



# LAKESHORE LINK

FALL 2018

## A grateful patient

### Rob Sexton credits the team at the Lakeshore General Hospital with saving his life

**W**OW! The word sums up Rob Sexton's view of the care he received at the Lakeshore General Hospital (LGH). He was blown away by the compassion and consideration of the doctors, health professionals and staff.

It all started in 2012 when Rob accepted a new job as an application (app) developer. Soon after accepting the job, his health turned sideways.

"I quickly realized the company needed a team of four to meet demand, but I was a team of one," says Rob. I tried to keep up, logging 70-80-hour work weeks, but, I was barely keeping my head above water."

Little did he realize that working exceptionally long hours, taking on an exceedingly heavy workload, and putting enormous pressure on himself to get the job done —made him ripe for a mental breakdown. After over three-and-a-half years at an unrelenting pace, his body rebelled. He suffered massive headaches, insomnia, chronic fatigue, nausea, and had vividly-violent nightmares.

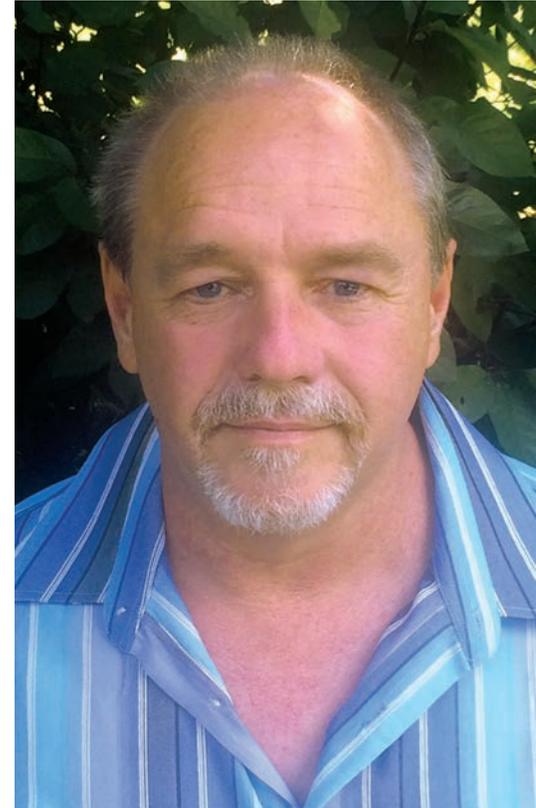
"I remember the day my mind finally snapped. It was a beautiful Saturday

afternoon. I was sitting outside; my wife was in the pool. I was working from home. It was a big, complicated project. I couldn't figure out all of the variables to make the app work. To my astonishment and my wife's, I started to cry. And I never cry," recalls the 57-year old.

Upon his wife's insistence he headed to the LGH Emergency Room. He was seen quickly and after explaining his symptoms, was put through a battery of tests including a 1.5-hour interview with a psychiatrist. The diagnosis, post-traumatic stress disorder (PTSD) and symptoms similar to bipolar disorder.

In addition to being treated for these disorders, Rob used various hospital services and has nothing but praise for the quality of care he received at the LGH. Everyone was friendly, smiling, asking how they could help make him more comfortable. The staff was mindful of his extreme anxiety and fear of needles. Rob says he is incredibly grateful for their compassion and consideration.

"They saved my life. The team at the Lakeshore General Hospital, literally saved my life," says Rob. "Dr. Fiore Lalla in Psychiatry, Gabrielle Hopf, in Psychology, Lynn Turgeon, a nurse



Rob Sexton is extremely thankful for the great care he received at the LGH.

manager... they are Godsend. I would not be here today without that amazing team."

Rob continues along the road to recovery, with the support of the health professionals at the LGH.

"I have nothing but great things to say about the team at the LGH. I offer each of the doctors, health care professionals and staff who took care of me my sincerest thanks. I am alive today because of them. I don't know what else to say except WOW!" •

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