

taking control – robert’s story

man seeks sleep

Robert Fross knew he wasn’t sleeping well. He sought help and was diagnosed with a number of health conditions before he was correctly diagnosed with sleep apnea, a sleep disorder in which breathing repeatedly stops and starts during sleep. Apnea patients are thought to be overweight, thick-necked, out of shape and older – a profile that prevents younger, fit people from proper diagnosis and treatment.

looking for answers and not giving up



the first three years

- 2011** – Sleep clinic advised against study based on apnea profile and sleep self-assessment score
- 2012** – First health problem diagnosed, no cause identified*
- 2013** – Second condition diagnosed, medication prescribed
- 2014** – Medication increased, sleep aid added, **still no sleep**



health issues appear to be on the rise

- Aug. 2015** – Third health condition diagnosed
- Oct. 2015** – New exam results revealed high blood pressure



getting diagnosed, but not getting sleep

- 2014** – First diagnosis from 2012 confirmed, other results show normal blood pressure
- 2015** – Physician discontinued medication for second diagnosis, prescribed different sleep aid, **sleep but not rest**



finally, some answers

- Dec. 2015** – Referred to different sleep clinic; study pursued based in part on wife’s answers to sleep observer questionnaire**
- Dec. 2015** – **Diagnosed with sleep apnea, prescribed CPAP treatment*****

* Health issues in Robert’s timeline are all known to be related to or caused by sleep apnea or chronic sleep deprivation.

** Observer questionnaires are an important part of correctly diagnosing sleep disorders, including sleep apnea. Persons with sleep disorders may not realize they wake up frequently, stop or gasp for breath, snore or exhibit other symptoms that indicate or confirm their sleep disorder diagnosis.

*** CPAP is a treatment for moderate to severe sleep apnea using a machine to provide continuous positive airway pressure (CPAP) via a nasal mask during sleep.

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three weeks after diagnosis

- Feeling rested; sleeping through the night
- Blood pressure normalizing – down 30 points and still falling
- First health issue improved markedly, expect other health conditions to improve or go away
- Free of leg cramps, morning headaches, fatigue and forgetfulness
- Experienced an improved state of mind – happy

“I hope my story helps someone recognize sleep apnea early, get treatment and avoid misdiagnosis.”

– Robert Fross



listen to robert’s story

> go.chevron.com/robert-fross

more about sleep > [sleep and your health](#)

more about sleep apnea > go.chevron.com/sleep-apnea

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taking control - promoting a healthy and safe workforce

discomfort? there's a rapid response for that

what is rapid response?

Rapid Response (RR) is one piece of Chevron's Repetitive Stress Injury Prevention (RSIP) program. The process identifies, prevents and resolves computer-related discomfort before it becomes an injury that may require medical care or result in lost work time.

pasima's story

I was experiencing frequent discomfort for two weeks before I called the Rapid Response (RR) program. I took over-the-counter pain relievers at first, but they didn't help.

I was aware of RR, but I didn't call right away because something always seemed to come up and I was hoping the discomfort would go away. But after a visit to the 2016 health fair in downtown Houston, I made the decision to call RR without delay. The response from the team and my initiation into the program were immediate.

My initial evaluation was very educational and encouraging. I felt safe and comfortable sharing my discomfort and what led to it. My experience with the job-specific conditioning portion of the program was life changing. I gained knowledge and learned skills that will serve me for life.

The program taught me how to go through a variety of stretches, core and total body exercises that have almost made me discomfort-free and have made me healthier and stronger. Plus, I am now more disciplined with my body. I intentionally stop work frequently and make sure that I move throughout the day. I know that I must stop, take a break, stretch and get my blood flowing.

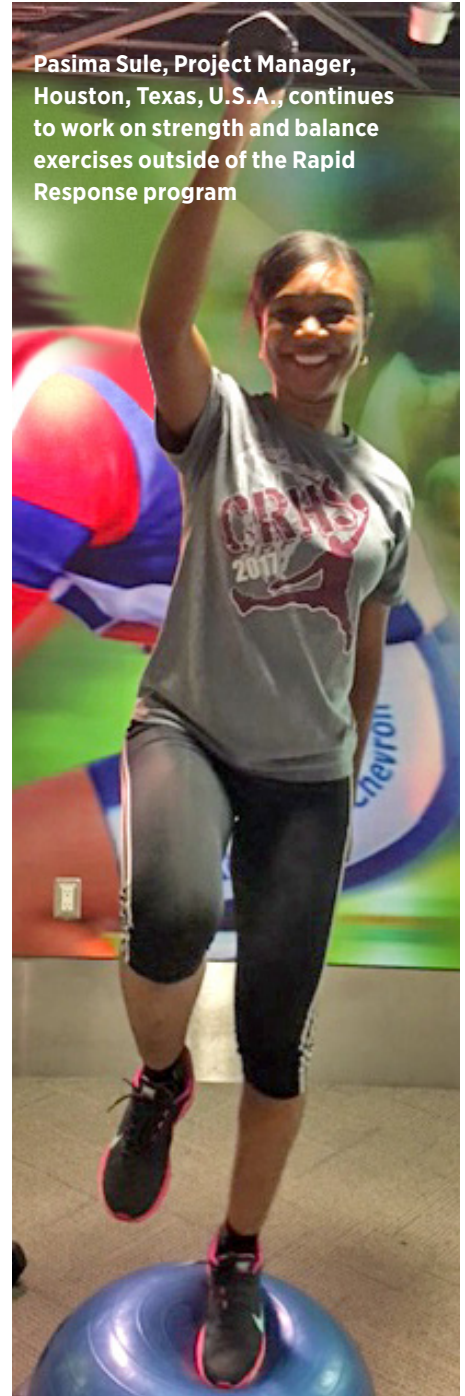
My RR job-specific conditioning coach, Christina, was pleasant and uplifting. She motivated me to do my best and to push myself a little harder. She helped me develop the ability to do some tough balance exercises that I thought I would never be able to do.

“I moved from having frequent discomfort every day to very little or no discomfort at all.”

My clinical evaluator, Kathleen, went beyond evaluating me to sharing information about the healing process, proper body positioning, how to ice areas of discomfort and helping me understand more about the anatomy that connects and holds our bodies together.

After 12 weeks of the RR program, I consider myself to be discomfort-free, wiser in health matters, more disciplined with my body and more productive at work. And to think all of this happened because of a single phone call to Rapid Response.

“I am an advocate of rapid response whenever possible. I do OE moments, raise awareness and encourage my colleagues to make that call.”



Pasima Sule, Project Manager, Houston, Texas, U.S.A., continues to work on strength and balance exercises outside of the Rapid Response program

contact rapid response

U.S.-based payroll employees call: 1 866 722 5323

non U.S.-based employees contact your local safety specialist or regional medical director

visit > go.chevron.com/rapid-response

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