

## HEALTH FAQ

# Chikungunya leaves woman in immense pain for years

**DEAR DR. ROACH:** I have a friend who lives in Paraguay and had been diagnosed with chikungunya. It has been extremely painful for her for several years. Her doctor prescribed 90 mg of etoricoxib daily and a shot of duodecadron once a month.

I've never heard of chikungunya, and the medical care she is getting seems sketchy. I wish there was a solution for her immense pain. Do you have any knowledge of this virus and/or the medication for it? Are you aware of any new or trial drugs that might be worth trying? — J.

**ANSWER:** Chikungunya may not sound like a real medical condition, but it is a viral disease that was first found in West Africa. It has since spread to the Caribbean and the Americas with transmission occurring in the Dominican Republic, Puerto Rico, Hawaii, and a few cases in Florida.

It is spread mainly through mosquitoes. The word "chikungunya" is from an African language and roughly translates to "stooped walk" due to the joint pain caused by the disease. In addition to joint pain, people with chikungunya usually have a fever and a skin rash.

Headache and even meningitis may occur. However, joint pain is the most common long-term complication.

While most people will clear their joint symptoms within six months, symptoms can go on for years in some people. Your friend is receiving a COX-2 inhibitor (etoricoxib), which has the potential for heart damage, so it is not approved in the United States.

She is also on a chronic steroid, dexamethasone, which is used in North America but may not be the best long-term treatment as it has numerous long-term side effects. In North America, people with chronic joint pain from chikungunya are treated similarly to those with rheumatoid arthritis. This often includes methotrexate or another disease-modifying antirheumatic drug. I urge your friend to see a rheumatologist.

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**DEAR DR. ROACH:** In your column, I frequently read letters from people who have to get up during the night to urinate. My husband had this problem and got up hourly. We assumed it was as a prostate issue.

After prostate surgery, he had a catheter for a few days, and we found that he was producing almost two liters of urine at night. The urologist immediately ordered a sleep study to determine if sleep apnea was present. He tested positive, was started on a CPAP machine, and only needed to get up once on the very first night. It changed his life. — D.S.

**ANSWER:** I thank D.S. for writing. Obstructive sleep apnea is a well-known cause for urinating at night, but we often forget to think about it. A really useful tool for sleep apnea, the STOP-Bang questionnaire, doesn't include excessive urinating at night, but your letter is a good reminder that we should consider this diagnosis in people who are at risk for sleep apnea.

The risk factors in the STOP-Bang questionnaire are Snoring; Tired enough to fall asleep easily during the day; Observed stopped breathing or gasping for breath during the night; high blood Pressure; a Body mass index over 35; an Age older than 50; a Neck size larger than 16 inches (40 centimeters); and the Gender of male.

A person who answers positively to three or more of these risk factors should at least prompt a consideration of whether sleep apnea is likely enough to test the person for it.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu).



UNC Health Southeastern Foundation Advocates met recently to plan Boots & BBQ Rodeo Royale event details and discuss how the event will support Gibson Cancer Center. The event is scheduled for Friday, Nov. 14 at the Southeastern Agricultural Center in Lumberton.

# Betting on hope: Boots & BBQ Rodeo Royale supports Gibson Cancer Center

**Heather Walters**  
For The Robesonian

LUMBERTON — Boots & BBQ Rodeo Royale, presented by Smith's Refrigeration, Inc., returns on Friday, Nov. 14 for its 13th year with the same mix of music, food, and togetherness that makes this event a community favorite. Guests will gather for dancing, lively entertainment, and a meal prepared by Fuller's Old Fashioned Barbecue, with the addition of interactive casino style games that add a playful twist to the night.

While the evening promises plenty of fun, the heart of Boots & BBQ Rodeo Royale remains its purpose. The event supports UNC Health Southeastern, and this year Gibson Cancer Center, where community giving plays a vital role in providing advanced care close to home. Support for our hospital is needed now more than ever, and this event reminds us that we cannot do this work without our community. Every ticket, sponsor-

ship, volunteer and gift helps ensure patients and families continue receiving exceptional care right here in Robeson County. We are betting on our community to once again rise to the occasion and help keep hope and healing close to home.

This year's event is stacked with touches that make the evening stand out. Entertainment will feature the band Snapback, thanks to our Hoedown Sponsors ApolloMD, Liberty Healthcare and First Bank. With the support of these community partners, Boots & BBQ Rodeo Royale continues to grow as both a celebration and a cause that makes a difference, offering an atmosphere that feels both familiar and new.

The UNC Health Southeastern Foundation Advocates, a group of committed volunteers, have worked together to bring this vision to life. In July, the group gathered at the home of Anne Christopher and Travis Kemp to plan event details and discuss where

this year's proceeds could make the greatest impact. Their efforts are rooted in a shared commitment to UNC Health Southeastern and to the Hope Starts Here campaign, which advances the mission of Gibson Cancer Center. Proceeds from the evening will help transform the cancer center lobby, a place that has welcomed patients and families for decades, into one that provides greater comfort and dignity. It is a project that reflects the heart of our community and preserves excellent care close to home.

"Boots & BBQ has always been about gathering for a good time with a good purpose," said UNC Health Southeastern Foundation Executive Director Sissy Grantham. "This year brings a few new touches, but the focus remains the same, to stand together for UNC Health Southeastern and Gibson Cancer Center patients and families, advocating for all things good."

Community members are invited to join in

this effort by supporting Boots & BBQ Rodeo Royale through sponsorships or by making a gift to the Path to Hope brick campaign or Tree of Hope donor recognition wall through Gibson Cancer Center's Hope Starts Here campaign. Every gift makes a lasting impact for patients who depend on the care and compassion of UNC Health Southeastern and our community.

Boots & BBQ Rodeo Royale, presented by Smith's Refrigeration, Inc., will be held at the Southeastern Agricultural Center in Lumberton. Join us for an evening of music, good food, great company, and a few surprises along the way, all in support of hope and healing in Robeson County and our surrounding communities.

To learn more and select a sponsorship opportunity, visit [www.unhealthsoutheastern.org/foundation/events/boots-and-bbq/](http://www.unhealthsoutheastern.org/foundation/events/boots-and-bbq/).

Heather Walters is the manager of donor experience & engagement for the UNC Health Southeastern Foundation.

# General and bariatric surgeon joins UNCHSE

**Amanda Crabtree**  
For The Robesonian

LUMBERTON — Mark Dalvin, M.D., has joined UNC Health Surgical Specialists at Southeastern Health Mall and the medical staff of UNC Health Southeastern as both a general and bariatric surgeon.

His clinical areas of special interest include bariatric/metabolic/weight loss surgery, hernia surgery, and robotic surgery. He performs a variety of operations including sleeve gastrectomy, roux-en-y gastric bypass, inguinal and

ventral hernia repair, and paraesophageal hernia repair.

"I chose to become a surgeon to develop the knowledge and skills needed to directly improve the lives of people in my community," said Dr. Dalvin. "For me, the most important principle of being a physician is helping patients optimize their quality of life and supporting them in becoming the best version of themselves in their own eyes. I find my areas of special interest especially

meaningful because of the profound impact they can have on a patient's long-term health, confidence, and overall well-being."

He completed medical school at Northeast Ohio Medical University in Rootstown, Ohio, and completed a general surgery residency at Western Reserve Health Education, Inc., in Youngstown, Ohio. He also completed a fellowship in bariatric surgery at Kaiser Permanente South Sacramento in Sacramento, California.



Dalvin

To schedule an appointment with Dr. Dalvin at UNC Health Surgical Specialists at Southeastern Health Mall, which is located at Biggs Park Mall, 2934 North Elm Street, Suite E, in Lumberton, call (910) 739-0022. To learn more, visit <https://www.unhealth.org/care-services/locations/unc-health-surgical-specialists-at-southeastern-health-mall-lumberton>.

Amanda L. Crabtree is the director of marketing & public relations at UNC Health Southeastern. Reach her by email at [amanda.crabtree@unhealth.unc.edu](mailto:amanda.crabtree@unhealth.unc.edu).

**OCTOBER Breast Cancer Awareness Month**

**Early Detection Saves Lives**

To schedule a screening mammogram, visit [myuncchart.org](http://myuncchart.org) or call (910) 671-4000.

Southeastern Radiology Associates  
209 West 27th Street, Lumberton, NC