



MISSOURI REGIONAL ARTHRITIS CENTERS

Missouri Arthritis & Osteoporosis Program
University of Missouri - Columbia
Missouri Department of Health & Senior Services

Central Missouri

Central Missouri Regional Arthritis Center
University of Missouri-School of Health Professions
1507 East Broadway, Hillcrest Hall
Stephens College Campus
Columbia, Missouri 65215

Contact: Amber Phelps
Phone: (573) 882-8097
Fax: (573) 884-5509
E-Mail: phelpsam@missouri.edu
Web: www.marrtc.org/community/regional.html

Kansas City Area

KC Area Regional Arthritis Center
Saint Luke's Hospital
4401 Wornall Road
Kansas City, Missouri 64111-3238

Contact: **Orvie Prewitt**
Phone: (816) 932-2351
Cell Phone: (816) 305-4009
Fax: (816) 932-6211
Email: oprewitt@saint-lukes.org
Web: www.marrtc.org/community/regional.html

Eastern Missouri

Eastern Missouri Regional Arthritis Center
Arthritis Foundation, Eastern Missouri
9433 Olive Blvd., Suite 100
St. Louis, Missouri 63132

Contact: **Karen Samsel**
Phone: (314) 991-9333 or 800-406-2491
Fax: (314) 991-4020
E-Mail: ksamsel@arthritis.org
Web: www.arthritis.org

Northeast Missouri

Northeast Missouri Regional Arthritis Center
A.T. Still University
800 West Jefferson Street
Kirksville, Missouri 63501-1497

Contact: **Doris Fountain**
Phone: (660) 626-2049 or
1-866-626-2878 ext. 2049
Fax: (660) 626-2928
E-Mail: dfountain@atsu.edu
Web: www.marrtc.org/community/regional.html
Cell: (660) 341-0874

Northwest Missouri

Northwest Missouri Regional Arthritis Center
Heartland Health – Plaza I
802 N. Riverside, Suite 225
St. Joseph, Missouri 64507

Contact: **Debbie Braby**
Phone: (816) 271-7064 or 1-800-443-8858
Fax: (816) 271-7409
E-Mail: Debbie.braby@heartland-health.com
Web: www.marrtc.org/community/regional.html
Data Support:

Southeast Missouri

Southeast Missouri Regional Arthritis Center
Saint Francis Medical Center
150 S. Mount Auburn Road
Cape Girardeau, Missouri 63703

Contact: **Marilyn Duncan**
Phone: (573) 331-5880 or 888-216-3293
Fax: (573) 331-5028
E-Mail: semorac@sfmtc.net
Web: www.marrtc.org/community/regional.html

Southwest Missouri

Southwest Missouri Regional Arthritis Center
St. John's Health Systems
1235 East Cherokee Street
Springfield, Missouri 65804-2263

Contact: **Margaret Lindsey**
Phone: (417) 820-3446 or 1-800-835-5197
Fax: (417) 820-7785
E-Mail: margaret.lindsey@mercy.net
Web: www.marrtc.org/community/regional.html
Program Coordinator: Heather Scott
heather.scott@mercy.net

STATE CONTACT

Missouri Arthritis & Osteoporosis Program
University of Missouri-School of Health Professions
1507 East Broadway, Hillcrest Hall
Columbia, Missouri 65215

Contact: **Beth Richards**
Phone: (573) 884-1220
Fax: (573) 884-5509
E-Mail: richardsjo@missouri.edu
Web Sites: www.dhss.mo.gov/Arthritis; [/Lupus](#); [/Osteo](#)

ARTHRITIS: KNOW THE FACTS!

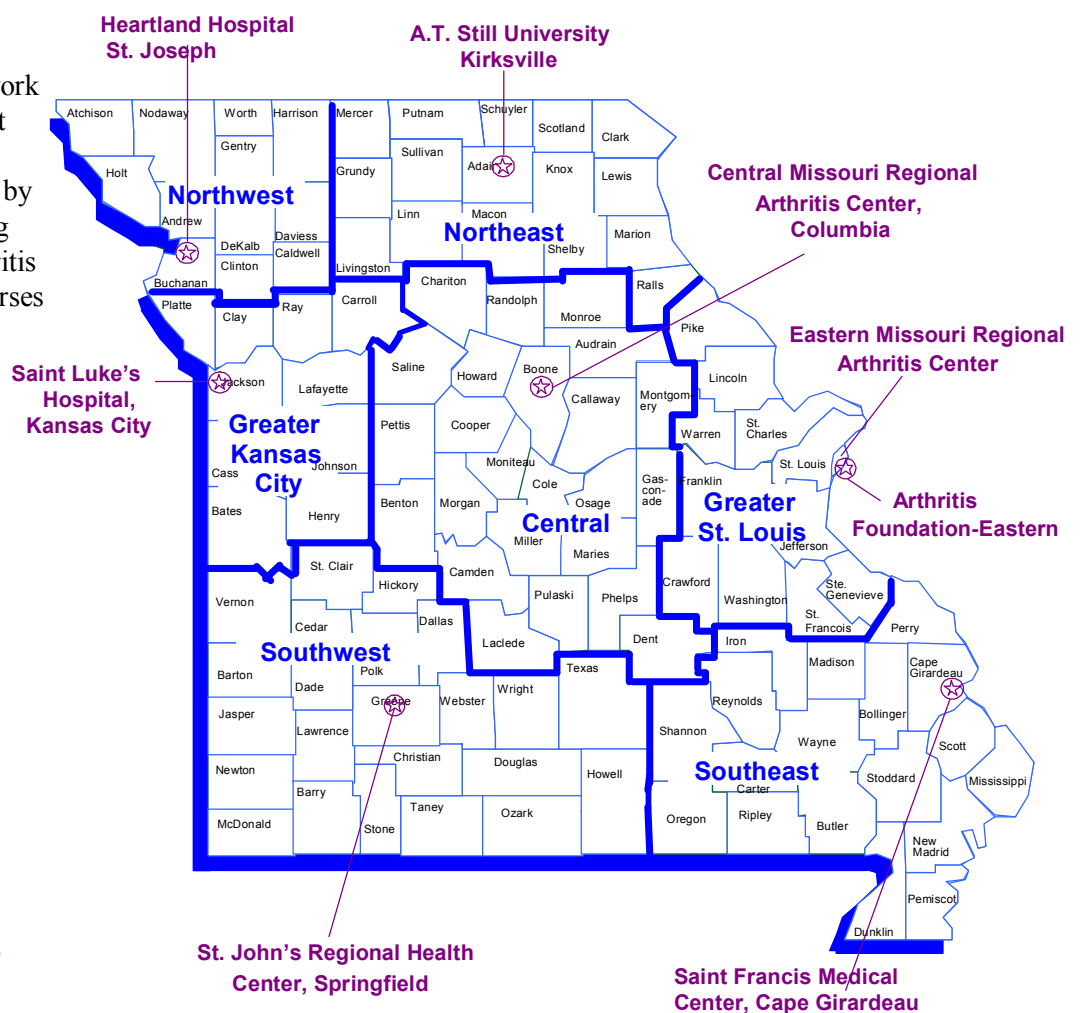
1. Nationally, arthritis is the leading cause of disability.
2. Arthritis constitutes **the most widespread disabling condition in Missouri**.
3. **1 in 3** adult Missourians report activity limitations due to arthritis or joint symptoms.
4. Almost ½ of Missouri adults report pain, aching, or stiffness, in and around a joint.
5. 658,000 Missouri adults report activity limitations due to arthritis or joint symptoms.
6. Only 9% have ever taken an educational course to teach them how to manage problems related to their arthritis or joint symptoms.
7. Over 4,000 Missouri children are affected by arthritis or related conditions.

The Missouri Arthritis & Osteoporosis Program

The Missouri Department of Health and Senior Service's Arthritis and Osteoporosis Program (MAOP) promotes optimal quality of life for all Missourians affected by rheumatic disease through early intervention, education, service, and collaboration.

The MAOP has a statewide network of Regional Arthritis Centers that provide information and support for persons and families affected by arthritis. This includes organizing community support groups, arthritis and chronic disease self-help courses and land and aquatic exercise classes.

In addition, the RACs organize regional arthritis advisory boards, partner with regional area physicians in recruitment of clients to evidence-based courses, and provide lending libraries of rheumatic condition related information.



**NEED MORE HELP?
Contact your local**

RAC.

See other side for complete listing.
Hearing-impaired citizens' telephone 1-800-735-2966.

EEO/AAP services provided on a non-discriminatory basis