

THE CBSC

newsletter

SPRING 2021



Welcome

Welcome to our tenth newsletter. The Canadian Burns Survivors Community (CBSC) is a community of burn survivors, firefighters, burn unit staff member and advisors who have come together to offer support and education to any person or people that have been affected by the trauma of burns. We have been working since 2007 to offer support to burn survivors and family members of

survivors in a variety of ways. Our main work is to ensure that biennial conferences for burn survivors take place across the country; we select the host groups and help with the planning and execution of the conferences. We also maintain a website that is often used by Canadians who have experienced burns to help them get connected in their own communities to local organizations or survivors.

COVID-19

A big thank-you to all our Health Care Workers, First Responders, and essential service workers during this unprecedented time. Please follow the health guide lines to protect yourselves and your families.

Stay home to help flatten the curve of this virus, hopefully this is short term, and this will pass sooner than later.

CORONAVIRUS DISEASE (COVID-19)

YOU MAY HAVE COME IN CONTACT WITH THE VIRUS THAT CAUSES COVID-19

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 in Canada. All persons entering Canada **MUST self-isolate for 14 days and monitor themselves for symptoms** subject to the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation)*.

Compliance with this Order is subject to monitoring, verification and enforcement. Those in violation may face detention in a quarantine facility as well as fines and/or imprisonment.

PERSONS EXEMPT FROM MANDATORY QUARANTINE (SELF-ISOLATION)

The mandatory isolation order does not apply to certain people who may be returning to or entering Canada for work, and who are not experiencing signs or symptoms consistent with COVID-19 at the time of entry.

You are identified as an individual who is exempted from this Order because you meet the definition of an essential service worker.

As such, you are required to respect the intent of the order to minimize spread of COVID-19 in Canada.

You must continually monitor your health for symptoms of COVID-19 including for 14 days each time you re-enter Canada. You are also reminded to be aware of and respect the public health guidance and instructions of the area where you are located.

This exemption does not apply to anyone who has symptoms of COVID-19.

If you have the symptoms below before or upon entry into Canada, you must disclose this information to the border services officer or quarantine officer who will provide additional instructions.

MONITOR YOUR HEALTH

FEVER



COUGH



DIFFICULTY
BREATHING



For 14 days after each time you enter Canada, if you have symptoms of COVID-19 (cough, shortness of breath, or fever equal to or greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating):

- ▶ immediately isolate yourself from others in your living space;
- ▶ contact the public health authority in the province or territory where you are located as soon as possible and follow their instructions (see back of sheet); and
- ▶ contact your employer for further instructions related to your work.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

Public Health Authorities Provinces & Territories Phone Number/Website

Province/Territory	Phone Number	Website
British Columbia	811	www.bccdc.ca/covid19
Alberta	811	www.myhealth.alberta.ca
Saskatchewan	811	www.saskhealthauthority.ca
Manitoba	1-888-315-9257	www.manitoba.ca/covid19
Ontario	1-866-797-0000	www.ontario.ca/coronavirus
Quebec	1-877-644-4545	www.quebec.ca/en/coronavirus
New Brunswick	811	www.gnb.ca/publichealth
Nova Scotia	811	www.nshealth.ca/public-health
Prince Edward Island	811	www.princeedwardisland.ca/covid19
Newfoundland and Labrador	811 or 1-888-709-2929	www.gov.nl.ca/covid-19
Nunavut	1-867-975-5772	www.gov.nu.ca/health
Northwest Territories	911	www.hss.gov.nt.ca
Yukon	811	www.yukon.ca/covid-19



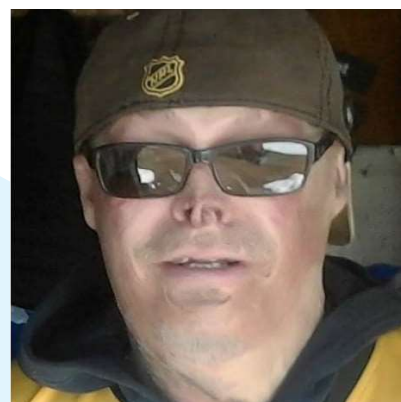
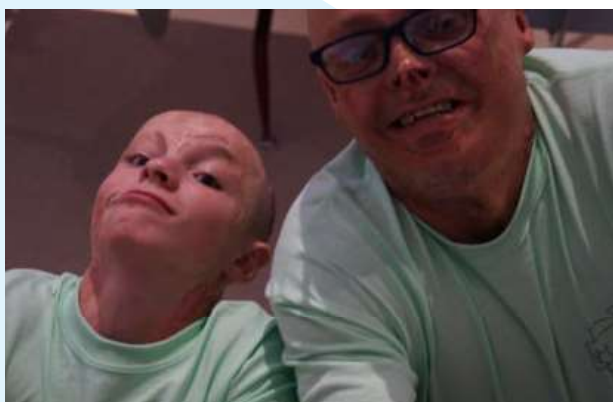
Passing of Daryll Ley

It comes with great sadness that we announce the passing of a dear friend and fellow Burn Survivor, Daryll Ley, Husband to Celina, stepfather to Ethan and Alison.

Daryll was involved in an ATV accident on Saturday, February 13th and passed due to his injuries. He was 57.

Daryll was Vice- President of the Nova Scotia Burn Support Group for the past 10 years and was involved with the Burn Camp, Camp Connect and was very involved with the children.

In lieu of flowers, donations may be made to the Nova Scotia Fire Fighters Burn Treatment Society, Burn Unit, in Daryll's name. <https://www.nsffbts.ca/>



Getting to Know You Interview: Sandy Cook – CBSC Board Member

Briefly describe your family role with a burn survivor.

My husband Mike was burned 23 years ago in May. We had two young boys at the time and concerned for them as they had seen their dad on fire at camp.

Why you expanded your support?

I have always been a caregiver and support is part of caregiving. As a home support worker it comes naturally to me.

After our first burn survivor's convention and getting ready to attend our second one, the head of our burn fund said to me "how are we going to give back". I passed the message on to Mike and the survivors got together and put a proposal to the Victoria Firefighters Burn Fund and we have continued to be supported and support others when we see the need or asked.

Reason for your involvement with CBSC?

I see the importance of support here in Canada and feel that I can be a voice and perspective of the spouse of a burn survivor and a care giver.



Positive changes to you due to helping others?

I remember my second burn survivors conference and feeling I didn't belong. I had a survivor ask me three questions.

- o Was your husband burned? Yes.
- o Did he spend time in the hospital? Yes
- o Did he have grafts? Yes
- o Then you belong, healing your mental scares are just as important as the physical ones.

I want to continue to give back to the community that has helped me out over the years. At each conference I would heal a little at a time. Seeing others that have grown and being appreciative for what we have done for them.

Where you see yourself in 5 years?

I would like to see myself continuing to give support where I can.

Virtual Go for the Burn Run – Mamingwey Burn Survivor Society, Winnipeg, MB

The Mamingwey Burn Survivor Society would like to let you know about an event we are hosting to support our community. Our annual Go for the Burn Run is in it's 7th year. Last year we had to cancel our event due to the pandemic. This year we have found a different solution to continue our event. We are going Virtual!

We will be hosting a **Virtual Go for the Burn Run**. What that means is you will register for the Go for the Burn Run, but due to provincial guidelines and gathering restrictions, we will ask you to run/walk on your own, following the public health orders.

The Go for the Burn Run will take place in a window of time, you have the option to run/walk starting April 25 at 7am CST to May 8th at 7pm CST. You will use

an app to track your run and then upload your time to the Go For the Burn Run page.

We are using the company Race Roster as our online platform for registering.

Our registration page is <https://raceroster.com/events/2021/40990/go-for-the-burn>

Registration will be open starting Monday February 15th.



Please support this very worthy cause by doing one of the following:

- Sign up to run in the 10K event which is part of the MRA Classic series
- Sign up to run or walk in the 5K which is part of the MRA Youth Series
- Sign up to walk in the 3K event
- Sign a youth up for the 3K Youth Run (age 16 and younger) which is part of the MRA Youth Series

We are sanctioned by Manitoba Runners Association; as well, our event is a part of the MRA Celebration Series.

All 10K and 5K participants will receive a Go For the Burn Run participation medal. All 3K participants will receive a custom made Go for the Burn Buff.

All participants will receive a Go for the Burn Run toque.



We are hoping to have a gift pick up day before the window of time to complete the Run/ Walk so you will have your Go for the Burn Swag to wear while participating!

Our registration cost this year is a flat fee of \$40.00.

*All youth rates (age 16 and under) are half price

Online registration will be open till May 8th at 6:00pm CST.

This year we will be paperless so please look to our website <http://www.burnfundmb.ca/gofortheburn/>, Facebook (@gofortheburn) and Twitter (@Mamingwey) for updates.

Once again, you can create your own donation page on the Race Roster website to make it easier to collect donations - you can set your own fundraising goal and share your personal page with family and friends.

Our last event was a huge success, thanks to all participants and volunteers. Without you, this event would not be possible, and we hope we can count on your support again this year.

The event is a fundraiser for the Mamingwey Burn Survivor Society, a division of the Firefighters' Burn Fund. This organization has made a huge difference in the lives of burn survivors throughout Manitoba, by bringing them together to share, by offering post-secondary scholarships, and supporting survivors to attend national and international burn survivor congresses. The Mamingwey Burn Survivor Society also plans and hosts annual conferences for burn survivors. This year we will be holding a virtual presentation on the Topic of Burn Survivors and Fitness on March 27th at 1pm via Zoom. Our next in-person conference will take place in Winnipeg on October 22 and 23, 2021 in accordance with Public Health Orders.

NEW - 649 Fundraiser Coming to CBSC

The Canadian Burn Survivors Community would like to try and raise funds to support our Canadian burn survivors otherwise not be able to attend our conferences.

Kyle Hynes from Calgary Alberta will be setting it up, we can buy one of 49 squares for \$10.00 each. Once all the squares are sold, the winning number will be determined by the extra number drawn from

the recent lotto 649 number. the winner will receive \$245.00 and the other \$245.00 will be donated to the CBSC.

All funds would be e-transfers through Kyle Hynes account.

Watch the CBSC's Facebook page for further details and starting date.

Canadian Burn Survivors Community Bi-weekly Zoom Chats

Time: Mar 31, 2021 07:00 PM Winnipeg
Apr 28, 2021 07:00 PM
May 26, 2021 07:00 PM
Jun 23, 2021 07:00 PM

Apr 14, 2021 07:00 PM
May 12, 2021 07:00 PM
Jun 9, 2021 07:00 PM

Please download and import the following iCalendar (.ics) files to your calendar system.

Daily:<https://zoom.us/meeting/tJlvdu2grzgiHNSjbEwpVt9FA4ilkOVLJEse/ics?icsToken=98tyKuCurDouEtWWuB-HRowAAIj4LPzzmHZHgo1ulh3AFDBldlrQF7ZLG7lQJvT6>

Join Zoom Meeting: <https://zoom.us/j/96214813860>

Meeting ID: 962 1481 3860

One tap mobile

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+14388097799,,96214813860# Canada

For the link, please check our Website or Facebook Page:

<https://www.canadianburnsurvivors.ca/>

<https://www.facebook.com/CanadianBurnSurvivorsCommunity>

Submitted by Barbara-Anne Hodge

Sun Care and Scars:

Article by Muskaan Sachdev

Ultraviolet radiation from sun exposure is a major cause of melanomas and carcinomas. Additionally, sun exposure can cause damage to skin that has been scarred regardless of the cause. Practicing phototherapy, which includes the use of sunscreen, staying in the shade, and wearing appropriate protective clothing, can help reduce the harmful effects of sun exposure, especially on scars. Children and teenagers are at significant risk from sun exposure and must be targeted to prevent excessive UV exposure to prevent future complications.¹

Squamous cell carcinomas (SSC) can arise within scars due to exposures such as UV radiation. A type of SSC occurs in situ, known as Bowman's disease. Lesions occur on sun-exposed skin in the form of scaly patches. There is a causal relationship between chronic exposure to UV light and this disease.³ This carcinoma occurs mostly in sun-exposed areas, including the head, neck, and arms, but also occurs on the trunk, buttocks, and other areas. As a result, the incidence of this disease is higher in tropical areas of the world. UV-B radiation from sunlight with a wavelength of 290–320-nm is primarily responsible for SSCs. Exposure to UV radiation generates specific mutations in the p53 tumor suppressor gene. The most common mutation from UV-B radiation arises from nucleotide C to T changes at pyrimidine sites. As a result, point mutations occur during

keratinocyte replication. Abnormal cell function and replication occurs, and clinically manifests itself as SSCs. Therefore, by focusing on sun protection, the use of daily effective sunscreen with UV-B and UV-A range, and avoidance of tanning beds starting from childhood can help avoid skin problems arising from scars.²

Additionally, in conditions such as acne, the skin becomes very fragile due to both the acne itself and the treatment for acne. The goal of treating acne is to prevent scars, so the fragility of the skin must be taken into consideration. The fragility of skin as a result of acne is due to alteration in sebum composition, functional alteration of filaggrin, persistent inflammation of the skin and some aggressive therapies. Worldwide, fragile skin is reported in all skin types. Among a total of 4913 individuals aged 13–65 years surveyed in France, Spain, Sweden, Japan and the United States, 24.44%, 29.71%, 52.67% and 42.20% with Caucasian North, Caucasian South, Asian and Black skin, respectively, suffer from fragile skin. Many topical anti-acne treatments can alter skin barrier function, causing an increase in trans-epidermal water loss, decreased skin hydration, and skin sensitivity/irritation, and reducing stratum corneum thickness. Therefore, treatment for scars must take into consideration of sun exposure. Successful acne treatments allow for sun protection on

top of providing optimal hygiene, irritation, and dryness of the skin.¹

In all types of scarring, it is recommended to use sunscreens with SPF greater than 50 and avoid exposure to sunlight until the scar has matured. Several randomized studies have shown that UV radiation can increase scar pigmentation and worsen the clinical appearance.⁴ Therefore, adequate preventative measures must be taken in order to avoid further complications arising from sun exposure to scars. Furthermore,

literature shows that sunburns can lead to double the risk of melanoma, and an increased risk of SCC and BCC.⁵ Non-burning sun exposure, however, can decrease the risk of melanoma, thus taking preventative measures is pivotal.⁵ Sunscreen is intended to prevent sunburns when applied frequently and as a thick layer.⁵ Additionally, staying indoors is critical for all ages, especially in warmer climates, to lower the incidence of skin cancers caused by sunburn.⁵

References

1. Blume-Peytavi U, Bagot M, Tennstedt D, Saint Aroman M, Stockfleth E, Zlotogorski A, et al. Dermatology today and tomorrow: from symptom control to targeted therapy. J Eur Acad Dermatol Venereol JEADV. 2019 Jan;33 Suppl 1:3–36.
2. Garcia-Zuazaga J, Olbricht SM. Cutaneous Squamous Cell Carcinoma. Adv Dermatol. 2008 Nov 1;24:33–57.
3. Bath-Hextall FJ, Matin RN, Wilkinson D, Leonardi-Bee J. Interventions for cutaneous Bowen's disease. Cochrane Database Syst Rev [Internet]. 2013 [cited 2020 Dec 26];(6). Available from: <https://www-cochranelibrary-com.libaccess.lib.mcmaster.ca/cdsr/doi/10.1002/14651858.CD007281.pub2/full>
4. Monstrey S, Middelkoop E, Vranckx JJ, Bassetto F, Ziegler UE, Meaume S, et al. Updated Scar Management Practical Guidelines: Non-invasive and invasive measures. J Plast Reconstr Aesthet Surg. 2014 Aug 1;67(8):1017–25.
5. Hoel DG, Berwick M, de Gruijl FR, Holick MF. The risks and benefits of sun exposure 2016. Dermatoendocrinol. 2016 Jan-Dec;8(1):e1248325.

Calendar of Future Events – April 2021 to June 2021

- **Virtual Go for the Burn Run** – Mamingwey Burn Survivor Society
April 25 at 7am through to May 8th at 7pm
- **Bi- Weekly CBSC Zoom Meetings** – Article in this Newsletter

Newsletter Submissions

Please submit any submissions for our quarterly newsletter to Michael and Sandy Cook: michaeldcook@shaw.ca