

BurnNet Survivors Support Group on ZOOM

Thursday, May 5th, 7:00-8:30pm

and Thursday, May 19th, 11:30am-12:30pm

While we are all following the guidelines for physical distancing as recommended, this is NOT the time to be socially disconnected. This really can be a difficult time. Even though the rules have changed in California, UC Davis Health continues with our temporary visitor policy, which restricts visitors to reduce the number of people in our facilities.

The BurnNet Survivors have regular meetings to discuss issues and share questions and answers related to burn injuries and recovery. This is through **ZOOM** format thanks to the generosity of the Firefighters Burn Institute. Interested burn survivors, family members, caregivers, and significant others must pre-register to obtain access to the meeting.

Please register at <https://forms.gle/oj9HxyJ9zYrMEBJe9>

Lunch Bunch with Jason Heard, MD & Burn Survivor

Thursday, May 12th, 12:00-12:30pm

Our Lunch Bunch meetings will be featuring a guest contributor from our Burn ICU team in our newsletter along with a virtual guest speaker on Zoom. At the end of Jason's talk, there will be a Question & Answer session. You are encouraged to bring your questions.

Please sign-up at <https://forms.gle/BpiyzexMRi35bVsg9>

Walk & Talk Wednesday

May 18th @ 10am

Capitol Park- Corner of 15th and L (across from Cafeteria 15L)

Warmer weather is here, the sun is shining, and flowers are blooming. Grab your sunblock, sunglasses and join us for our monthly Walk & Talk. This group is to socialize and get to know the burn community. Bring your family and friends for donuts and coffee. Wear comfy clothes for an easy walk around the capitol. No sign up necessary.

Sweat and Stretch

Thursday, May 26th, 7:00-7:45pm

Renee Palombi Johnson will be leading a workout using bodyweight for exercises and a stretch session on Zoom for burn survivors, caregivers, and their families. Join us to get in a fun workout from the comfort of your home!

To sign-up please email lhspink@ucdavis.edu

May 2022

- **BurnNet Survivors meeting on May 5th from 7:00-8:30pm**
- **Lunch Bunch with Jason Heard on May 12th from 12:00-12:30pm**
- **Phoenix Society WBC: Engage May 14th**
- **BurnNet Survivor meeting May 19th from 11:30am-12:30pm**
- **Walk & Talk Wednesday on April 15th at 10am**
- **Sweat & Stretch Zoom May 26th from 7:00-7:45pm**

Sun Protection After Burns

Some burn patients are advised to avoid the sun completely for a year or longer. Others are told that sun exposure is okay with some type of protection. Please consult with your clinician.

If you suffer from a second-degree (partial thickness) burn, you lose the outer most layer of the skin, or epidermis. Your skin contains melanin, which gives your skin the brown or black pigment that defines your color. Melanin is found in the epidermis. In a second-degree burn or deeper that pigment is lost, the burn is initially pink and unpigmented.

The deeper the wound, the slower the re-pigmentation process occurs. The entire re-pigmentation process may take more than a year to be completed and very deep wounds may in fact never regain pigment. Often a color difference remains in the healed burn wound and the surrounding areas.

What does this have to do with sun exposure?

Sun exposure increases pigmentation, also known as “tanning.” However, during the re-pigmentation period, sun exposure may also affect the final pigmentation result, which is why burn survivors are advised to be careful in the sun, and not to expose their burns too much as the result may cause the injured area to become darker than the areas surrounding it.

Taking Appropriate Precautions

Strategies that you can use for protecting yourself from these negative effects of the sun fall into three categories: *environmental, physical, and chemical.*

Environmental protection strategies:

- People at risk (such as burn survivors) should avoid direct exposure between noon and 3:00 pm.
- Elevation above sea level also influences the extent of UV exposure.
- Fog, haze, or clouds can reduce UV exposure by 10-90% but sunburns can still occur.
- Sea water can reflect up to 15% of UV light, but pool water does not reflect much.
- UV light will be penetrated approximately 1 meter into the water so swimmers are at risk.



Physical protection strategies:

- Loose fitting, dry clothing with tightly woven, thicker, darker, and unbleachable fabrics offer more protection. Denim, wool, and synthetic fabrics or those treated with an ultraviolet absorber are also safer.
- Loosely woven, lighter colored and thinner fabrics have less protection from the sun. Cotton, linen, acetate, and rayon clothing provide less UV light protection.

Chemical protection strategies:

- Inorganic sunscreens include zinc oxide and titanium dioxide. The inorganic sunscreens are very effective, but they are less cosmetically acceptable since they are visibly white on the skin.
- Organic sunscreens absorb UV radiation and are divided into UVB, UVA, and broadband absorbers (absorbing UVA and UVB light). You can buy sunscreens that absorb both UVA and UVB light.

Greenhalgh, D. (n.d.). *Sun Protection After Burns*. Phoenix Society for Burn Survivors. <https://www.phoenix-society.org/resources/sun-protection-after-burns>.





FIREFIGHTERS BURN INSTITUTE

Big Day of Giving

Thursday, May 5, 2022

This is a 24-hour giving challenge that helps affirm what we all know makes this the place we call home the best a community can be.

The Firefighters Burn Institute is excited to participate in this national giving day and we can't do it without you! With your help, we continue to offer programs including Firefighters Kids Camp for young burn survivors, Little Heroes Family Burn Camp, Youth Firesetter Intervention and burn recovery support. Your dollars also help educate burn care professionals and firefighters, purchase burn unit equipment and fund burn research.

Thank you in advance for your support. We could not do what we do without generous supporters like you! **Donate online at www.bigdayofgiving.org on May 5th or send a check to FFBI at 3101 Stockton Blvd., Sacramento, CA 95820, memo: BDOG!**

Explore, learn, heal, and connect at Phoenix WBC: Engage

Friday, May 14, 2022

Start or continue your Phoenix World Burn Congress (WBC) experience with a new opportunity to explore, learn, heal, and connect with the burn community. This global, virtual event will have many familiar Phoenix WBC elements, only in a single day format. There will be additional sessions each month after Engage through November. Many sessions will be recorded.

FFBI is proud to [offer scholarships to the community](#) for this virtual event. Please reach out with any questions. [Applications are due May 10](#) and will be considered on a first come, first served basis. FFBI scholarships may not be combined with scholarships from other burn foundations. Share this information to encourage more burn survivors to apply!
