

The BurnNet News

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BURNNET SURVIVORS MEETING

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

The BurnNet Survivors meet monthly to discuss issues and raise questions related to burns. Burn survivors, family members and significant others are invited. For more information, call (916) 734-5596. Tower DCR North 1204 – First floor, near West Entrance

WHAT'S IN YOUR CUP?

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere. Why did you spill the coffee? "Well because someone bumped into me, of course!" Wrong answer.

You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. (Whatever is inside the cup, is what will spill out.)

Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

So we have to ask ourselves... "what's in my cup?" When life gets tough, what spills over? Joy, gratefulness, peace and humility? Or anger, bitterness, harsh words and reactions? You choose! Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation; and kindness, gentleness and love for others.

~Rev. Cathie P. Young



ARE YOU RECEIVING THE BURNNET NEWS VIA E-MAIL?

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

Email Deb Jones RN at debjones@ucdavis.edu You can also find The BurnNet News at our website: www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html

TREATING A REAL COFFEE SCALD BURN

First aid treatment for a scald burn:

- Remove wet clothing as it can hide underlying burn and retain heat.
- Treat right away with cool water for 3-5 minutes. (NO ice!)
- Do not apply creams, ointments, sprays or other home remedies.

Depending on how serious a burn is, it may be possible to treat it at home.

- For minor burns, keep the burn clean and don't burst any blisters that form.

More serious burns require professional medical attention. You should go to hospital for:

- large or deep burns – any burn bigger than your hand
- burns on the face, hands, feet, or genitals that cause blisters



EVERYTHING YOU NEED TO KNOW ABOUT SUNSCREEN, BUT WERE AFRAID TO ASK

Sunscreen and sunscreen labels have changed. Words you no longer see on labels: *Waterproof* or *sweat proof*. These words mislead people into thinking it won't come off. The truth is sunscreen **will** wear off at some point. *Sunblock* is another word that misleads people. Manufacturers must use the word "sunscreen." Also, thanks to label changes, you can now tell whether a sunscreen can help prevent skin cancer, premature skin aging, and sunburn — or just sunburn.

Here is what to look for:

- Make sure you see the words "**broad spectrum.**"

To select a sunscreen that can protect against skin cancer, premature skin aging, and sunburn, you'll need to look for two things: the words "broad spectrum." This means that the sunscreen can protect your skin from both types of harmful UV rays — UVA rays and UVB rays. Sunscreens that don't protect against UVA or have a broad spectrum SPF below 15 will carry a warning: "This product has been shown only to prevent sunburn, not skin cancer or early skin aging."

- Choose sunscreen with **SPF 30** or higher.

The second thing you want to look for is the SPF. Our burn team, as well as the American Academy of Dermatology recommends that you select a sunscreen with an SPF rating of 30 or higher.

- Look for the words "**water resistant.**"

We also recommend that you look for the words "water resistant." This tells you that the sunscreen will stay on your skin for a while even if your skin gets wet. Not all sunscreens offer water resistance. If the sunscreen offers water resistance, you will see "40 minutes" or "80 minutes" after the words "water resistant." This tells you how long your skin can be wet or sweaty before you need to reapply.

- Select a sunscreen you really like.

Sunscreen can only protect your skin when you use it. When shopping for sunscreen, try samples if available. Smell the product. Selecting sunscreen that you really like helps to ensure that you'll use it.

- Select sunscreen that does not contain insect repellent.

You will still find sunscreen that contains insect repellent. However, it is recommended that you buy these two products separately. You need to reapply sunscreen liberally-- at least every two hours. In most situations, you need to reapply insect repellent much less frequently and much more sparingly.

- Select a product to protect your lips.

Skin cancer can develop on the lips — and be quite aggressive. To protect your lips, select a lip balm that is labeled "Broad Spectrum SPF 30." Be sure to use it year round.

How to apply:

Sunscreen can protect your skin against skin cancer and premature aging. However, it is not as effective unless it's applied correctly. Follow these tips when applying sunscreen:

- Apply sunscreen generously before going outdoors. It takes approximately 15-20 minutes for your skin to absorb the sunscreen and protect you. If you wait until you are in the sun to apply sunscreen, your skin is unprotected for that first 15-20 minutes after application.
- Use enough sunscreen. Most adults need at least one ounce of sunscreen, about the amount you can hold in your palm, to fully cover all exposed areas of your body. Rub the sunscreen thoroughly into your skin.



- Apply sunscreen to all bare skin. Remember your neck, face, ears, tops of your feet and legs. For hard-to-reach areas like your back, ask someone to help you or use a spray sunscreen. If you have thinning hair, apply sunscreen to your scalp.
- If you choose the new sunscreen sprays on the market, never apply near an open flame like a BBQ grill, candle or lighter; and do not approach a flame until the product has had time to dry completely.
- Reapply sunscreen at least every two hours to remain protected, or immediately after swimming or excessively sweating.
- People who get sunburned usually didn't use enough sunscreen, didn't reapply it after being in the sun, or used an expired product. Sunscreen expires?!! How do you know?
 1. To determine if sunscreen has expired, first look for an expiration date on the label.
 2. If there is no expiration date, you can call the customer service number listed on the label. You can provide them with the codes that are printed on the bottle and they can tell you if it has expired.
 3. Most sunscreens have a three-year shelf life. After sunscreens expire, the chemicals begin to degrade and separate, making them less effective.
 4. Always check the expiration date on sunscreen **before** you purchase it.
 5. Keep in mind that extreme temperatures can also make sunscreen become less effective, despite its expiration date. Don't store it in your car or leave it out in the sun.

More Sunburn Protection Tips

- Your skin is exposed to the sun's harmful UV rays every time you go outside, even on cloudy days and in the winter. So whether you are on vacation or taking a brisk autumn walk in your neighborhood, remember to use sunscreen.
- When possible, dress yourself in cool, comfortable clothing that covers the body, like lightweight cotton pants, long-sleeved shirts, and hats.
- Select clothes made with a tight weave - they protect better than clothes with a looser weave. If you're not sure how tight a fabric's weave is, hold it up to see how much light shines through. The less light, the better.
- Wear a hat or cap with a brim that shields the face and ears.
- Limit your sun exposure between 10:00 am and 4:00 pm, when UV rays are strongest.
- Wear sunglasses with at least 99% UV protection.
- Set a good example. You can be the best teacher by practicing sun protection yourself. Teach all members of your family how to protect their skin and eyes.

Sunscreen for Babies:

- Keep babies younger than 6 months out of direct sunlight if possible. Find shade under a tree, umbrella, or stroller canopy. If protective clothing and shade is not available, use sunscreen on small areas of the body, such as the face, ears and feet.
- For babies older than 6 months: Apply to all areas of the body, but be careful around the eyes.

Lastly:

1. If you get sunscreen in your eyes, flush with plain water and wipe hands with a damp cloth.
2. If the sunscreen irritates, try a different formula (lotion, stick, spray) or try a different brand.
3. If a rash develops, stop using it and talk with your doctor.

UPCOMING EVENTS



JUNE 3RD THIRD ANNUAL REGIONAL SAFETY DAY

Hosted by the Elk Grove Police Department (EGPD) and the Cosumnes Fire Department (CFD). 10 am – 3:00 pm at Elk Grove Park, 9950 Elk Grove Florin Rd, Elk Grove, CA. Safety-oriented organizations from throughout the region will demonstrate their own area of expertise. The event will feature tents, displays, and vehicles, as well as live demonstrations throughout the day.



JUNE 23RD 7TH ANNUAL FIREFIGHTER'S A TROPICAL AFFAIR

The best tropical event of the year is returning! Come and enjoy an evening with Sacramento's finest restaurants, breweries and wineries! This outdoor event will include live music, Hawaiian hula dancers, local celebrity MCs, and a variety of foods and beverages provided by generous local business sponsors. Tickets are \$60/ ticket or \$100/ 2 tickets. Contact Lisa Watanabe at lisa@ffburn.org or 916-739-8525



JULY 28 – AUGUST 3 FIREFIGHTERS KIDS CAMP 2018

Camp Arroyo, Livermore

Firefighters Kids Camp is a program held annually to benefit young burn survivors ages 6 to 17. Our mission is to provide young burn survivors with a fun and safe camp environment that encourages healing, personal growth and character development within a natural setting. www.ffburn.org/firefighters-kids-camp Deadline to apply is **June 1, 2018**. Call Lisa at the FFBI 916-739-8525 if you have questions.

CLIFF HASKELL PERPETUAL SCHOLARSHIP



FFBI believes in helping burn survivors continue their educational journey and achieving their goals. Up to four \$2,000 scholarships will be awarded each year, to local burn survivors. Applicant must be pre-enrolled and accepted for full-time attendance to a college, university, trade school, or technical school before any money is distributed. Request an application from the Firefighters Burn Institute (916) 739-8525 or marcos@ffburn.org. Applications must be postmarked by **July 1, 2018**.

OTHER SUPPORT OPTIONS

Phoenix Society for Burn Survivors

Find support and connection whenever you need it, wherever you are through Phoenix Society's active online community.

- **Peer Support Chat:** This weekly, moderated chat gives burn survivors a place to connect and discuss lifelong burn recovery.
- **Online Learning:** These free online courses are designed to empower burn survivors and their families with tools to handle social situations after a burn injury.
- **Resource Library:** Browse the resource library for burn survivor stories, information, and articles about the physical, emotional, and social aspects of recovery.
- **Blog:** Stories and tips by the burn community, for the burn community.



QUOTE

When you're in a dark place,
You sometimes tend to think you've been buried.
Perhaps you've been planted.

Bloom!

~Christine Caine