keep the individual from falling asleep. Examples of such thoughts, feelings, attitudes and beliefs are as follows:

- "I will never be able to fall asleep"
- "I will not be able to function tomorrow since I cannot fall asleep"
- "I cannot sleep well without alcohol."

CBT can help you to confront and remove the thoughts that may be causing you from being able to fall asleep.

**Stimulus Control:**

If you have trouble falling asleep for a long period of time, you need to stop yourself from beginning to think that you cannot fall asleep. This can cause you to remain awake. Stimulus Control can assist you to relate the bedroom and bedtime with only peaceful and pleasurable behaviors that can help promote you to fall asleep.

**Guidelines For Simultaneous Control:**

- Go to bed only when sleepy
- Avoid eating, watching television, or reading when it is time to sleep.
- Do not take a snooze during the day.
- If you do not fall asleep within 15-20 minutes you should get out of bed, do something and then try again.

**Light Therapy:**

Our body's hormones and chemicals vary in a natural 24-hour cycle. This can encourage sleep or remaining awake. If this natural cycle, called Circadian Rhythm (CR), becomes disturbed for any reason, you can have trouble falling asleep.

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Light Therapy (LT) uses exposure to daylight (or light boxes that mimic daylight) in order to reset the CR for sleeping and waking up.

**Relaxation Training:**

Relaxation techniques can be used to decrease anxiety and tension at bedtime in order to help you fall asleep. These techniques can also be used to help you fall asleep if you awake during the night.

**List of Relaxation Techniques:**

- Imagery Training
- Yoga
- Progressive Muscle Relaxation Training
- Hypnosis
- Meditation Training
- Biofeedback

**Medication Treatment:**

There are many successful medications that can help you fall asleep and have a better sleep. The medications may include antidepressants, sleep aids, or anti-anxiety. These medications can be used unaccompanied or in addition to one of the above approaches to improve your sleep.

As with any medications it is extremely important that you speak to your doctor about all other medications you are currently taking and that you keep aware of any side effects. It is best that you only take the medications your doctor has prescribed. This includes over-the-counter medications. This is due to the fact that a mixture of different medications can be harmful to your body and your doctor should be aware of everything that you are taking in order to make the best decision for your medical condition.

**BSTTW COMMUNITY NEWS****Academy of Dermatology: Scars Don't Have to Mark Your Skin**

By: American Academy of Dermatology

NEW YORK, Oct. 13 -- The scar you received when you fell off your bike at age 12 or from a recent car accident may be a constant and painful reminder of the event. While you may not feel any physical pain from these wounds, scars can make you feel self-conscious or embarrassed, particularly if they are located on exposed skin. Dermatologists now have many treatment options that can significantly reduce the appearance of scars or make them disappear all together.

Speaking today at the American Academy of Dermatology's (Academy) Derm Update 2004, dermatologist Tina S. Alster, M.D., clinical professor of dermatology, Georgetown University, Washington, D.C., discussed innovative treatments that dermatologists are using to remove or revise scars on all parts of the body.

Scars are an abnormal healing response of the skin to injury, resulting in atrophic scars, which are skin depressions, or hypertrophic scars and keloids, which are elevated. The larger the surface area of skin affected, the greater the chance of a noticeable scar. Scars occur with equal frequency in men and women, although they most often develop between the ages of 10 and 30. While scars can be disfiguring physically, psychologically, or both, hypertrophic scars and keloids also can be accompanied by significant itching and burning.

"The way a scar forms is affected by an individual's age and its location on the body or face," said Dr. Alster. "Younger skin makes strong repairs and tends to overheat, resulting in larger, thicker scars than does older skin. If a scar is indented or raised, irregular shadows will be seen, giving the skin an uneven appearance. Today, dermatologists are using the latest therapies, including lasers, to fade or remove all types of scars."

**Atrophic Scars**

Traumatic skin injuries, particularly those from

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an abrasion or imbedded foreign materials which leave a depression, can benefit from a variety of laser treatments. Even infants and children can be treated with the new generation of lasers that cause only minimal discomfort and require little or no downtime.

Scars with uneven surfaces, such as bumps or ridges, can be smoothed using a CO2 or erbium:YAG laser. These lasers vaporize the elevations of the scar and flatten them to produce a smoother surface. Younger individuals may require treatment only on the scar itself, while patients with mature or aging skin may require treatment over the scar and the surrounding skin to blend the scar more evenly with natural pigmentation, wrinkles or broken blood vessels.

The pulsed dye laser has been demonstrated to minimize the red color and thickness of some scars, while various Q-switched lasers also can lighten the dark color of scars. Some scars require treatment by a combination of lasers.

Other treatments may combine laser surgery with medical treatments, such as dermabrasion, to achieve the best overall results.

Dermabrasion removes the top layers of skin to give a more even contour to the surface of the skin.

While it can offer improvement for certain scars, the scar will not completely disappear. If a scar is minor, only one dermabrasion will be needed, but several treatments may be required if a scar is deep and extensive.

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Injectable collagen, a natural animal protein, or hyaluronic acid also can be used to elevate indented, soft scars and while improvement is immediate, it is not permanent. Injections typically need to be repeated every three to six months.

**Hypertrophic Scars and Keloids**

Dermatologists also use several different treatments to improve raised scars. Lasers are particularly effective in treating keloids, which occur when a raised scar becomes excessively large and extends beyond the size of the original wound. These scars are more common among patients with darker skin types with an incidence of 4.5 percent to 16 percent in the African American and Hispanic American populations.

One such laser, the pulsed dye laser, has been shown to be effective in removing redness, flattening and improving the itching and burning sensations that can occur in raised scars. Two or more treatments every few months may be required to completely revise these scars.

Another option for treating keloids is the use of Immune Response Modifiers (IRMs) following surgical treatment to remove these scars.

These topical agents enhance the skin's ability to identify, control or destroy infections,

bacteria and other foreign objects in the body responsible for illness. Following surgery, the application of IRMs induce the production of interferon in the skin, which is an anti-inflammatory agent. The interferon can normalize the skin's wound-healing function, thereby preventing a keloid from returning following treatment.

"Keloids can be disfiguring and tender with pain and burning, and can be psychologically

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THROUGHOUT THE WORLD**

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challenging for the individuals affected by them," said Dr. Alster. "Both lasers and IRMs offer hope to those individuals who struggle with these scars."

"Patients should seek help early if they are concerned about their appearance or have a skin condition that is making them self-conscious," stated Dr. Alster. "A dermatologist can assess a scar, review treatment options with the patient and select the most effective therapy that will maximize results."

Headquartered in Schaumburg, Ill., the American Academy of Dermatology (Academy), founded in 1938, is the largest, most influential, and most representative of all dermatologic associations. With a membership of more than 14,000 physicians worldwide, the Academy is committed to: advancing the diagnosis and medical, surgical and cosmetic treatment of the skin, hair and nails; advocating high standards in clinical practice, education, and research in dermatology; and supporting and enhancing patient care for a lifetime of healthier skin, hair and nails. For more information, contact the Academy at 1-888-462-DERM (3376) or: [www.aad.org](http://www.aad.org)

## **You Don't Have To Live In Fear**

By: Debra Moore, PhD.

"I thought after I retired, I'd finally be able to relax. When I worked, I always assumed I was tense because of my job. What's my excuse now? I should be enjoying myself, but there's always this nagging restlessness, this fretting about one thing or another. Now I have the time to get to all those projects I've looked forward to, but I can't seem to calm down and focus. It's getting depressing."

Persistent anxiety, also known as generalized anxiety disorder, is one in a group of several disorders that together affect 28 million



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Americans. Women are twice as likely as men to be sufferers. Tragically, a whopping 75% of those affected by anxiety disorders never receive treatment and the relief it brings.

We all react to stress from time to time and we all become anxious on occasion. People with generalized anxiety disorder are different - they live with persistent anxiety as the background noise of their lives. They rarely escape some degree of tension or worry.

"I'm so envious of people who can relax and kick back. How do they do it? My body never totally relaxes, and my mind never shuts off. Even at night, my sleep is fitful. Sometimes I think my aches and pains are more from muscle tension than anything else."

Muscle tension, headaches, soreness, dry mouth, frequent urination, sleep disturbance – our bodies have many ways of signaling stress and anxiety. Under chronic pressure, our susceptibility to colds, flu, and more serious illnesses increase. Those with anxiety disorders go to their doctor more often and spend more on medical care. But seldom will they find relief in this setting.

"My doctor couldn't find anything wrong. He ran lots of tests - expensive tests - and they all came out OK. But I still feel lousy. I honestly think I'd feel better if I at least had an answer - some sort of illness. Isn't that crazy?!"

Some physicians are wonderful at recognizing the toll emotional distress can play on our bodies, and if your doctor is one of them, count yourself among the fortunate and thank them for their awareness! Sadly, studies repeatedly show that most physicians do not fit this description. We have a long way to go yet in educating our young doctors in training about human psychology.

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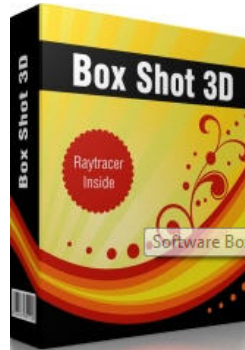
So for now, it's important to educate ourselves. If you see yourself in these descriptions of generalized anxiety disorder, take the initiative to learn more. Any library will have books and articles. Feel free to call our office if you have questions. Most importantly, know that effective treatment is available. The prospects for long-term recovery for most individuals who seek appropriate professional help are very good. Those who suffer from anxiety disorders can work with a therapist to help them regain control of their feelings and thoughts - and their lives.



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### BSTTW POEMS

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

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

*Michael Appleman, CEO*

### **Life of Desire**

By: Michael Appleman

Suffering a burn is a traumatic event  
It is a place we never thought we would have went

The pain and suffering is like living in hell  
Every day the poison from the body has a bad smell

Never thought this would happen to me  
I could not believe the burned person I had to see

A new human being is who survived this mess  
Accepting myself involves a great deal of stress

The family did not know what to say  
This continued each and every day

Rehab was painful and something that must be done  
Much of my body did not think this was fun

How can our lives move foward from this?  
Will anyone love me and give me a kiss?

I worked so hard to rebuild my life the best way  
For years my skin as tight as dried clay

Thank you all for helping me recover and live  
If you ever need anything just ask and I will give

*Michael Appleman*

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

## BSTTW CONTACT INFORMATION

### EMERGENCY CONTACTS

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

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

#### **BSTTW Directors**

Michael Appleman: **Executive Director**  
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#### **DONATIONS**

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

## **BSTTW COMMUNITY NEWS**

### ***Fund, The Viet Nam Fund and the World Burn Congress Fund.***

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

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

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

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

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

#### **DONATE ON LINE**

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

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

#### **VOLUNTEERING YOUR TIME**

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

[www.burnsurvivorsttw.org/membership/memform.html](http://www.burnsurvivorsttw.org/membership/memform.html),

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

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

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

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

### **PURCHASES**

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

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

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

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

Burn Survivors Throughout The World, Inc.  
16193 Lone Star Ranch Drive #102  
Conroe, Texas 77302  
(936) 647-2256  
Toll Free: 866-712-6164  
Fax: (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](http://www.burnsurvivorsttw.org/eforms/emailform.html)