

The BurnNet

June 2017, Volume 36, No. 6



OUR GROUP MEETING

Thursday, **June 1**, 7:30-9:30pm

The Burn Recovery Support Group is a monthly meeting where survivors, families burn and significant others, discuss issues and raise questions related to their injury. For more info, call (916) 734-5596.
Tower DCR North 1204 – First floor, near West Entrance

IS IT TOO HOT TO WALK YOUR DOG? USE THE 5-SECOND RULE.

Unlike you, your pooch doesn't have an inch of shoe leather or rubber between foot and ground. A cement pavement or blacktop walk on a hot day can be unwitting torture for your poor dog. While everyone is trying to beat the unbearable summer heat, it is important to keep your animals' safety in mind, too. Pets are dependent on their owners to protect them from the dangers of harsh weather.



Fortunately, there is an easy way to tell if it is just too hot to walk your dog—
The 5-Second Rule:

Your dog's paw pads are about as sensitive as the back of your hand. If you want to know if the ground is too hot for a walk, just place the back of your hand on the pavement. If you cannot hold it for five seconds, it is too hot to walk your dog.

~Moon Valley Canine Training Center, Sonoma, CA

*Keep this in mind before YOU decide to walk barefoot yourself!

QUOTE

Drench yourself in words unspoken
Live your life with arms wide open
Today is where your book begins
The rest is still unwritten.
~Natasha Bedingfield



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

UPCOMING EVENTS



JUNE 10 TOUGH MUDDER SACRAMENTO 2017

Team FFBI (Firefighters and Burn Nurses) will be running the rigorous 10-12 mile obstacle course - bigger, badder, and muddier than ever at Gibson Ranch County Park, Sacramento. Team FFBI have pledged to collectively raise \$10,000 for the FFBI before the big day! To help support their fundraising goals, please click [here](#). Want to be a sponsor? Contact the FFBI at (916)739-8525 or staff@ffburn.org.



JUNE 24 6th ANNUAL FIREFIGHTER'S "A TROPICAL AFFAIR"

The best tropical event of the year is BACK! Come and enjoy an evening with Sacramento's finest restaurants, breweries and wineries! This outdoor event will be held on The Lawn @ Shriners Hospital. Tickets on sale now- \$60 per person. Call FFBI at 916-739-8525 or www.ffburn.org



SEPTEMBER 24 BURN COMMUNITY PICNIC

11:00 AM – 4:00 PM, Elk Grove Regional Park, 9950 Elk Grove-Florin Road, Elk Grove. Free food, fun and games! Bring your picnic chairs and blankets. Fun and relaxing outdoor event with burn survivors of all ages, firefighters, burn unit staff and their families. Attendees MUST RSVP to Marcos at marcos@ffburn.org or 916-739-8525 by September 18!

DEADLINES!

Are you interested in returning to school or attending the Phoenix Society World Burn Congress?

Cliff Haskell Perpetual Scholarship

FFBI believes in helping burn survivors continue their educational journey and achieving their goals. ***Application for this scholarship is due July 1st.**

World Burn Congress Scholarship

FFBI offers scholarships to burn survivors to attend the Phoenix Society's World Burn Congress. ***Application for this scholarship is due July 15th.**



If you are interested, please contact the Firefighters Burn Institute at 916-739-8525 or staff@ffburn.org



PHOENIX SOCIETY ONLINE LEARNING

Burn survivors and their families are able to participate in free online learning courses designed to empower, with the tools to handle questions, stress and social situations after a burn injury! 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

Live Online Support

www.phoenix-society.org/chat

Peer Support

EVERY Wednesday 6:00 – 7:30PM PST

Facilitated Parent Support

EVERY Monday 6:00-7:30PM PST



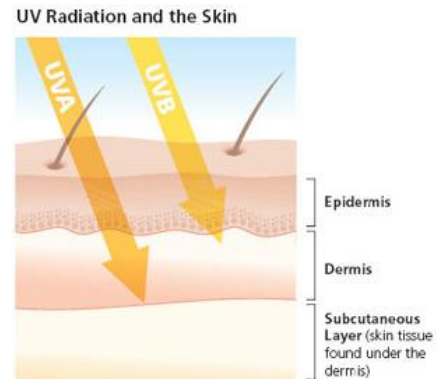
For any questions please do not hesitate to contact nicole@phoenix-society.org

QUESTION AND ANSWER

My doctor says my Vitamin D levels are low and suggested I take Vitamin D3 and Calcium supplements and go outside in the sun more. I have been told by other burn survivors that my skin grafts cover where I was once burned, but they don't do anything else and I should protect them from any sunlight. What do the experts say?

The two main ways to get vitamin D are by exposing your bare skin to sunlight and by taking vitamin D supplements. You cannot get the right amount of vitamin D your body needs from food alone.

The most natural way to get vitamin D is by exposing your bare skin to sunlight. Human skin converts the Ultraviolet B (UVB) energy of the sun to pre-vitamin D3. It is carried to the liver and then the kidneys, to transform into the active vitamin D your body needs for good health and bone growth. Every cell in the body has these receptors. Dr. Tina Palmieri said, "Skin grafts are still your real skin- so it also converts the UVB energy of the sun to vitamin D."



The amount of vitamin D you get from exposing your bare skin to the sun depends on:

- The time of day – your skin produces more vitamin D if you expose it during the middle of the day.
- Where you live – the closer to the equator you live, the easier it is for you to produce vitamin D from sunlight all year round.
- The color of your skin – pale skins make vitamin D more quickly than darker skins.
- The amount of skin you expose – the more skin your expose the more vitamin D your body will produce.

Also, you don't need to tan or to burn your skin in order to get the vitamin D you need. It happens very quickly-around half the time it takes for your skin to begin to burn. Example: It takes about 15 minutes for my fair skin to absorb enough UVB from the sun (less on a vacation closer to the equator).

Then it is time to slap on your sunscreen! Excess exposure of your skin to sun will not cause a vitamin D overdose; but it does lead to premature skin aging and wrinkling, suppression of the immune system, and plays a key role in the development of skin cancers.

Check out these websites for more information.

<https://www.vitamindcouncil.org/about-vitamin-d/how-do-i-get-the-vitamin-d-my-body-needs/>

<http://www.health.harvard.edu/mens-health/vitamin-d-and-your-health>



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. Do not be shy about this. Your recovery is dependent on being your own patient advocate.

UC DAVIS HEALTH FIRE MARSHAL'S OFFICE



The Fire Prevention Department at UC Davis Health will now be recognized as the UC Davis Health Fire Marshal's Office.

According to Michael Major, the Fire Marshal on the UC Davis Health campus, "the name change provides more continuity and aligns us with other University of California designated campus fire marshals."

The Fire Marshal's Office continues to provide fire and life safety services, including:

- Plan review and construction inspections
- Assisting in maintaining hospital accreditation
- Developing Fire and Evacuation/Relocation plans
- Fire and life safety inspections of existing facilities
- Issuing Hazardous Conditions and Special Event permit
- Coordinating fire drills
- Testing and maintenance of fire protection systems
- Fire extinguisher inspections
- New and refresher fire and life safety training
- Chairing the Life Safety Subcommittee
- Fire investigation/emergency incident follow up
- Liaison with the Sacramento Fire Department and other regulatory agencies

For more information about the name change or the services the Fire marshal provides, contact the Fire Marshal's Office at 916-734-3036 or online.

GET OFF THE SCALE. IT CANNOT MEASURE THE DEPTHS OF YOUR HEART. PUT DOWN THE MEASURING STICK. IT IS NOT LONG ENOUGH TO ASSESS YOUR WORTH. IGNORE THE SCORE. IT DOES NOT SHOW YOUR TRUE POTENTIAL. DON'T GET HUNG UP ON THE SALARY. IT DOESN'T EVEN COME CLOSE TO SHOWING YOUR VALUE. BAN THE MIRROR. IT CANNOT REFLECT HOW MUCH YOU ARE LOVED. IGNORE THE CRITIC. IT HAS NO IDEA HOW FAR YOU'VE COME. INSTEAD, LOOK FOR EVIDENCE OF A DAY WELL LIVED: I MADE SOMEONE SMILE. I GAVE A TENDER KISS. I HUGGED AND WASN'T THE FIRST TO LET GO. I ENCOURAGED. I LAUGHED. I BELIEVED. I LIFTED. I KNEELED. I FORGAVE. I LIVED. I LOVED.

-RACHEL MACY STAFFORD