



MISSOURI REGIONAL ARTHRITIS CENTERS

Missouri Arthritis & Osteoporosis Program
University of Missouri - Columbia
Missouri Department of Health & Senior Services
www.moarthritis.org

Central Missouri

Central Missouri Regional Arthritis Center
University of Missouri-School of Health Professions
1205 University Avenue; Suite 1100
Columbia, Missouri 65211
Contact: **Amber Phelps**
Phone: (573) 882-8097
Fax: (573) 884-5412
E-Mail: phelpsam@missouri.edu

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

Eastern Missouri

Eastern Missouri Regional Arthritis Center
Arthritis Foundation, Eastern Missouri
9433 Olive Blvd., Suite 100
St. Louis, Missouri 63132
Contact: **Karen Shoulders**
Phone: (314) 991-9333 or 800-406-2491
Fax: (314) 991-4020
E-Mail: kshoulders@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
Cell: (660) 341-0874
Fax: (660) 626-2928
E-Mail: dfountain@atsu.edu

Northwest Missouri

Northwest Missouri Regional Arthritis Center
Heartland Health – Plaza I
802 N. Riverside, Suite 160
St. Joseph, Missouri 64507
Contact: **Debbie Braby**
Phone: (816) 271-7057 or 1-800-443-8858
Fax: (816) 271-7409
E-Mail: Debbie.braby@heartland-health.com

Southeast Missouri

Southeast Missouri Regional Arthritis Center
Saint Francis Medical Center
150 S. Mount Auburn Road
Cape Girardeau, Missouri 63703
Contact: **Heidi Dunn**
Phone: (573) 331-5880 or 888-216-3293
Fax: (573) 331-5028
E-Mail: semorac@sfmtc.net

Southwest Missouri

Southwest Missouri Regional Arthritis Center
St. John's Clinic – SCG
Arthritis Center
3231 S. National, Suite 400
Springfield, Missouri 65807
Contact: **Margaret Lindsey**
Phone: (417) 888-6787 or 1-800-835-5197
Fax: (417) 888-6786
E-Mail: margaret.lindsey@mercy.net
Program Coordinator: Heather Scott (417) 888-6789
heather.scott@mercy.net

STATE CONTACTS

Missouri Arthritis & Osteoporosis Program
University of Missouri-School of Health Professions
1205 University Avenue; Suite 1100
Columbia, Missouri 65211
Contact: **Beth Richards, Director**
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E-Mail: richardsjo@health.missouri.edu
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Liz Raine, Health Educator
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E-Mail: raine@health.missouri.edu
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ARTHRITIS: KNOW THE FACTS!

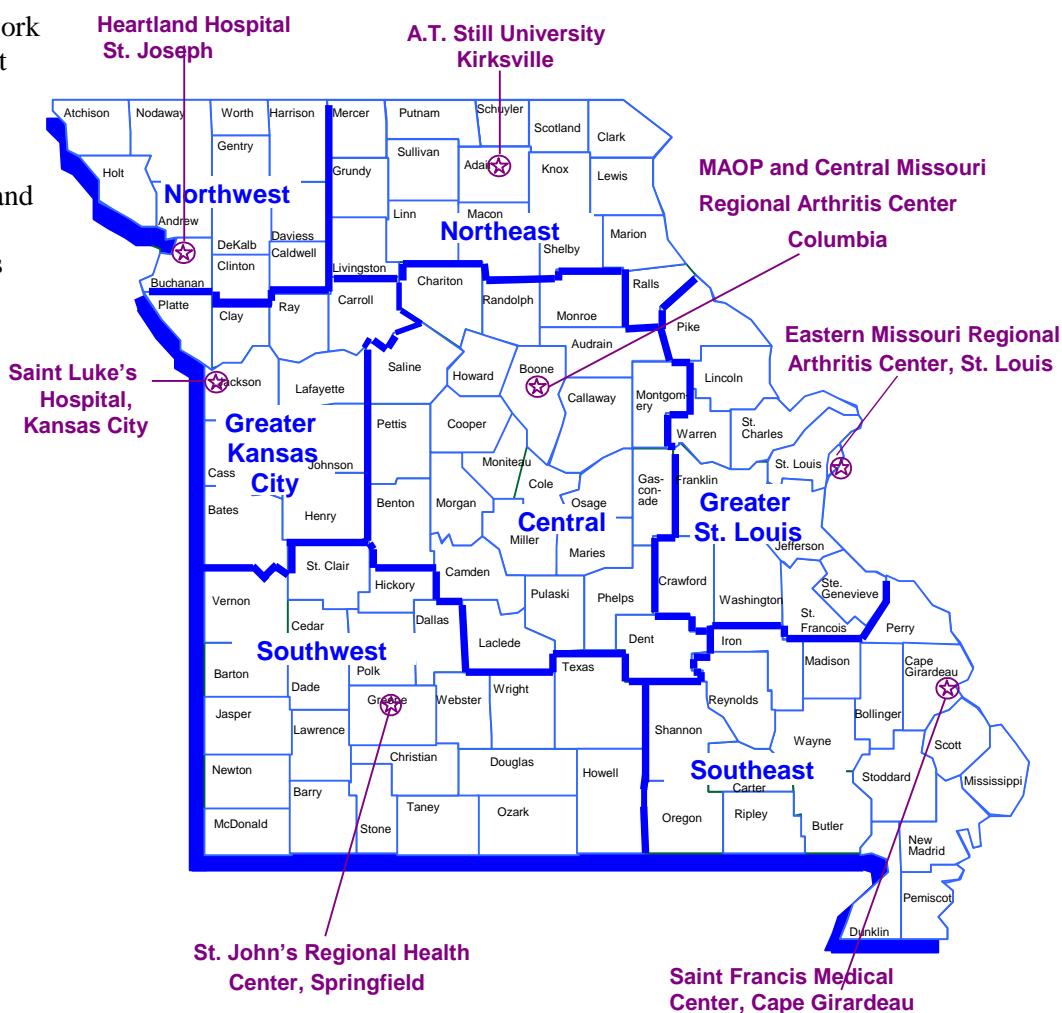
1. Nationally, arthritis is the leading cause of disability.
2. Arthritis constitutes **the most widespread disabling condition in Missouri.**
3. **1 in 3** adult Missourians report activity limitations due to arthritis or joint symptoms.
4. Almost ½ of Missouri adults report pain, aching, or stiffness, 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 managing regional partnerships and organizing arthritis and chronic disease self-management courses and exercise programs.

In addition, the RACs organize regional arthritis advisory boards, partner with 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.