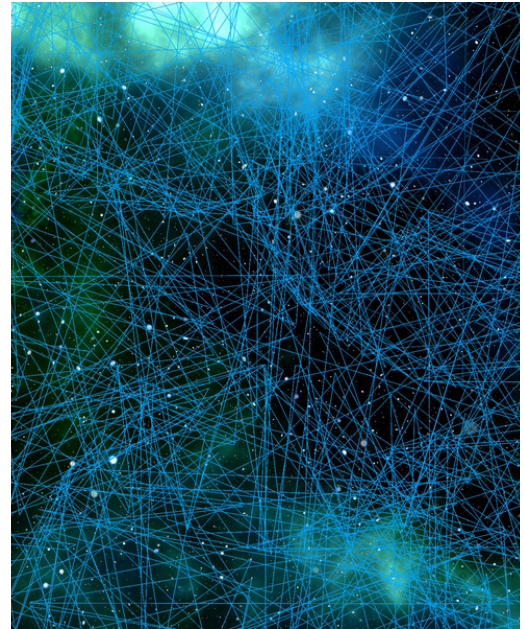


# Life After Burns

Fall 2021 Newsletter



## What's Happening?

Since Life After Burns' conception earlier this year, we have made strides in the burn community towards bringing those affected by burns together, within Ontario, but our reach has gone far beyond our province. Folks from all across Canada, the USA, and even the UK have reached out, or participated in our programs. As our connections grow and deepen, so does our healing and growth. We have been welcomed and accepted by many, who were ready for something new and the opportunity to connect.

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## *A Word from Victoria*

What an amazing 8 months it has been. From speaking to a friend about starting a blog about my journey on her couch, to connecting with the burn community across nations. I feel truly blessed to be a part of something so much bigger than myself and my own journey.

Throughout this process, immense personal healing has taken place, with more to come. The ability to share, hear others stories, and seeing others thrive in our community has truly given me hope for our future.

Thank you to those that believed in me from the beginning and joined me on this path of discovery, challenges, ups and downs, and growth.

October 26th marked my 19th Burnaversary, and it was my best one yet. I was able to share it with an accepting, loving, and understanding community.

This newsletter focuses on community, and the importance of working together to create change. I am excited to introduce the growing team at LAB. Anyone interested in joining us, don't hesitate to contact us.

*"There is no power for change  
greater than a community  
discovering what it cares about."*

**MARGARET WHEATLEY**



# MEET OUR NEW TEAM MEMBERS

If you're interested in volunteering with Life After Burns, go to <https://www.lifeafterburns.ca/volunteer>

## *Meet Tibor*

**FINANCE & RESEARCH**



My name is Tibor Csery. I am an electrician, a mentor, a firefighter and a proud board member of Life After Burns. I am your hands on guy that you can depend on to find the solutions. I have spent many years watching a burn survivor near and dear to my heart struggle with her self image and periodically with isolation. She had no community or help who could truly understand her struggles. I joined LAB to help create a safe space, a space where her and people like her can go to recover and grow together. The fire industry does a spectacular job at fire prevention and intervention, but there is still lots of room to grow on the rehabilitation front. I am here to learn, grow with the LAB community and help bridge this gap. Create a future where everyone has the chance, resources and ability to thrive.

## *Meet Dayne*

**HUMAN RESOURCES & GENERAL SUPPORT**



My name is Dayne Manuel, I work as a carpenter and I am also an aspiring police officer. As a non burn survivor i have chosen to become involved in the burn community because of the amazing people I have met with burns and because I grew up with a close family member who suffered 3rd degree burns. We all had questions, but didn't know how to ask or deal with our emotions. Through LAB, I believe we can answer those questions and help spread awareness, providing tools for family members and friends affected by this. Being involved and being surrounded by people who understand you mentally, emotionally, and physically can be so rewarding no matter where you are on your journey.



# MEET OUR NEW TEAM MEMBERS

## *Meet Heather*

### PEER SUPPORT



My name is Heather and I am a social worker and burn survivor. At the age of 7, I was in an accident resulting in a friction burn along my arm. This led me to a great supportive camp group which made me realize the benefits of community connection.

I recently graduated this year with my Masters in Social Work and currently work supporting women experiencing domestic violence. In my spare time I volunteer with the camp that helped me grow as a child and now with Life After Burns. I see the benefits of not only being part of a community of individuals who have experienced a burn injury but also giving back by being a support system and sharing my story.

I hope to meet and get to know many people and look forward to learning about you!

## *Meet Chelsea*

### HUMAN RESOURCES



My name is Chelsea Wang and I'm bringing my knowledge and experiences of human resources management to LAB, helping LAB to grow and thrive. When I was 16-months old, I was burned by boiling water, which left visible scars on my chin, chest and right arm. The most difficult thing for me to do till this day is to show my scars to people. However, I don't want to hide anymore because I am deeply proud and grateful of who I've become today. I'm still learning and challenging myself to show up for myself. I joined LAB to contribute, to share, and also to continue to grow and heal together with everyone else in the community. I believe that every burn survivor deserves a fulfilling life in which they can freely express themselves through their voices and their physical appearances. I'm excited to be part of the team and looking forward to getting to know more excellent individuals in the burn community.





# MEET OUR NEW TEAM MEMBERS

## *Meet Moe*

RESEARCH & EDUCATION



My name is Mojtaba (Moe) Khezry, I have very recently joined the burn community. I sustained burn to 30% of my body, in 2020. I have gratefully joined the community to share information I've gathered on brand new research published in scientific and medical journals in a simplified language.

I feel supported in our peer chats and oblige myself to support my peers when I can. I am back to doing what I was doing before my burn injury at full speed but the physical/emotional scars and pain remains. I guess I am just a happy parent of two young children for whom I will do anything!

I also bring years of work and experience working for a non-profit organization and charitable organizations.

**If you'd like to join the team, please visit  
<https://www.lifeafterburns.ca/volunteer>**



# COMMUNITY BUILDING

YOU WILL ALWAYS FIND WHAT YOU'RE LOOKING FOR, BUT TOGETHER WE WILL FIND IT FASTER.

**BY: MOJTABA (MOE) KHEZRY**

Humanity's success and dominance on planet earth is partially attributed to their communicative ability. The ability to communicate made innovations possible and the ability for one member to suggest possible changes to betterment each other's findings.

We thrived to innovate, find better technologies that worked better and were more efficient by working with a team of people that had similar thoughts and/or had similar end goals at heart.

Here at Life After Burns, we are different people with diverse ethnic, cultural, religious, and even educational and career backgrounds but we are all connected by our physical and emotional scars. We want to find better ways to heal, we want to be informed of available treatment options, we want to learn how to advocate for our needs, we want to be informed of available resources to ourselves and to our loved ones.

In this edition life after burns newsletter, we want to introduce you to our current team and extend our welcoming arms to volunteers that see eye to eye with us on this cause. Volunteers that can bring listening ears, advocating power, academic strength, social influence or any other strength to our table.

Our goal is to build a strong community for new survivors, long term learning survivors and aging survivors and their loved ones.



*"If you want to walk fast, walk alone. If you want to walk far, walk together!"*



# Current Research: literature review

BY: MOJTABA (MOE) KHEZRY

## HOW TO PREVENT EXSANGUINATION (SEVERE LOSS OF BLOOD) ON THE SURGICAL TABLE?

Blood, the life giving fluid. An average human adult carries about 4-6 litres of blood, but one can only afford to lose about 2 litres before going into hypovolemic shock, and 3-4 litres before losing their life.

Army medics, having to save bleeding soldiers were very concerned with their limited ability to save their lives. As such, they first looked into the problem, and before long, they found that they could have a physical means of preventing blood loss by applying a tourniquet and chemical means of replacing lost blood through IV injection of donated blood and/or saline solutions.

Replacing patient's blood with donated blood came with it's own risks: (1) infectious diseases that could be transmitted via blood, (2) possible mis-match of exact blood antigen profile , (3) allergic reactions, and more.

Most recently Army Medics in Afghanistan revisited the idea again that begs the question; "can we use the body's natural ability to clot blood?". "what happens if we inject bleeding patients with concentrated blood clotting factors?" and they found out that, use of clotting factors instead of blood replacement therapy was both safer and reduced any complications associated with blood - replacement therapy.

In this study Tichil et al. applied the same idea to burn patients and injected patients with clotting factor before/while excising burnt tissue and preparing the site for skin graft. Also similar to army findings, Tichil et al. found out that, burn survivors injected with clotting factor, lost less blood during surgery, recovered better and experienced less complications.



**TICHIL, IOANA, ET AL. "TREATMENT OF ANAEMIA IN PATIENTS WITH ACUTE BURN INJURY: A STUDY OF BLOOD TRANSFUSION PRACTICES." JOURNAL OF CLINICAL MEDICINE 10.3 (2021): 476.**

**On a side note:** If you think it's right for you and your doctor agrees, Canadian blood services will always be happy to collect, process and store your blood and give it to a patient in need.

  
Canadian Blood Services  
it's in you to give



# Current Research: literature review

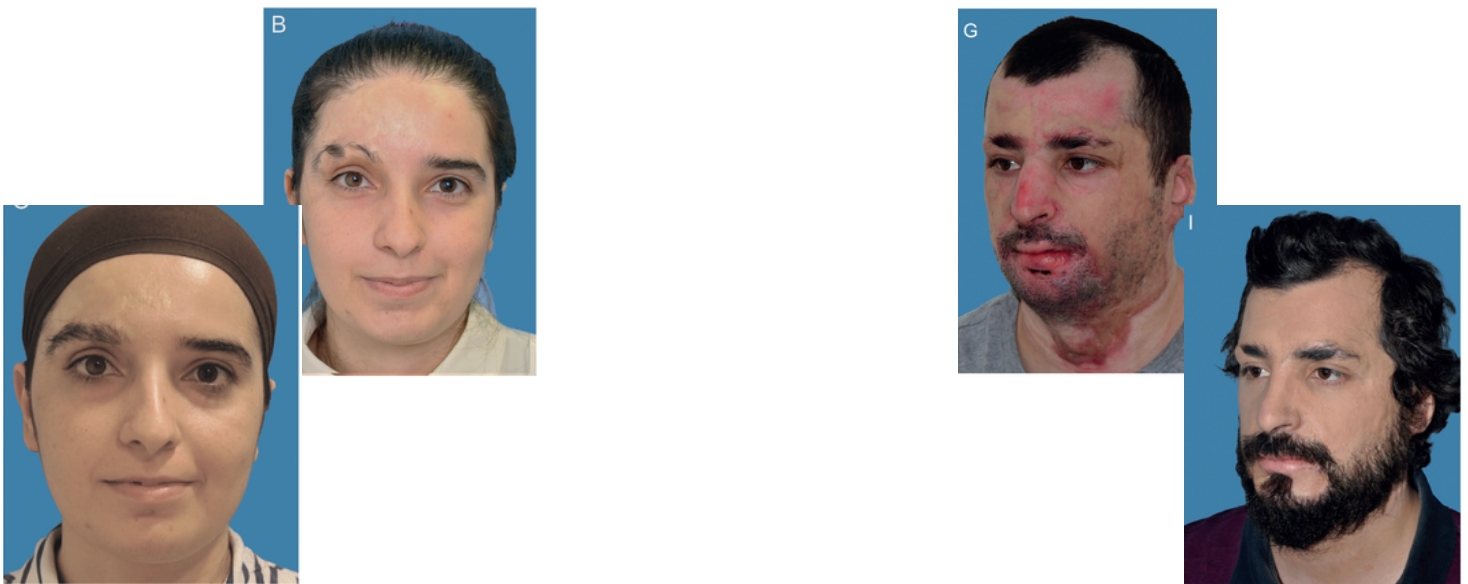
BY: MOJTABA (MOE) KHEZRY

## RE-CONSIDERING FACIAL HAIR? THIS IS FOR YOU AND ME!

We spend a great deal of our time cutting, trimming, and grooming our scalp and facial hair. This is without thinking much of the important function those hair cells serve. Human hair serves as protective, thermally insulating and contrary to our belief, as a sensory layer. Also, recently hair and hairstyle has become an identifier of social class and a statement of identity.

In burn survivors, loss of hair on the scalp and/or hair bearing parts of the face can have a great impact on a person's psycho-social wellbeing and/or their body image. There are many interventions that surgeons can take to preserve and/or reconstruct the hair bearing parts of the face.

Hair transplantation on grafted skin is also complicated by poor tissue perfusion, tissue stiffness, and infection at the transplanted site. This study finds that hair transplantation could achieve a significantly improved outcome, if the skin graft receives a non-ablative fractional laser therapy and fat grafting prior to hair transplantation. This study has a promising future for survivors needing to sneak some facial scar under facial hair, like myself!



AGAOGU, GALIP, ET AL. "HAIR TRANSPLANTATION IN BURN SCAR ALOPECIA AFTER COMBINED NON-ABLATIVE FRACTIONAL LASER AND MICROFAT GRAFT TREATMENT." *AESTHETIC SURGERY JOURNAL* (2021).





## PEER SUPPORT GROUPS

### BURN SURVIVORS & LOVED ONES

Our monthly support group for burn survivors and loved ones focuses on peer-to-peer support. It is an open chat, with a topic or speaker at each session. Hosted over Zoom every 4 weeks on Wednesday's.

Upcoming dates: December 1st, December 29th, January 26th

### CAREGIVERS

A monthly support group for caregivers and family members of burn survivors. This group allows the chance to connect and discuss various topics unique to the experience of providing care for a burn survivor at different stages of their healing journey. Be a part of the community by asking questions, sharing your story, and reflecting.

This group will be run by Heather Earl, a Social Worker, and Burn Survivor, She will be accompanied by Barb Hodge, a retired Occupational Therapist, and Sandy Cook, a caregiver and wife of a burn survivor.

*This is a closed group, for caregivers only.*

### SHARE YOUR STORY

Would you like to share your story with others?

Sharing your story is a great way to inspire others. By finding similarities in each others stories, it helps us live more fulfilling lives.

In sharing your story, you can:

- Make others feel less alone
- Give others a voice, find your voice
- Spread hope and awareness

Share at <https://www.lifeafterburns.com/share-your-story>



## SESSIONS

Experts join us once a month to talk to us about an important topic relating to burns, self care, and healthy and happy living. Hosted over Zoom. Every 3rd Thursday, a speaker discussing a burn-related topic will join us for 40-60 minutes. There will be a chance to ask questions after the speakers presentation.

### **November 18 2020**

Lead by Cindy Rutter, (*burn survivor, retired burn nurse manager, family therapist*), we will look at how our lives are impacted when it comes to dating, sexuality and intimacy following a burn injury. Sex and sexuality are important parts of everyday life. Intimacy is a way to connect closely with oneself or another person on an emotional or physical level.

### **December 16 2020**

Lead by James Bosch, (*burn survivor, therapist*), this talk will explore how trauma symptoms present in burn survivors and what we can do to manage those. It is appropriate for survivors and loved ones dealing with post trauma symptoms, full blown PTSD, and Complex-PTSD. We will look at the different types of trauma and look for ways to move from being trapped in symptoms to moving toward post traumatic growth.

### **January 20 2021**

Lead by Pat Dixon, a former Advanced Care Paramedic in ThunderBay, this talk will explore how to deal with trauma, how to cope with and process anxiety, and how you can manage in the complex and demanding world. Initially focused on coping skills for first responders and their family members, it is increasingly clear that these skills are applicable to everyone.

Register at <https://www.lifeafterburns.com/sessions>  
(You only need to register once to receive monthly links)



# Resources

## LIFE AFTER BURNS

[www.lifeafterburns.ca](http://www.lifeafterburns.ca)

[ourlifeafterburns@gmail.com](mailto:ourlifeafterburns@gmail.com)

## CANADIAN BURN SURVIVORS COMMUNITY

[www.canadianburnsurvivors.ca](http://www.canadianburnsurvivors.ca)

## ADVANCEMENT OF CARE AT SUNNYBROOK HEALTH SCIENCES

<https://www.youtube.com/SunnybrookHospital>

## PHOENIX SOCIETY FOR BURN SURVIVORS

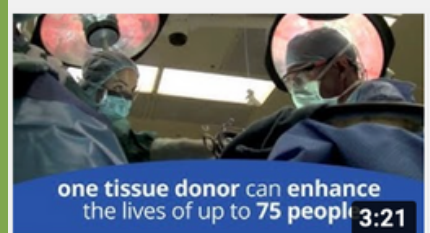
<https://phoenix-society.org/>



This specialized laser is helping patients heal after...



A possible new treatment for PTSD



Burn patient saved by tissue donations

