
BSTTW COMMUNITY NEWS

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BSTTW REBUILDING LIVES

BSTTW Support Team

By: Michael Appleman, CEO

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.

Burn Survivors Throughout The World, Inc. (BSTTW) offers a support team that can give you information, education, emotional support and friendship.

BSTTW works with burn survivors and family members in all areas around the world. BSTTW works face to face, in burn units, at homes, by telephone and on the internet. We are always looking for individuals who would like to offer their time in order to give the support needed to the burn survivor community.



**A BURN SURVIVORS
LIFE
DOES NOT END....**

In order to become a **BSTTW Support Team Volunteer** you need to be a **BSTTW Member**. You need to fill out and the **BSTTW Membership form** at: <https://www.burnsurvivorsttw.org/membership/membership.html>.



Next you need to fill out and submit the **BSTTW Volunteer Form** that can be found at <https://www.burnsurvivorsttw.org/volunteer/volunteer.html>.

Once both forms are received, a **BSTTW Representative** will contact you in order to set up a day & time to speak by phone.

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Nutrition: Burn Recovery Diet

Kessler Burn Center

Because it takes a lot of energy to heal, patients need many more calories than normal when they're recovering from a burn injury. That's why nutrition is a major component of burn treatment.

Our nutritionists evaluate patients' dietary needs as soon as possible. We use several scientific formulas, usually based on their height and weight (body mass), among other things, to determine how many calories they'll actually need. But because no one formula is perfect, their nutritionist and physicians will watch them closely to evaluate and adjust their diet as needed.

Why the Burn Recovery Diet Should be Followed

When healing from burns, it's very important that you do everything you can to get proper nutrition. An adequate diet can reduce the damaging loss of lean body mass, stored energy, and protein. Without proper nutrition, you may slow the healing process, lose too much weight, and suppress your immune system.

In general, patients get a high-protein diet that also includes fat, plus vitamin and mineral supplements.

Protein

Patients need a lot of protein while healing because the body will lose protein through the burn wounds and muscles will break down trying to produce extra energy for the healing process. The additional protein helps rebuild lost muscle.

Carbohydrates

They also need more carbohydrates in their diet when recovering from a burn. In fact, carbohydrates make up the bulk of their nutrition. The body will turn the carbohydrates into glucose. Burn wounds use glucose for energy. In fact, they can't use any other source. By providing this energy for healing, carbohydrates allow the protein eaten to rebuild muscle, rather than be used as fuel.

Fat

We also include fat in the diet to provide essential fatty acids and extra calories. But normally no more than 30% of the calories will

come from fat. Too much fat can weaken the immune system.

Patients should follow the diet plan. It's very important that they do everything they can to get proper nutrition. An adequate diet can reduce the damaging loss of lean body mass and stored energy and protein. An inadequate diet can slow the healing process, cause too much weight loss, and suppress the immune system.

Eulogy for a Big Toe

By: Kathy J. Edwards

On September 26, 1997 the big toe on my right foot was amputated. The toe lived a very full and satisfying 38 years, 11 months, and two days. It was born and raised in Oklahoma and lived there until the age of 22. Together we kicked a lot of balls in grade school and went on hikes at Girl Scout camp in the Arbuckle Mountains, climbing rocks and trees as often as possible.

In junior high the toe was constrained by nylons and good shoes but rarely by nail polish. It went on church choir trips to the east and west coast and stood for hours at my first job at the T.G. & Y. (Turtles, Girdles, & Yo-yo's to the locals) in Oklahoma City.

But the toe never learned to dance. It never went to a sock hop or a high school prom because my parents were strict Southern Baptists. On prom night of my senior year the toe went to the ballet, instead, because watching other people dance wasn't a sin.

One morning in September of 1976 we hopped into my green Gremlin and drove to the dorm at the University of Oklahoma with most of our worldly possessions. The toe and I had arrived on the doorstep of adulthood; what I now know to be the midpoint of our life together.

As I progressed through my academic career in Oklahoma, Michigan, and Utah, the toe supported me in athletic events and back country adventures. We went on outings in the mountains and desert, climbing the highest peaks in Utah, Colorado, and Oklahoma. We got lost and bivouacked in Owl Creek canyon and learned to love places with names like Grand Gulch, Poison Spider Mesa, and Dead Horse Point.

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Then on September 11, 1997 life changed suddenly as I was running on a trail on the east bench above Ogden, Utah. I put my hand up to protect my face as I ran under a mysterious object that hung in my path and got zapped by a power line of at least 46,000 volts. They say I single handedly shut down the power to two-thirds of the city that day. My life was saved by my running shoes, the gravel I was standing on, and the big toe we have come here to honor today. It gave its life to save the rest of me.

In the AirMed helicopter on my way to the burn unit at the University of Utah Hospital I talked to a paramedic about how "it must not have been my time to go." There must be something important I was left here to do.

Today I am on a journey to find that something. When you have a brush with death you realize the value of every moment, every activity, every person you have ever known. I think about the joy of living another day and the elation I feel seeing an autumn sunset while again running on the east bench of Ogden. And I am reminded of the supreme sacrifice of my big toe. In honor of the toe I try to live each day remembering the words of a friend and poet, Lee McKenzie.

The red light at the corner reminds us to STOP.

And take nothing here for granted.

Kathy Edwards is a professor and chair of the Communication Department at Weber State University. She lives with her husband and two dogs in Ogden, Utah.

Pressure Garment Therapy For Burn Scar Management

By: Devika Bandyopadhyaya

It can be frustrating for a burn survivor to deal with issues of scarring even after the initial burn injuries have healed. The most common complication of a burn injury is that of raised scars in the area of the original burn, technically known as 'hypertrophic burn scars' [1]. Such scars can limit the survivor's ability to function and also make the person depressed due to the overall body image. According to various researches, burns that heal within 14 days usually do not leave any scars behind. However, severe burns that heal within 14 to 21 days might put you at risk of scarring. Burns

that take more than 21 days to heal, are high-grade, high-risk ones and might require skin grafting [2].

Why Do Burn Scars Form

The depth and location of the burn play a major role in determining the intensity of a burn scar. Scars tend to occur when the dermal or lower layer of the skin gets damaged. The human body is capable of forming a protein known as collagen. This protein helps in healing any damaged skin. However, in the case of hypertrophic scars, the collagen fibres are not laid in an organized manner [3]. This results in the formation of a scar. It takes time for the scars to fade (about 12 to 18 months). As the scars mature, they become flat, soften and fade in colour.



Characteristics Of Hypertrophic Burn Scars

Hypertrophic scars are considered to be systemic inflammatory illnesses that are regulated by local wound healing factors [4]. This is more common in burn survivors who have delayed healing. Such scars can lead to lifestyle-limiting problems such as burning, stiffness, pain and contractures in some cases.

The following are the characteristics of hypertrophic burn scars [5]:

- They stay within the area of the original burn injury
- They appear reddish or purplish in colour
- They are raised above the surface of the skin
- They develop within the first few months after the injury
- They are itchy and can be warm to touch
- They are more noticeable and prominent around the joints, regions where the movement is high
- They are highly sensitive to sun

Prevention and treatment of such scars are one of the most serious issues in burn rehabilitation.



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Successful management depends on the early and aggressive treatment.

Treatment Of Hypertrophic Burn Scars

The conventional technique of treating hypertrophic burn scars involves using pressure therapy [6]. This therapy involves wearing garments made from elasticized fabrics. Dating back to the early 1970s, pressure garments have evolved as one of the most noninvasive scar management options. Experts have reached a general consensus on the use of pressure garment therapy (PGT). This procedure has been widely accepted as a clinically accepted practice.

Currently, PGT is the first-line therapy for hypertrophic burn scars in most of the rehabilitative centres worldwide. This has been accepted as the standard treatment methodology considering its non-invasive characteristics and desirable treatment effects with minimal complications [7].

Although a lot of contradictory opinions exist, experts recommend that the pressure of the compression garments should be maintained between 20 and 30 mm Hg [8].

Using Pressure Garments - Advantages & Disadvantages

Medical experts suggest custom-made elastic pressure garments (also known as compression garments) as they are most effective and comfortable for people with hypertrophic scars. For scars on the face, the pressure is better exerted when the pressure garments are custom-made. For facial scarring, transparent plastic face masks are used. To see results, it is necessary that PGT is followed for a minimum period of 6 to 12 months. It is recommended that the patients keep the pressure garments on for 23 hours daily. Also, PGT shows better result when it is initiated prophylactically as early as possible (around 2 weeks after the wound closure) [9].

In spite of the benefits that PGT promises, many refrain from using them especially due to them being expensive and also as they look unattractive. In some rare cases, PGT has seen issues such as overheating, blistering, wound

breakdown and abnormal bone growth [10].

Moreover, wearing pressure garments can get quite uncomfortable in hot and humid climates.

Fabrication Of The Pressure Garment

It is essential to make a note of the point that 'pressure' plays an important role while fabricating a compression garment. Also, the pressure that the garment would exert is dependent on the fabric tension per unit length and its anisotropic behaviour. The number of fabric layers used for the construction of the garment is also a deciding factor. The fabric grain direction must also be aligned with the stretching direction [11].

The following are the two methods followed for constructing pressure garments [12]:

1. The reduction factor method: This is the one that is most commonly used. The patient's circumferential measurements are reduced by a certain percentage. This does not take into account the fabric tension (when calculating garment dimensions).
2. Method using Laplace's law: This involves the fabrication based on the tension profile of the fabric and the circumferential measurements of the patient. This method is more accurate as the range of pressures that can be applied to a particular body part keeps varying depending on the fabric used along with the fabric's tension-extension profile. Once the circumferential dimensions of the required body part are obtained (using a measuring tape), pressure garments are fabricated based on the standardized reduction factor method (10, 15 or 20 per cent applied to the patient's measurements). The reduction factor remains constant throughout.

The garments are cut and developed from elastic fabrics (usually made from nylon/elastane filaments). The more accurate the measurements, the better it fits the patient. Pressure garments can generate an increase in subdermal pressures in the range of 9 to 90 mm Hg (this is dependent on the anatomical site). Garments that are placed over soft tissues generate pressure that ranges from 9 to 33 mm Hg. On bony areas, the pressure generated ranges from 47 to 90 mm Hg [13].

Nevertheless, it should be noted that pressure garments lose tension and hence its pressure-delivering ability over time and with constant

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use. To maintain adequate pressure, it is recommended that these garments are replaced every 2 to 3 months.

Compression And Its Effect On Hypertrophic Scars

The compression offered by the pressure garments is said to produce regression of hypertrophic scars [14] (in at least 85 per cent of the patients). The working of pressure garments relies on two main concepts:

1. Restriction of blood flow to the scar area [15]
2. Constant compression to inhibit the growth of hypertrophic scar tissue [16] It is believed that pressure may facilitate scar maturation and control collagen synthesis. This is made possible by limiting the blood supply, oxygen and nutrients. This facilitates a reduction in scar redness and oedema [17]. Collagen production is also reduced to levels found in normal scar tissue more rapidly than what can be expected with the natural maturation process. There is an alteration in collagen fibre turnover along with remodelling and realignment. These reduce the development of whorled collagen nodules, thus resulting in softening and thinning of scar tissues [18].

The threshold of the effective daily application period for pressure therapy is determined by the pressure levels. Longer application periods are required in case of garments with low applied pressures.

Importance Of Patient Compliance For Pressure Garment Therapy

Making pressure garment therapy work requires significant and long-term patient involvement and cooperation. This is so because how effect the pressure garments would be is highly dependent on the daily duration of applied pressure for a long period (several months). Patients might be sceptical about using pressure garments due to various reasons, some of them being [19].

- lack of comfort
- restricted movement
- swelling of extremities

- development of rashes/blisters
- bulky appearance
- improper fit

Clear practice guidelines along with follow-up procedures when patients meet experts in the out-patient rehabilitation services may help improve patient compliance to a great extent. Social support along with a good doctor-patient relationship is also highly essential to help motivate patients such that they continue to follow the therapy.

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Are You Having Trouble Dealing with Loneliness?

By: Stanley Popovich

Sometime or another we will experience a time when we are alone. Some people fear of being alone for various reasons.

The first step is to become comfortable with yourself and having the self-confidence that you will be able to manage being by yourself.

With this in mind, here are eight suggestions that a person can use so that the fear of loneliness doesn't become a major issue in their life.

1. Find an activity that you enjoy doing: Joining a group activity can be a great way to meet people. Doing something that you like to do will make you happy and the fact that you will be around different people will increase your chances of making friends.

2. Spend your time with a pet: Animals are a great source of companionship. Volunteer at your local animal shelter to help those animals who are in need. Another option is to consider adopting a pet. Regardless, spending time with your favorite pet or animal will overcome your loneliness.

3. Help others through community service: There are many people out there who could benefit from your time and talents. Helping others can give you a sense of pride and accomplishment and help you not to focus on your loneliness. You can also increase your chances of meeting others with similar interests.

4. It could be worse: Imagine that you are married or stuck in a relationship that you can't get out of and also makes you miserable on a daily basis. Being in an unhappy relationship can be very depressing, so remind yourself the next time you feel a little lonely. This will help put some things in perspective.

5. Spending time with God can help: Spending time with God and asking God for help in your time of loneliness can be of great comfort. You never know how God will work in your life. Including God in your everyday living can help reduce your loneliness. Talk to a priest or minister for some guidance.

6. The important thing is to be active: Sitting around and doing nothing will not make things any better whether it is dealing with the fear of being alone or something else. Take it one day at a time and try to make the effort of being active with others in your community.

7. Things can change: Nothing remains the same and events change all of the time. Even if the thing that you feared does happen there are circumstances and factors that you can't predict which can be used to your advantage. You never know when an opportunity that you are looking for will come to you which is why [suicide is not the answer](#).

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8. Your not the only one who is alone:

Remember that everyone deals with loneliness sometime in their life. Focus on your life and don't compare yourself to others. Continue to seek friendships with other people and don't feel sorry for yourself. There are all kinds of people in various circumstances so don't assume that you are the only one who is alone.



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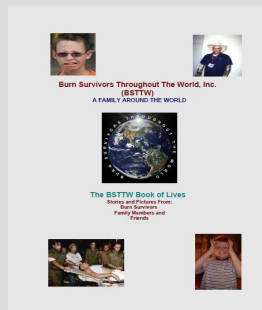
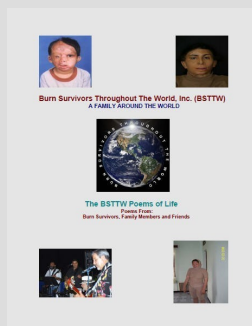
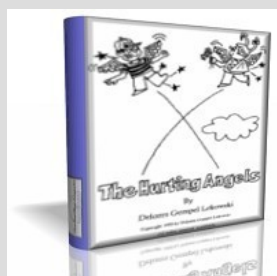
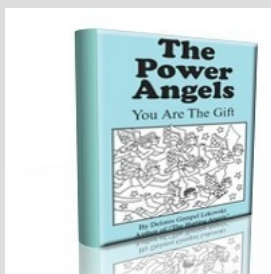
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BSTTW eBooks

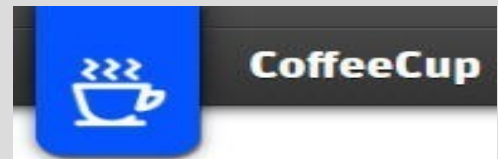


Burned Children Need Your Help

Donate to the
BSTTW World Wide Burned
Children's Fund

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

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

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

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

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

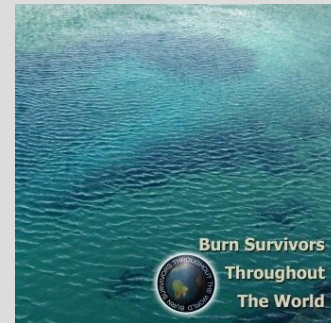
<https://www.burnsurvivorsttw.org/list/donations.html>

*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 Music CD



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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 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



A Family Around The World

Why Did This Happen?

So many of us do not
understand
Why were we burned

Was I at the wrong place?
Did God want this to
happen?

How can we find the answer?
We much search within

Therapy can help find the
answers
It can also help us rebuild
our lives

Search within yourself
You may find the answer

If you find the answer if
yes
Start looking for the help
needed

God will help you find your
way
Do not forget he will help
us find our way

Michael Appleman

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

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:



DONATE TO BSTTW

As a 501 (c)(3) Non-Profit Organization, **BSTTW** depends on donations from corporations, organizations, families and individuals. All donations, big or small are tax deductible to the extent allowed by the United States government tax laws. **BSTTW** has several different funds that you can donate to. The **BSTTW General Fund**, the **BSTTW World Wide Burned Children's Fund, USA & Asian Burn Camp Funds, and The Asian Fund**.

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

BSTTW also offers people that donate \$30.00 or higher a free copy of the **BSTTW Music CD**. To learn more about this you should go to www.burnsurvivorsttw.org/donations/donatecd.html or www.burnsurvivorsttw.org/donations/donations.html

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

MAKE DONATIONS PAYABLE TO & MAIL TO:

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

DONATE ONLINE

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

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VOLUNTEERING YOUR TIME

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

BSTTW CONTACT INFORMATION

EMERGENCY CONTACTS

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

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

BSTTW Directors

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

