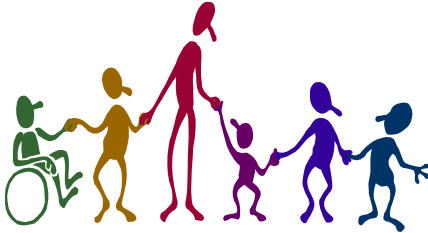


The BurnNet

February 2016, Volume 35, No. 2

OUR GROUP MEETING



Thursday, **February 4**, 7:30-9:00pm
Directors Conference Room
First Floor, Main Hospital

The Burn Recovery Support Group is a monthly meeting where burn survivors, families and significant others, discuss issues and raise questions related to their injury. For more info call (916) 734-5596.

QUOTE

If you can't fly, then run,
If you can't run, then walk,
If you can't walk, then crawl,
But whatever you do,
You have to keep moving forward.
~Martin Luther King, Jr.



UPCOMING EVENTS



January 30 Guns & Hoses 42nd Annual Football Game

Presented by Pig Bowl, held at Cal State Sacramento, 6000 J Street, Sacramento
Annual Charity Football Game: Sacramento Area Firefighters vs. Sacramento Law Enforcement. www.pigbowl.com



February 11-14 22nd Annual Firefighters "Fill the Boot for Burns" Boot Drive

Sunrise Mall, corner of Greenback and Sunrise in Citrus Heights. Want to volunteer to help? Contact Lisa Watanabe at 916-739-8525 or Deb Jones RN at 916-734-5596.
FREE Safety Fair for the community on Saturday!



March 5 FFBI and SFRA 2016 Mardi Gras Crab Feed

St. John Vianney Parish, 10497 Coloma Road, Rancho Cordova

6 p.m. No Host Cocktails. 6:30 – 11 p.m. Dinner

Tickets are ONLY \$50/each and includes: All-you-can-eat tossed green salad, Cajun Boil, bread, and of course... fresh, cracked Dungeness crab! No Host Cocktails, including the fine brews of American River Brewing Company. Raffle and Silent Auction. Music & Dancing. Call FFBI at 916-739-8525 for tickets!

QUESTION:

I saw a post on Youtube (<https://youtu.be/OEtJIESkk9U>), about paramedical micro-pigmentation, but don't remember if you've talked about this kind of tattooing before. Does this work for discolored skin? I've seen some burn survivors have their eyebrows tattooed, but didn't know if tattooing discolored burned skin would irritate it or not. ~ CC

ANSWER:

We've talked some about tattooing in Burn Support Group, but really not that much. Burn survivors used to seem more interested in "no pain" options, like camouflage makeup. However, there has been a huge increase in laser treatments to flatten and soften scars- and that procedure can be painful to have done and for a few days afterward too. So it doesn't surprise me that you and others are looking more closely at paramedical micro-pigmentation to color match scarred skin to the unburned skin.

So in answer to your first question, "Does this work for discolored skin?" Yes. It is a permanent tattoo, but using ink colors that more closely match your skin tone instead of ink colors of traditional body art. Keep in mind that even the most gifted technician is unlikely to match perfectly. See example below:



Before micro-pigmentation After micro-pigmentation

Photos from: www.westonbeautyclinic.co.uk/medical-micropigmentation/

As to the question of "irritation", knowing paramedical micro-pigmentation is tattooing, actually getting the tattoo is the most painful part of the process. Then one will experience discomfort for 1-2 days after the work is finished, but most people equate this to a minor sunburn. There are even some burn survivors that report no irritation or pain because they have no functioning nerves in the scarred area.

We always recommend a burn survivor wait at least 1 year out from their injury to allow the healing of the skin to include the entire scar maturation phase.

I would also recommend you look for someone who is a Certified Permanent Cosmetic Professional (CPCP). You can actually go to the Society of Permanent Cosmetic Professionals website:

www.spcp.org to find a technician or trainer near you.

Also, not all CPCPs are trained in *reconstructive pigmentation*- the color match of abnormal pigment and the surrounding skin for the treatment of skin hypo-pigmentation from vitiligo and hyper- or hypo-pigmentation from scars. The technician's skills and experience of combining colors to match your individual skin tone will make the difference between blended and blotchy. This requires additional training than those who specialize only in *esthetic pigmentation*- most commonly done for eyeliner, lips, and eye brows.

These procedures are sometimes covered by insurance for burn survivors, but always check first with your individual medical insurance provider.

~Deb Jones RN

STILL I RISE

You may write me down in history
With your bitter, twisted lies,
You may tread me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops.
Weakened by my soulful cries.

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own back yard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise

I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.
Leaving behind nights of terror and fear
I rise

Into a daybreak that's wondrously clear
I rise

Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.

~Maya Angelou



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. 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.

PHOENIX SOCIETY ONLINE LEARNING

For the first time, burn survivors and their families are able to participate in free online learning courses designed to empower, with the tools to handle questions, stares and social situations after a burn injury! In partnership with Target Solutions, Phoenix Society's Online Learning is a web-based program developed by burn survivors, family members, and burn care professionals. Enroll now at the following link:

www.phoenix-society.org/community/stayconnected/online-learning-community/



OTHER SUPPORT OPTIONS

- Bothin Burn Center Burn Support Group, San Francisco
4th 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
1st 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



- **Peer Support**

Every Wednesday 6:00 – 7:30PM PST

- **Facilitated Parent Support**

2nd Monday of each month 6:00-7:30PM PST

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



Fire Is Everyone's Fight™ is a national effort led by the U.S. Fire Administration to lower the number of home fires and home fire injuries in America. The goal is to change how people think about fire and fire prevention using social marketing strategies to address the broadest possible audience. Prevention of cooking fires is a current focus area for Fire Is Everyone's Fight™.

Statistics to share

Based on 2006-2010 annual averages:

- Unattended cooking was by far the leading contributing factor in home cooking fires.
- Two-thirds (67%) of home cooking fires started with the ignition of food or other cooking materials.
- Clothing was the item first ignited in less than 1% of these fires, but accounted for 16% of the cooking fire deaths.
- Stove tops accounted for the largest share (58%) of home cooking fire incidents. Ovens accounted for 16%.
- Three of every five (57%) reported non-fatal home cooking fire injuries occurred when the victims tried to fight the fire themselves.
- Frying poses the greatest risk of fire.
- Thanksgiving is the peak day for home cooking fires.

Source: National Fire Protection Association