

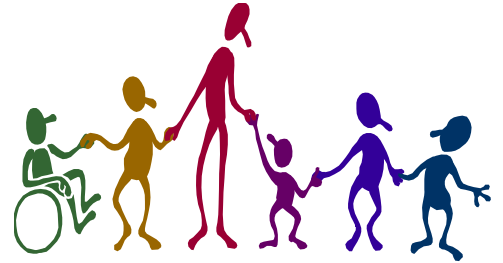
# The BurnNet

October 2015, Volume 34, No. 10

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## OUR GROUP MEETING

Thursday, **October 1**, 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) 734-5596.



## START YOUR OWN MEDITATION PRACTICE



The benefits of meditation are tremendous. In a world that is “on” 24/7, few of us get much regular rest. We go go go — perhaps getting a lot of work done, or cramming loads of activity into the day — while ignoring our body’s natural rhythms and need for post-sprint recovery. The result is that many of us are more stressed out, anxious, and depressed than previous generations.

A terrific antidote (that we all have with us all the time) is simple meditation. Scores of studies have shown the benefits of meditation to be broad and profound: meditation lowers our stress and anxiety, helps us focus, and, ironically, makes us more productive. Meditation even makes us healthier! After meditating daily for eight weeks, research subjects were 76% less likely than a non-meditating control group to miss work due to illness, and if they did get a cold or a flu, it lasted only five days on average, whereas the control group illnesses lasted an average of eight.

Here’s how: Sit in a comfortable position, spine straight and hands relaxed in your lap. Close your eyes, and turn your attention to your breath. Breathe naturally, controlling your attention, not your breath. When your mind wanders (it will) gently bring your attention back to noticing your breath. Try to meditate for 10-20 minutes before you go back to the hustle and bustle of the day, to really give yourself a break.

(If you are new to meditation, you can also start with just a minute or so and build up to 20 minutes. There are many different ways to meditate. I particularly like loving-kindness meditations if you want to get fancy.)

~Dr. Christine Carter, [www.christinecarter.com](http://www.christinecarter.com)

## 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](mailto:debjones@ucdavis.edu)



## QUOTE

You can be the most beautiful person in the world and everybody sees light and rainbows when they look at you, but if you yourself don't know it, all of that doesn't even matter. Every second that you spend on doubting your worth, every moment that you use to criticize yourself; is a second of your life wasted, is a moment of your life thrown away. It's not like you have forever, so don't waste any of your seconds, don't throw even one of your moments away.

~C. JoyBell C.



## UPCOMING EVENTS



### September 27 Burn Team Community Picnic

Elk Grove Regional Park (Area 7A), 9950 Elk Grove-Florin Road, Elk Grove, CA. **FREE** to burn survivors of all ages, firefighters, burn unit and clinic staff and their families! FF Local 522 and the Firefighters Burn Institute will host the BBQ. A bounce house for the little ones! Casual picnic atmosphere to relax with others. Bring chairs or blankets. RSVP **NOW** to ensure enough food! Call at Lisa (916) 739-8525 or email [lisa@ffburn.org](mailto:lisa@ffburn.org)



Phoenix Society  
for burn survivors

### October 21-24 the Phoenix Society World Burn Congress

This year in Indianapolis, IN; an annual, international conference that brings together 900+ burn survivors, their families, caregivers, burn care professionals, and firefighters. Go to [www.phoenix-society.org](http://www.phoenix-society.org) to register.



### November 13-15, 2015 Little Heroes Preschool Burn Camp

Camp Arroyo, Livermore, CA This camp is a model burn recovery program focusing on burn survivors ages 3 to 6 years old and their families. Family Application Deadline: Sept. 14. For more information, please contact Ka Vue at (916) 739-8525 or [ka@ffburn.org](mailto:ka@ffburn.org)

## OTHER SUPPORT OPTIONS



- Bothin Burn Center Burn Support Group, San Francisco  
4<sup>th</sup> Thursday of each month, 11:30 am – 1:00 pm  
Call 800-755-2876 for details and directions
- Santa Clara Burn Support Group, San Jose  
1<sup>st</sup> Tuesday of each month, 7:30 pm – 9:00 pm  
Call 408-885-6670 for details and directions
- Phoenix Society – Live Online Support at [www.phoenix-society.org/chat](http://www.phoenix-society.org/chat)
  - **Facilitated Peer Support**  
Every Wednesday 6:00 – 7:30PM PST
  - **Facilitated Parent Support**  
Second Monday of each month 6:00-7:30PM PST

## BUTANE HASH-OIL BURNS ON THE RISE

### Young people are at risk for severe, life-threatening burns from making hash oil

An unprecedented number of patients are winding up in the UC Davis burn unit with severe burns from butane hash oil explosions, the result of home-made hash oil production.

The butane explosions typically cause extensive, penetrating burns and other serious injuries. The steady increase in cases at UC Davis – from one in 2007 to 33 in 2014 and 15 already this year – is raising concern about an increasing threat to vulnerable young people.



"It's kind of an epidemic for us," said [David Greenhalgh](#), chief burn surgeon and director of the [Firefighters Burn Institute Regional Burn Center at UC Davis](#), who says injuries from these fires account for 8 to 10 percent of severe burn cases at UC Davis, a larger percentage than from car wrecks and house fires combined.

Law enforcement officials say hash oil production is a growing problem in California much like meth labs were 15 years ago. Also called BHO or honey oil, butane hash oil is formulated to contain high concentrations of THC, the active substance in marijuana, and is driven by a lucrative market, selling for \$800-1,300 per pound. Hash oil is easy to make, and sold in various forms to smoke and can be used in baking, experts say.



*"Whatever part of the body is exposed to air will be burned right away. These burns can be especially damaging to the face and hands."  
— David Greenhalgh*

With easy access to cheap supplies and online tutorials, hash oil production is becoming increasingly popular among young people, often unaware of how dangerous the process can be. Using compressed butane, which can be purchased in bulk on Amazon, hash oil is extracted from discarded marijuana trimmings. The danger lies in the invisible vaporized butane, which sinks to the floor and collects in enclosed spaces during the process, and all it takes is a simple spark of electricity, such as the rubbing of feet on the carpet, to set the room ablaze within seconds. "We've seen pictures of houses blown to pieces," Greenhalgh said, describing the ruins from which paramedics have removed patients.

Many how-to videos on YouTube specifically instruct viewers to keep hash-oil labs outside, but because the substance is illegal to manufacture in California, a lot of production happens indoors, causing an increase in the number of explosions and serious burns.

"Whatever part of the body is exposed to air will be burned right away," Greenhalgh said. "These burns can be especially damaging to the face and hands."

With clothes catching on fire quickly, people suffer third-degree burns over much of their bodies. "We've seen burns as big as 96 percent total body area," Greenhalgh said. Unlike other burns, third-degree burns penetrate all the way through the skin and cannot heal on their own. They require many skin grafts and long hospital stays, which Greenhalgh says are one day per percent of burn. A patient with 90 percent of their total body burned, for example, may need to stay in the

hospital for four to five months, undergoing multiple surgical skin grafts. In addition to the skin grafts, there's risk of infection, and patients may also suffer from severe smoke inhalation injuries and other organ problems, as well as the long-term consequences of scarring and disfigurement. "My biggest concern is that young people get into making hash oil," Greenhalgh said. "People don't realize how severe the injuries are and how it can change their life forever."

Reprint from:

[www.ucdmc.ucdavis.edu/welcome/features/2015-2016/07/20150729\\_hash-oil-burns.html](http://www.ucdmc.ucdavis.edu/welcome/features/2015-2016/07/20150729_hash-oil-burns.html)

## **FIRE PREVENTION WEEK OCTOBER 4-10**

*Hear The Beep Where You Sleep.  
Every Bedroom Needs a Working Smoke Alarm!*

Did you know that roughly half of all home fire deaths result from fires reported between 11 p.m. and 7 a.m., when most people are asleep?

Smoke alarms save lives. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. In fact, having a working smoke alarm cuts the chances of dying in a reported fire in half!

When it comes to smoke alarms, it's about "location, location, location".

The key message of this year's Fire Prevention Week campaign is to install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of your home, including the basement. Larger homes may need more alarms.

### **SAFETY TIPS**

- Install smoke alarms inside and outside each bedroom and sleeping area. Install alarms on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms because when one smoke alarm sounds they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. It is best to use both types of alarms in the home.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce nuisance alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

NFPA is excited to share this important information so everyone better understands the life-saving value of home smoke alarms. Visit Sparky's page for [fun activity sheets](#) and much more at [www.sparky.org](http://www.sparky.org)



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## **THIS OLD HOUSE**

Written by Janet Spoon, burn survivor

*This old house rests  
in obscurity at the elbow  
on the narrow dusty road  
battle-scarred, war-weary  
shutters dangle at the windows*

*Flesh-colored paint peeling, contorting  
indifferent, detached curiosity  
easily dismissed, not worth a second glance  
but do – please, do – look for me*

*A second glance is warranted,  
look past the pummeled shell  
to underlying bones constructed  
once housed a celebrated belle*

*Ol' Robert's road diverged I'm told  
my travel does not have the pleasure  
but a path of straight, of narrow  
briar-patched, imperfect measure*

*The beautiful ones, a club expelled  
how I long to be invited – do not I?  
battle-scarred, war-weary, dilapidated  
houses one who stands above and nigh*

*The truth of time sees what truly is  
Oh, when will others see  
for what exists within?  
I suppose it doesn't matter.*

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# FIREFIGHTER & BURN SURVIVOR RECOVERY CRUISE

April 18 - 22, 2016

50 cabins have been reserved for burn survivors, firefighters, friends and family!

The ship will be departing Monday, April 18<sup>th</sup> from Long Beach on Carnival Cruise Lines. Our destinations are **Catalina Island** and **Ensenada** on the Baja California coast of Mexico. The cruise will return to port Friday morning, April 22<sup>nd</sup>. Price listed includes all taxes, meals and on-board entertainment. Alcoholic beverages and gratuity will be an additional charge. Our group will also be treated to a hospitality welcoming event, shore excursion and optional group sessions addressing burn-related issues exclusively for our guests.



Scholarships are available to burn survivors! Please contact our office to apply.

<b>INTERIOR</b>	<b>OCEANVIEW</b>
from	from
<b>\$346*</b>	<b>\$386*</b>

**FOR QUESTIONS OR MORE INFORMATION CONTACT:**  
Firefighters Burn Institute • (916) 739-8525 • [rachel@ffburn.org](mailto:rachel@ffburn.org)

**TO BOOK YOUR CRUISE CONTACT:**  
Joshua at Cordially Yours Travel • (916) 838-3960 • [jmrtravel@comcast.net](mailto:jmrtravel@comcast.net)

CST#: 1013939-40

 **FIREFIGHTERS  
BURN INSTITUTE**

\*Prices are per person/double occupancy. Cabin category & location can effect price.  
Deposit of \$150/person due 12/11/15. Final payment due 2/5/16.  
\*\*\*Scholarships are available to burn survivors and awarded on an individual basis\*\*\*

**PROGRAM HOSTED BY: FIREFIGHTERS BURN INSTITUTE  
(916) 739-8525 • WWW.FFBURN.ORG**