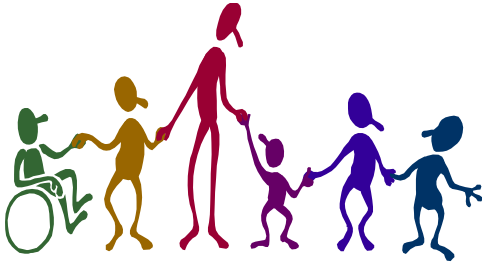


The BurnNet

July 2015, Volume 34, No. 7



OUR GROUP MEETING

Thursday, **July 2**, 7:30-9:00pm

Directors Conference Room

First Floor, Main Hospital

All survivors of burns or necrotizing fasciitis and their family and friends are welcome. For more information call (916) 734-3636.

EveryBODY DESERVES A MASSAGE

Every year massage therapists and bodyworkers nationwide lend their hearts and hands to raise awareness of the benefits of massage, bodywork, and somatic therapies during **EveryBody Deserves a Massage Week, July 12-18, 2015**. What are some of the benefits of receiving massage or bodywork treatments for the average burn survivor? Consider:

- Improved range-of-motion.
- Reduce itching.
- Enhance immunity by stimulating lymph flow.
- Exercise and stretch weak, tight, or atrophied muscles.
- Improve the condition of the body's largest organ—the skin.
- Increase joint flexibility.
- Lessen depression and anxiety.
- Promote tissue regeneration, reducing scar tissue.
- Pump oxygen and nutrients into tissues, improving circulation.
- Reduce post-surgery adhesions and swelling.
- Enhance sleep quality.
- Reduce fatigue- feeling more energized.
- Release endorphins—the body's natural painkiller- easing medication dependence.



Of course, all results are not the same for every individual. But regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage therapy may be a powerful ally in your personal care regimen.



ARE YOU RECEIVING THE BURNNET VIA E-MAIL?

Would you like to be on the mailing list to receive The BurnNet every month?

Email Deb Jones RN at: debjones@ucdavis.edu



AT THE MEETING- THE BUTTERFLY CIRCUS

It was "Movie Night" at the June Burn Support Group meeting. With popcorn, sour gummi-worms and cookies in hand, we settled in for a short movie (20 minutes) starring Nick Vujicic, author of Life Without Limbs. Thought-provoking and inspirational; we then discussed if or how we related to the characters and story. Additional 'discussion questions' (see below) were distributed to spark further conversation. If you too would like to view this movie at home, check out:

<https://vimeo.com/17150524> or https://www.youtube.com/watch?v=y_MCwLY6zzg

1. How do you think Will felt when he was part of the sideshow in the first circus? Why did he spit on Mr. Mendez? How did Will change after he joined the Butterfly Circus?
2. In what ways did Will begin to positively affect the lives of others? How did Will discover his strengths and the courage to use them? Can we change that which is negative in our lives? If so, how?
3. How do you think the two circus masters viewed life – what's important, what does it mean to be successful? How did that affect how they treated people? Have you ever known anyone like the ringmaster or Mr. Mendez?
4. The movie takes place in the 1930s. Would people treat Will any differently today? Describe. What does Will believe about himself at the beginning of the film? At the end? Have you experienced something that changed how you view yourself, for better or for worse? What was it?
5. What does the ringmaster of The Butterfly Circus represent to you? What do you notice about the leadership style of Mr. Mendez? What is his greatest strength?
6. For each of the following quotes by Mr. Mendez, explain the meaning and share your reaction to it:
 - a. "There is nothing inspiring about a man's imperfections on display."
 - b. "If you could only see the beauty that can come from ashes."
 - c. "The greater the struggle, the more glorious the triumph."
7. Mr. Mendez says, "I think you'll manage" to Will when he is obviously floundering. Why? Has anyone ever let you struggle to figure something out yourself? How did you feel once you had done it?
8. Are there any comparisons you can make between The Butterfly Circus and your life? Are there people in your life who struggle to find their place or purpose? Is there anything from this movie that can help you be a better person/burn survivor?

Consider attending a Burn Support Meeting if you do not already. We provide a safe atmosphere focused on the needs of those who attend by offering a range of topics relevant to burn recovery. As a Phoenix Society Survivors Offering Assistance in Recovery (SOAR)-designated facility, our peer support volunteers will serve as a source of hope and inspiration to those experiencing a burn injury. Questions are answered and anxieties related to the injuries are often alleviated at these meetings by those attending. *If notified 24 hours in advance, language interpreter services can be arranged.

For more information, contact Deb Jones RN at 916-734-5596 or e-mail debjones@ucdavis.edu

UPCOMING EVENTS



June 20 "Firefighters Burn Institute Night!" at Raley Field

River Cats vs. Reno Aces First Pitch: 7:05 pm. Family & friends sit together, scoreboard recognition, FREE parking, and Post-game fireworks! Tickets: \$25 Senate Section/ \$20 Assembly Section. Purchase tickets online www.ticketmaster.com/event/1C004E557EBE1E11 with code: fire15



June 27 4rd Annual Firefighter's "A Tropical Affair" Fundraiser

Hosted by FFBI at "the grassy knoll" at Shriners Hospital for Children in Sacramento. For 21 & Over! Includes: Strolling Dinner, Wine & Beer Tasting and No Host Bar, Hula Dancers, Photo Booth, Wine Raffle, Live Music & Dancing. Tickets: \$50/ Two for \$90/ \$75 at the Door.



July 18 Dixon's Grillin & Chillin Car & Truck Show

Downtown Dixon, CA. Includes a Rib Cook-Off from 10am – 10pm. Classic Cars & Trucks, Live Music, Great Food, and Artisans. For more details, please visit: www.dixonribcookoff.com



July 25 9th Annual AFSA Softball Tournament

To be held at the Bartholomew Sports Park in Elk Grove. Game begins at 8:00 am. All proceeds to go to the Firefighters Burn Institute. For more information, contact Amy Donahoo at (209) 834-3460



July 25-30 Firefighters Kids Camp

Camp Arroyo, Livermore, CA. For more information contact Ka Vue at (916) 739-8525 or ka@ffburn.org



August 28 Bogle Vineyards "Friday Alfresco"

Bogle Vineyards & Winery is again hosting their "Friday Alfresco", an outdoor summer series at their tasting room in Clarksburg from 5-7pm. Tickets available soon and includes wine, food and live music! Proceeds Benefit FFBI



September 27 Burn Survivor Community Picnic

Camp Arroyo at 5555 Arroyo Rd, Livermore, CA. **FREE** to burn survivors of all ages, firefighters, burn unit and clinic staff and their families! For more info contact Ka Vue (916) 739-8525 or email ka@ffburn.org

QUOTE

Instead of being ashamed of what you've been through, be proud of what you have overcome!
~Dr. Phil

PRESSURE GARMENT ASSISTANCE AVAILABLE



Patients who have problems with the fit or delivery of their garments can get help by calling the representative who fitted you first. In most cases, as a patient treated at UC Davis Regional Burn Center, that would be Heather Weidle of Enhance by Linda Reib. Her office phone number is 916-638-2508. Burn survivors should always act quickly anytime pressure garment problems are perceived. Don't be shy about this. Your recovery is dependent on being your own patient advocate.

WBC COMING TO INDIANAPOLIS OCTOBER 21-24! SCHOLARSHIP DEADLINE JULY 13TH!



World Burn Congress can be a life changing experience. Each year burn survivors from all over the world gather at World Burn Congress to share their stories, find resources for their recovery and build a network for support.

The Firefighters Burn Institute (FFBI) provides a limited number of scholarships for local burn survivors along with one primary support person (i.e. spouse, legal parent/guardian, caregiver, etc.), provided the need is there, to attend. The scholarship typically includes roundtrip airfare, hotel costs for approved conference nights and conference registration.

To be considered for a scholarship, you must submit a Letter of Request with ALL information outlined in the application form by **July 13, 2015**. Contact the FFBI for an application. Ka@ffburn.org or 916-739-8525.

The final decision of scholarship recipients will be made by the Executive Director of the FFBI. Careful consideration will be given to each applicant. Scholarship approval for applicant's primary support person will be on an individual basis.



HELPING SKIN HEAL WITH VITAMIN E

Vitamin E is the collective name for a group of eight fat-soluble compounds with antioxidant activities; however, alpha- (or α -) tocopherol is the only form that scientists have found is metabolized, or used, by human beings. In the United States, vitamin E is thought to assist in the repair of skin lesions, ulcers, burns, abrasions, and dry skin and to heal or diminish the scars caused from injury or surgery. However, if you believe using vitamin E as a topical (lotion, moisturizer or shampoo) will improve the appearance of scars after surgery for burns, this is just not true.

Vitamin E does not penetrate the skin's surface well, with only 5% of the amount that is massaged into the skin actually converted to the α -tocopherol. Back in 1986, researchers from the Shriners' Hospital for Children in Cincinnati published their study in the *Journal of Burn Care and Rehabilitation*. Over the course of one year, no beneficial effect of topical vitamin E could be demonstrated. In fact, 16.4% suffered contact dermatitis. Worse still, the grafts that initially contracted, subsequently grew to be 20% larger than the original graft.¹ More recently, in 2006, dermatologists published work to discourage the use of topical vitamin E because it is associated with a high rate of contact dermatitis, and decreases scar strength, causing scar widening and even wound breakdown.²

Taking vitamin E by mouth also offers a huge advantage over topical application as it is readily absorbed when consumed with fat, reaching the entire body and entering all layers of skin. It is an essential micronutrient your body needs- but in small amounts! It is fat-soluble vitamin, which means it is stored in the liver and fatty tissues, and eliminated very slowly. Whether eating foods naturally containing vitamin E or taking a daily supplement, do not go over the Recommended Daily Allowance (RDA) of 15 mg. Mega-doses of vitamin E can be toxic and lead to other serious health problems.

The top 10 foods naturally containing vitamin E:

#1: Tofu (Light, Silken or Firm)

Per 3 oz. (85g)

4.5mg (21% DV)

#2: Spinach

Per 10 oz. pack (284g)

5.8mg (28% DV)

Other Leafy Greens High in Vitamin E:

Swiss Chard (16%), Turnip Greens (13%),

Collards (8%), and Kale (5%).

#3: Almonds

Per ounce (28g)

7.3mg (35% DV)

Other nuts high in vitamin E:

Hazelnuts (21%), Pistachios (3%), Pecans (2%),
and Walnuts (2%).

#4: Sunflower Seeds

Per ounce (28g)

10.2mg (49% DV)

Other Seeds providing Vitamin E:

Pumpkin & Squash Seeds (3%) and Sesame
Seeds (3%).

#5: Avocados

Per Avocado (201g)

4.2mg (20% DV)

#6: Shrimp

Per 3 oz. serving (85g)

1.9mg (9% DV)

Other Shellfish High in Vitamin E:

Crayfish (6%), Oysters (7%).

#7: Rainbow Trout

Per 3 oz. (85g)

2.4mg (11% DV)

Other Fish High in Vitamin E:

Swordfish (10%), Herring (6%), Smoked Salmon
(6%), and Salmon (5%).

#8: Olive Oil

Per tablespoon (14g)

14.4mg (69% DV)

Other Plant Oils High in Vitamin E:

Wheat Germ (101%), Sunflower (28%), Grape
seed (19%), Canola (12%), and Corn Oil (10%).

#9: Broccoli

Per cup (156g)

1.5mg (7% DV)

#10: Butternut Squash

Per cup (140g)

2.6mg (13% DV)

Other vegetables High in Vitamin E:

Pumpkin (9%), Sweet Potato (15% DV).

*Since vitamin E is a fat soluble vitamin, it will not be lost when the foods that contain them are cooked.

~Deb Jones RN

¹Jenkins M, Alexander JW, MacMillan BG, et al. Failure of topical steroids and vitamin E to reduce postoperative scar formation following reconstructive surgery. J Burn Care Rehabil. 1986 Jul-Aug; 7(4):309-12

²Zurada JM, Kriegel D, Davis IC. Topical treatments for hypertrophic scars. J Am Acad Dermatol 2006 Dec; 55(6):1024-31.

<http://ods.od.nih.gov/factsheets/VitaminE-HealthProfessional/>

<http://www.healthaliciousness.com/articles/vitamin-E.php>

PHOENIX SOCIETY SUPPORT OPTIONS

Phoenix Society – Live Online Support

Every Wednesday 6:00 – 7:30PM PST at www.phoenix-society.org

NEW!!

Phoenix Society is excited to announce the launch of **Parent Support – Facilitated Chat**, our new family-focused chat group. This facilitated chat session will be held on the **second Monday of each month from 9pm-10:30pmEST, beginning July 13th, 2015**. Parent Support – Facilitated Chat provides a supportive environment where parents and families can be expressive, collaborative and also connect with others regarding emerging issues surrounding youth and teen survivors and the effects of a burn injury on the entire family. Chat sessions will be guided by experts in the field of burn care, child development and family centered care.

