
BSTTW COMMUNITY NEWS

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BSTTW REBUILDING LIVES

BSTTW Rebuilding Lives Auction

By: Michael Appleman, CEO

Every year between November 15th and December 15th **BSTTW** has the fund raising auction named the **BSTTW Rebuilding Lives Auction (BRLA)**. This year the **BRLA** is on eBay. The funds raised from the **BRLA** are used to help rebuild the lives of individuals who suffer a burn injury and fire safety education.

According to the United States Fire Administration (USFA), the United States has a severe fire dilemma that is more so than what is generally perceived. Nationally, there are millions of fires, thousands of deaths, tens of thousands of injuries, and billions of dollars lost - which makes the U.S. fire problem one of great national importance.

In 2005 there were 1,602,000 fires in the United States. Fifty percent of those fires were outside and other fires. Over thirty-one percent were structure fires. And eighteen percent were vehicle fires. The results of those fires were 3,675 deaths and 17,925 burn injuries. To find out more about the United States National fires, deaths and injuries statistics go to <http://www.burnsurvivorsttw.org/fsafety/usstats.html> or <http://http://www.usfa.dhs.gov/statistics/national/index.shtm>.

BSTTW is an international non profit organization, we must look at the situation not only in the USA but around the world. The

BSTTW Board of Directors asks you to take a moment and think about how many people from around the world die or are injured daily due to home fires. The statistics are higher than we can imagine. There are millions of fires each year in every part of the world.

Some of the areas around the world do not have a burn unit, the medical staff and medical equipment needed to help a burn victim recover and become a burn survivor. It has been shown that children and the elderly are especially at risk in home fires. This is due to the fact that our children and the elderly are less able to escape a fire. We

can improve the chances that our family will survive a home fire by installing smoke alarms
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A FAMILY AROUND THE WORLD



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and practicing fire safety and how to exit when the alarm sounds. With your financial and volunteer support **BSTTW** can continue to donate the finances, medical equipment, advocacy, support and fire safety information needed to prevent fires and rebuild the lives of the people who suffer a burn injury and their family members.

To learn more about the **BRLA** go to www.burnsurvivorsttw.org/auction/rebuildingliveauctionlist.html and during the auction you can get a current list of items on sale at Mission Fish, http://donations.ebay.com/charity/charity.jsp?NP_ID=1653.

If you would like to donate an item for the **BRLA** you can do one of two things:

1. If you sell items on email you can register your item(s) for sale with Mission Fish and the % you are donating to **BSTTW** from your sale will be automatically donated to **BSTTW**.
2. You can mail your item(s) to **BSTTW** and we will sell it on eBay. You can mail your items for the **BRLA** or a cash donation to:

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

To learn more about donating to **BSTTW** go to www.burnsurvivorsttw.org/donations/donations.html.

If you have any questions you can contact **BSTTW** by telephone at 936-647-2256

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A Square Box with a Window: How Your Child Sees the Microwave Oven

By: Delores Lekowski

One of the best ways to keep your children safe from burns or other harm is to view their world the same way they do. A child looks at the microwave as a box with a window — nothing to be scared about, right? However, four children every month receive third-degree burns from these very safe-looking appliances. What’s wrong with this picture? We teach our children about the dangers of our stoves early on. They know from a young age not to grab anything off the top of these appliances, because we have told them repeatedly, “Don’t touch, it is HOT!” If they do touch the front of the oven while it is on, they can feel the heat. This reinforces in them that the stove is HOT, and that they must stay away from it. On the other hand, we can touch the microwave when it is cooking, and it doesn’t feel hot. When we take something out of the oven we always use a potholder. But how many of us use a potholder when removing food from a microwave? A child would naturally assume that the microwave is not hot. In fact, even if the container holding the food feels only warm, the contents can be scalding. Food cooked in a microwave often heats unevenly and can end up frozen in one place but burning hot in another. Most of our microwave ovens are conveniently put on a kitchen counter within a child’s reach. The majority of the burns caused by microwaves happen when a child is getting something out of these ovens and tips the hot contents down his body. After all, the door wasn’t hot when he opened it, so how could he get hurt? The microwave is a tremendous timesaver for all of us; I don’t know how we did without it. While enjoying all of the wonderful technology we now enjoy, however, we need to update our safety precautions. Just the way we as children were taught, over and over, that the stove is hot, we as adults must also

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treat the microwave as a danger to our children. In other words, keep the microwave off-limits to them, the same as we do our stoves. We wouldn't think of letting a child get something out of the regular oven. We forbid them to use the cooktop. You probably would not let a young child use the coffee pot or the crock-pot. So why are we letting them use the microwave? Would you allow your child to boil water on his own? When a child cooks a cup of noodles in the microwave, he is basically boiling water. So when you teach your children about safety in your home, remember to include the safe use of the microwave oven. Better yet, make the microwave totally “off limits” to any child under the age of 7, and properly teach and supervise children over age 7. Finally, remember never to hold a child in your arms while removing items from the microwave - because even grownups can sometimes forget that it's not just a “box with a window.”

Is Coffee Causing Mood Swings?

By: Dr. Debora Moore

The news occasionally reminds us of the medical dangers of too much caffeine. What we seldom hear about are the serious mood alterations that can be related to caffeine.

We usually think of coffee or tea as the caffeine culprits. But we also consume caffeine from some sodas, pain medications, cold remedies, stimulants, and diet aids. Chocolate and cocoa also contain caffeine, but in much smaller amounts.

It is estimated that most Americans take in about 200 mg of caffeine daily.

Some who drink large amounts of coffee can show signs of dependence, can develop tolerance, and suffer withdrawal. But psychologically, as long as they drink their usual amount, they do not have problems. But for others, too much caffeine can cause actual intoxication, an anxiety-related disorder, or a sleep disturbance.

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Caffeine intoxication is an altered mental and physical state which follows recent consumption of caffeine. Most symptoms of intoxication will last from six to 16 hours after caffeine ingestion.

Since most people develop tolerance to caffeine over time, intoxication usually happens to infrequent users or to someone who has recently significantly increased their caffeine intake.

This could happen, for instance, to someone working around the clock on a special project, or traveling in a culture where the coffee is much stronger and drank more often during the day.

Students pulling all night study sessions can experience caffeine intoxication, especially if they are ordinarily light coffee drinkers.

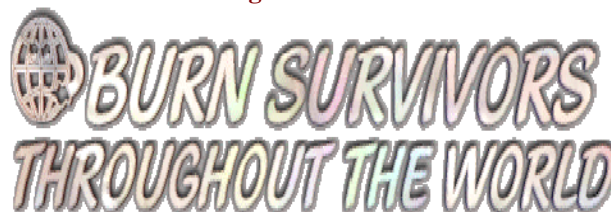
The symptoms which occur at lower levels of consumption can include flushed face, sweating, increased urination, gastrointestinal complaints, insomnia, restlessness, excitement, and nervousness.

With higher levels of caffeine in the bloodstream, intoxication can include muscle twitching, irregular or rapid heartbeat, rambling speech and thoughts, and rapid or jerky body movements. Sometimes mild sensory disturbances such as ringing in the ears or flashes of light are reported.

If you tend towards nervousness or anxiety, consuming caffeine will most likely make things worse.

You may enjoy the ritual of a cup of coffee, but may not realize how much the caffeine adds to muscular and mental tension. You may be making yourself more susceptible to panic attacks if you ingest caffeine or any

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stimulant. Combining caffeine and nicotine may put you at even higher risk.

Sleep disturbance due to caffeine can range from mildly to severely problematic.

Problems can occur both in getting to sleep and in staying asleep. Once the sleep cycle is disturbed, it can be difficult to reset the biological clock, especially if the problem has become chronic.

There is some indication that millions of Americans may be either consciously or unconsciously self-medicating depression with their daily use of caffeine.

It has also been suggested that some adults with mild neurological problems resulting in high distractibility and poor ability to focus may concentrate better after consuming low to moderate levels of caffeine. Again, as with depression, more moderate to severe problems are unlikely to be helped.

More importantly, there are other much more effective ways to treat these problems.

- Make sure you spend ample time with your doctor and not just his nurse or counselor.
- Discuss your motivations and expectations.
- Make sure the doctor welcomes questions especially about qualifications, experience, costs, payments and complications.
- Make sure the doctor offers alternatives or even other doctors' names and a second opinion without pressuring you to book surgery. You should discuss with your surgeon your expectations, and any related matter that may affect your recovery like the nature of your job, smoking or drinking habits,

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other diseases or medications you are using, and any related personal matters.

Paid Advertising

- You can find plenty of physicians' names in the yellow pages and in other advertising sources. Keep in mind that that doctors can list themselves under any specialty heading they like, and can advertise any services they want to sell, regardless of their training and credentials.

Artistic Perspective

- Very important. Make sure your doctor sees what you see and knows what you want and will provide the sort of result that you both focus on.

Massage Reduces Post-Burn Pain and ItchingLess Itching, Pain and Anxiety

Burn patients reported less itching, pain and anxiety, and an improvement in mood after receiving massage, according to a research study. The study, “Postburn Itching, Pain, and Psychological Symptoms Are Reduced With Massage Therapy,” was conducted by researchers at the Touch Research Institute at the University of Miami School of Medicine and published in the Journal of Burn Care and Rehabilitation.

Twenty adult burn patients were recruited from a university outpatient center to

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participate in the study. Individuals were in the remodeling (the reconstruction or reshaping of the wound as it heals) phase of wound healing, approximately 118 days after injury. They had moderate-sized wounds and complained of severe itching. They were randomly placed in either a control group or a massage group. Both groups received standard medical care that consisted of an examination by a doctor, medication and physical therapy.

Those in the massage group received twice-weekly, 30-minute massage sessions for five weeks. Massage therapists massaged the wound area with moderate pressure, using cocoa butter as a lubricant. Cocoa butter was applied to the wound area in a stroking manner, and therapists pressed along the wound edges and stroked toward the center of the wound. Massage therapists also used circular, transverse and vertical strokes for 10 minutes on the wound. The skin was rolled in all directions and then long, gliding strokes to the entire affected area were used to end the massage.

Measurements taken included an itching and pain rating based on the McGill Pain Questionnaire; the State Trait Anxiety Inventory (STAI), which measures feelings at the present moment; and the Profile of Mood States that measures depression. Results showed that those in the massage therapy group experienced a reduction in pain and itching, a decrease in anxiety and improved mood, as compared to those in the control group. The measures showed long-term improvement from the beginning to the end of the study.

"Our findings are encouraging because massage therapy provides a natural and effective alternative for the reduction of itching, pain, and psychological symptoms that are commonly experienced by patients with burns after they are discharged from the hospital," the study authors wrote. "Future and long-term studies might examine enduring effects of massage therapy for scar tissue healing, including reduction of the height of the scar and improvement in vascularity, pliability, and pigmentation."

Source: The Touch Research Institute. Originally published in the Journal of Burn Care and Rehabilitation, 2000, Vol. 21, pp. 189-93.

Managing Your Every Day Stresses And Anxieties

By: Stanley Popovich

Everybody deals with fear and anxiety, however sometimes our anxieties can get the best of us. As a result, here is a list of techniques that a person can use to help manage their daily stresses and anxieties.

Sometimes, we get stressed when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things.

Another technique that is very helpful is to have a small notebook of positive statements that make us feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel anxious, open up your small notebook and read those statements.

In dealing with your anxieties, learn to take it one day at a time. While the consequences of a particular fear may seem real, there are usually other factors that can not be anticipated and can affect the results of any situation. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Sometimes, we can get depressed over a stressful situation. When this happens, a person should take a few minutes to write down all of the things that he is thankful for in his life. This list could include past accomplishments and all the things that that we take for granted. The next time you feel depressed, review your list and think about the good things that you

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have in your life.

Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense.

When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one at a time. Completing these smaller tasks will make the stress more manageable and increases your chances of success.

As a Layman, I know that our anxieties and stresses can be difficult to manage, however, there are many helpful resources available to us. Managing our stresses takes some practice and eventually you will improve in time.



Proud participant in the
Combined Federal Campaign



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

Never Giving Up

By: Michael Appleman

A burn injury is tough
The physical and emotional pain is enough

At times we feel it will not end
Ups and downs are always in the bend

Life was worth much the minute before
The burn is the worst highest score

Today and tomorrow I will fight
To become a survivor with all my might

You may fall up and down when you hit the thump
But Always Remember To Never Give Up

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 or the **BSTTW Support Team E-Form** at 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**

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Camp funds, BSTTW Healing Weekend 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 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 936-647-2256, toll free at 866-712-6164 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 936-647-2256 or toll free at 866-712-6164.

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) 647-2256
Toll Free: 866-712-6164
Fax: (319) 856-5359

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