

ARTHRITIS

NEWS FOR YOU

FALL 2009

ST. JOHN'S ARTHRITIS CENTER

Tips for Managing Fatigue

Fatigue is a common and vexing symptom of many conditions. It may be caused by inflammation, medication side effects, stress, overdoing regular activities, depression, or a combination of the above. You can cope with and, in some cases, conquer fatigue by setting priorities, conserving your energy, and making sound decisions. The Arthritis Foundation offers several pointers:



DETERMINE CAUSES OF FATIGUE—Pinpoint whether your fatigue is caused by physical, emotional, and/or environmental factors such as noise levels, temperature changes, or daily hassles like traffic.

KEEP A FATIGUE DIARY—Note the times of day or week when fatigue strikes and what may trigger it.

ASK YOUR PHYSICIAN—Fatigue due to inflammation is often more easily addressed than fatigue that results

from stress. Your doctor may consider other potential sources of fatigue such as anemia or even medications you may already be taking. Fatigue can be a side effect of medications, so ask your doctor if any medications you are taking contribute to fatigue and whether adjustments can be made.

LEARN HOW TO COPE—Don't consider fatigue a sign of weakness, and don't deny it. Many people can adjust their daily schedules, starting

their day an hour or two later (making it easier to deal with morning stiffness and sleep longer). If this isn't feasible, consider resting in the afternoon. Avoid eating heavy meals, opting for lighter, healthier, and smaller meals throughout the day. Rest is crucial, but doing too little can lead to more fatigue. Talk with your doctor before starting moderate exercise.

GET A GOOD NIGHT'S SLEEP—Too little sleep can lead to a big problem.

Pain can keep you from falling and staying asleep, so can caffeine, alcohol or drugs, stress, etc. Allow enough time for sleep so that you can reach REM (rapid eye movement) sleep that is essential for waking up refreshed and rejuvenated.

PRIORITIZE YOUR TIME AND ENERGY—Think of your energy as a valuable resource and conserve it for your most important activities. Although it isn't always easy, say no to lower-priority activities that take up too much time and energy so that you can devote yourself to top priorities like spending time with your children and earning a living.

ASK FOR HELP—You can't do everything on your own. Learn to delegate without shame by asking for specific help (be precise by asking for assistance shopping one hour every other Tuesday), developing a pool of helpers (spreading tasks among friends and family), and considering bartering or trading services.

Tweaking your life can help you cope with and conquer fatigue!

Ask Margaret

I have a good rapport with my primary care physician, but he is so very busy. How do I get the most out of my scheduled appointment?

What an excellent question! *Arthritis Today* recently ran an article entitled “The 18-Minute Doctor’s Appointment Challenge.” Americans, on average, receive 18 minutes with their primary care doctors at each visit. Modern medicine is full of marvels, and it is also characterized by increasing demands. Physicians today are required by insurance companies, the government, and professional organizations to carefully document nearly every aspect of patient care from how they protect our privacy in waiting rooms to even how long or how often they wash their hands. These requirements protect everyone yet take time. So, how do we make the most of our minutes (whether we have more or less than 18), and how do we make our conversations meaningful? I’ll share with you tips from the helpful the Arthritis Foundation’s *Arthritis Today* on how you can enhance communication with your physician:

Before the visit, put pen to paper and make a list of the items you need to discuss from unexplained aches to prescription refills. Then, prioritize your list so that you can address what is most important. Next, recruit a friend or relative to go with you to be an extra set of ears and another memory to call upon (especially if you’re feeling sick or stressed).

Minute 1—Build rapport with your doctor, but don’t get drawn into a long personal exchange that could end up putting even more time pressure on the interaction, thus frustrating you and your doctor.

Minutes 2-3—Review the list of reasons for your visit. Politely say that you’ve made a list of things you’d like to address and ask if it’s okay to go over it with him. Explain that you’d like help determining which problems are most important to tackle at this visit. That will let your doctor know that you respect his time and that you’re willing to share in responsibility for time management.

Minutes 3-5—Set an agenda. Primary care doctors are generally asked to tackle three to six patient concerns per visit. Setting priorities allows your most pressing needs to be addressed. When your doctor knows the number and urgency of your concerns, she is better able to address the problems that are most important (to you and to her). She can also make better judgments about time constraints.

Minutes 5-16—Receive your clinical exam. Now is not the time to clam up. If something about your symptoms scare you, don’t be afraid to say so. Be honest and open and discuss challenges that prevent you from managing your disease (whether it’s hardship like the loss of a job or concern that your father experienced the same kind of fatigue before a cancer diagnosis). Your doctor can thoroughly investigate issues and, hopefully, relieve fears.

Minutes 16-18—Create a treatment plan. Studies show that when patients are involved in their treatment, they have better health outcomes.

Margaret Lindsey, R.N., is an Arthritis Educator with St. John’s Regional Arthritis Center. Questions for her column should be addressed to Ask Margaret/Arthritis News for You, St. John’s Hospital, 1235 East Cherokee, Springfield, MO 65804.

ARTHRITIS INFORMATION LINE
417-820-3665 or 1-800-835-5197
7:30 a.m.-4:00 p.m., Monday-Friday

Good Idea!



Curved Brush Reacher

If you have trouble reaching to scrub your back, this long, curve handled reacher is ideal. With a brush/sponge attached, the device makes it possible to reach the upper and lower back without straining or twisting. All items are available at the St. John’s Medical Supply Store. Call (417) 820-7115.

Live Like Your Life Depends on It!

Living a Healthy Life with Chronic Conditions
 This six week chronic disease self-management class is for people with diabetes, asthma, heart disease, arthritis, lupus, stroke, bronchitis, emphysema, and any other chronic condition. Learn skills for *living a healthy life with a chronic condition*. Classes meet Thursdays, Sept. 10-Oct. 15, 2009, from 10 a.m.-12 noon at St. John’s Health Plans Building at 3265 S. National Ave., Springfield, MO, in the Community Conference Room (2nd floor). The class is free. **Please call 1-800-835-5197 for classes in cities throughout southwest Missouri.**

Ozark County Senior Center, Gainesville— Nov. 3-Dec. 8, 2009, 10 a.m.-12 noon. To register, call (417) 679-3532.

AAA Region X at Joplin— Aug. 12-Sept. 16, 2009, 1:30-3:30 p.m. To register, call (417) 781-7562.

Newton County Health Dept., Neosho— Sept. 3-Oct. 2, 2009, 9:30 a.m.-11:30 a.m., 1-3 p.m., and 6-8 p.m. To register, call (417) 451-3743.

Appleton City Baptist Church— Sept. 22-Oct. 27, 2009, 9:30-11:30 a.m. To register, call (417) 646-2149.

St. Clair County— Sept. 24-Oct. 29, 2009, 9:30-11:30 a.m. To register, call (417) 646-2419.

Polk County Health Center Conference— Aug. 19-Sept. 23, 2009, 9-11 a.m. To register, call (417) 326-7250.

Kimberling City Senior Center— Sept. 8-Oct. 13, 2009, 9-11 a.m. To register, call (417) 357-6134.



Visit us on the world wide web!
www.muhealth.org/~arthritis/swrac

Fibromyalgia Support Groups

Springfield: The group has temporarily suspended regular meetings due to illness. People with Fibromyalgia in need of information and support may call the Regional Arthritis Center at (417) 820-3446 or 1-800-835-5197.

Aurora: Meetings are the third Tuesday of the month at a new location—1 p.m. at St. John's Aurora Hospital, PDR. Call Coralu Exter at (417) 678-3580 or Marilyn Carey at (417) 678-2666.

Lebanon: Meetings are the first Tuesday of the month at 7 p.m. at Breech-St. John's. Call Evaleen Rogers at (417) 588-9783 or Dana McGaughy at (417) 533-3275.

Mt. Vernon: Quarterly meetings are held at MO Rehab. Call Jane Nelson at (417) 461-5490.

Joplin: Meetings are the first Tuesday of the month at St. John's Medical Center at 7 p.m. Call Pam Baack at (417) 781-6225.

Marshfield: This *new* group meets the second and fourth Mondays of the month at Marshfield First Baptist Church at 6:30 p.m. Call Martina Plavnick at (417) 468-2765.

Lupus Support Group of the Ozarks

We are sorry to announce the Lupus Support Group of the Ozarks is disbanding and will not be meeting. All are invited to attend the Ozark Area Arthritis Club (OAAC); see details on this page. Contact the Regional Arthritis Center for info concerning Lupus at 1-800-835-5197 or 417-820-3446. We will gladly help with questions or concerns.

Ozark Area Arthritis Club (OAAC) Program Schedule

The OAAC meets the second Tuesday of each month at Cedar's Restaurant at 3322 S. Campbell at 11:30 a.m. For information, contact the Arthritis Information Line at (417) 820-3665 or 1-800-835-5197.

AUGUST 11, 2009

Indoor Picnic
St. John's CH Chub O'Reilly Cancer Center Auditorium
Registration Required

SEPTEMBER 8, 2009

Taking Care of Your Back
 Sara Bunch, PT
 St. John's Outpatient PT

OCTOBER 13, 2009

Carpal Tunnel Syndrome
 Shannon Tranmer, OTR
 Cox Health

NOVEMBER 10, 2009

Nutrients: Oral Absorption
 Debra Vaughn
 Mayor Pharmaceutical

Arthritis/Fibromyalgia Self-Management Course

The six week course will be held Tuesdays, September 15-October 20, 2009, from 10 a.m.-12 noon at Springfield's St. John's Hospital Private Dining Room 4. The class covers self-management of pain and stress, exercise, and medications. The class is free; registration is required. Call the Arthritis Information Line at 417- 820-3665 or 1-800-835-5197 for info on upcoming classes in Southwest Missouri. For information about a course at Cox Health, contact Cami Stanley at 417-269-5282.

Tai Chi for Arthritis

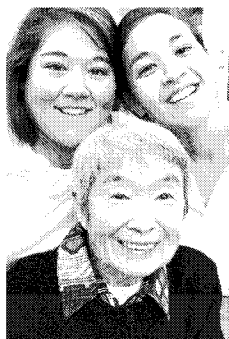
Tai Chi for Arthritis was developed for people with a rheumatic condition and consists of fluid circular movements that are slow in tempo. Benefits include improvements in flexibility, strength, overall fitness, and posture. New classes are forming. For information, please call Heather Scott at (417) 820-3665 or 1-800-835-5197. Classes are also forming at the **Ward YMCA**. Call 862-7456 for info.

Sjogren's Syndrome Support Group

The group meets October 19, 2009, at noon at St. John's Hospital, Private Dining Room 4. **PLEASE ASK FOR DIRECTIONS AT THE INFORMATION DESK AND NOTE THE PERMANENT ROOM CHANGE.** Call Una Lewis, (417) 827-3190 or 1-800-835-5197.

Fibromyalgia Education

Fibromyalgia education will be offered at the Meyer Wellness Center (Rehab Conference Room) at 3545 S. National, Springfield, Thursdays, Oct. 8-Nov. 12 (1:00-3:00 p.m.).



Registration is required. Call Cox Info (417) 269-4636.

Speakers' Bureau

The Southwest Missouri Regional Arthritis Center is pleased to provide speakers to any community group or civic organization wishing to learn more about arthritis. Our education programs are available free of charge. Call the Arthritis Information Line at 1-800-835-5197 or 417-820-3665.

Complementary Alternative Medicine in Arthritis Care (Part III of III)

By Norman J. Simon, D.O., F.A.C.R., St. John's Clinic Division of Rheumatology

Editor's Note: Parts I and II of this series, "Complementary Alternative Medicine in Arthritis Care," appeared in the spring and summer 2009 issues of *Arthritis News*. For a copy/back issue, please contact the St. John's Regional Arthritis Center.

In part two of this series, I described and reviewed some of the more common complementary alternative medicine (CAM) therapies that are increasingly being used throughout the country as treatment options for both degenerative or non-inflammatory forms (e.g. osteoarthritis) as well as the inflammatory forms (e.g. rheumatoid arthritis) of arthritis. I will concentrate on medicinal forms of CAM treatments, having already examined popular and common "complementary" and "alternative" remedies for rheumatic disorders such as diet, vitamins and minerals, nutritional supplements, fish oils, and antimicrobials.

Now, we'll turn our attention to glucosamine and chondroitin, S-adenosylmethionine (SAM-e), and antimicrobials. We'll also see how the Food and Drug Administration (FDA) and American College of Rheumatology (ACR) weigh in on the issues.

Glucosamine and chondroitin — Glucosamine and chondroitin are part of normal cartilage. The cartilage in a joint acts as a cushion between the bones. Glucosamine is a natural substance that is found in the

covering of shellfish. It is available in different forms, including glucosamine hydrochloride, N-acetylglucosamine (NAG), and glucosamine sulfate (a combination of glucosamine and mineral salt).

Chondroitin can come from natural sources, such as shark or bovine cartilage. Chondroitin sulfate is a combination of chondroitin and mineral salt. Glucosamine and chondroitin are commonly available in tablet, capsule, powder, or liquid form and are often taken in combination with each other or in combination with other dietary supplements.

Unlike many other nutritional supplements, glucosamine hydrochloride and chondroitin sulfate have undergone vigorous long-term evaluation in a study sponsored by the National Institute of Health (NIH). The Glucosamine/chondroitin Arthritis Intervention Trial (GAIT) was a large, randomized, placebo-controlled trial conducted at several sites across the United States. The results, published in the *New England Journal of*

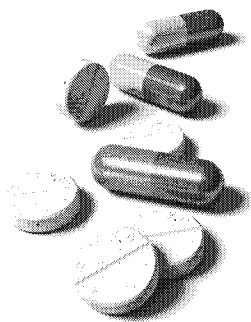
Medicine, February 22, 2006, showed that the popular dietary supplement combination of glucosamine plus chondroitin sulfate did not provide significant relief from osteoarthritis pain among all participants. However, a smaller subgroup of study participants with moderate-to-severe pain showed significant

relief with the combined supplement.

In a second outcome study performed by the GAIT group with glucosamine and chondroitin sulfate, together or alone, neither did better than placebo in slowing the loss of cartilage in osteoarthritis of the knee.

It appears that glucosamine and chondroitin, in combination or separately, have few side effects. Glucosamine appears to be safe for most people. However, it might worsen asthma through an allergic reaction and could cause higher blood sugar and insulin levels in people with diabetes. Generally, side effects of glucosamine can include mild stomach problems and nausea, a skin reaction, or a headache. Chondroitin appears to be safe for most people as well. However, chondroitin may possibly worsen asthma (through an allergic response) or cause blood-clotting disorders. The side effects of chondroitin can include stomach pain, nausea, diarrhea, constipation, swelling, and problems with heart rate. Both supplements could affect the action of the blood thinning drug warfarin, but this is not definite.

SAM-e — SAM-e is short for S-adenosylmethionine, a substance that occurs naturally in the cells of plants, animals, and humans. SAM-e is not an herb. Because the body produces less SAM-e with age, it has been speculated that SAM-e may be a helpful supplement for certain diseases including the relief



Continued on Page 6...

Juvenile Arthritis News

Strategies for Back to School Readiness, Success



As summer winds down and the school supply ads are everywhere, it is time to review tips for having a successful school year. All parents want their children to receive the best education possible. By following a few simple suggestions, children with JA and their families can reduce stress and improve learning opportunities.

Talk to Educators

Establishing effective communications between home and school is essential. Arrange for a conference with the teacher(s), counselor, and school nurse before classes start. If medication is given at school, staff members need to have written instruction detailing the dosage and time.

Help your child's educators be aware of JA's impact on mobility, endurance, and energy level. Pain, morning stiffness, and drug side effects also need to be discussed.

Create a Plan

Doctor appointments, flares, and hospitalizations may cause frequent absences. Develop a plan for making up missed work and inquire about homebound instruction in case of prolonged absence.



Make Modifications

Work together to come up with ways to reduce impact on joints. For example, students may use rubber or foam build-ups on pencils or a book holder, which keeps the book at a comfortable angle.

It may be possible to modify homework assignments and testing environments (allowing more time or administering tests orally).

Students with JA may require extra time to move from class to class; they may also need help carrying books. Classes should be close together if possible. Field trips, fire drills, and storm drills also need special attention.

Discuss curriculum and expectations of a regular physical education class. If needed, arrangements can be made for modified or adaptive physical education classes, based on a doctor's recommendations and the student's physical condition.

For a positive experience, discuss issues before school starts. Call the

Southwest Regional Arthritis Center at 1-800-835-5197 or (417) 820-3665 for materials and for any additional assistance in talking with educators. Pamphlets such as "When Your Student Has Arthritis: A Guide for Teachers" and "Decision Making for Teenagers with Arthritis" are also available at no cost.

Prescription Help Online

In a tough economy, purchasing school supplies can stretch a budget. Families of children with JA have even more considerations and expenses. The Arthritis Foundation's *Kids Get Arthritis Too* (July/August 2008) published a list of web sites that allow you to search medication assistance programs for free. They frequently provide related forms and other helpful information.

<https://kids.pparx.org> The Partnership for Prescription Assistance (PPA), sponsored by drug manufacturers, offers a Web site to identify programs targeted at children. You can also call 877-369-1477.

www.NeedyMeds.org This non-profit organization, founded by a physician and social worker, regularly updates online information on medication assistance programs.

www.RxAssist.org This online resource, developed by Volunteers in Health Care, provides a searchable database along with other resources, including sample letters for providers.

JA Clinics Announced

Dr. Andrew Lasky, a pediatric rheumatologist from Children's Mercy Hospital in Kansas City, is seeing area children at St. John's Specialty Clinic by appointment November 10, 2009. Please call 417-820-3665 or 1-800-835-5197.

Save the Date!

Mark your calendars for JA Fun Day on November 10, 2009. Please call the Regional Arthritis Center for details—417-820-3665 or 1-800-835-5197.

Complementary Alternative Medicine Part II (Continued from page 4)

of pain associated with osteoarthritis. The use of SAM-e in osteoarthritis may have a mild pain relieving effect when compared to placebo but generally has not been shown to be superior to conventional treatment with non-steroidal anti-inflammatory medications such as Ibuprofen type products. SAM-e can also have side effects including nausea, diarrhea, and headache.

Antimicrobials — A microbial (germ) theory for the cause of rheumatoid arthritis (RA) has long been an attractive but unproven hypothesis. However, antimicrobials (antibiotic medications) might be useful if this hypothesis were true. Unfortunately, there has not been any convincing evidence that would support any specific microbial organism as the cause for RA. This issue regarding the use of antimicrobial therapy has been revisited, however, since scientific work found that tetracyclines, particularly minocycline, may have significant effects in the body that allow these types of compounds to provide antiinflammatory and antiarthritic benefits in rheumatoid arthritis. Thus, tetracycline therapy, specifically Minocycline, is no longer considered "complementary" or "alternative".

However, thus far no other specific antimicrobial treatments have shown conclusive positive results in the treatment of rheumatoid arthritis.

Conclusion — The regulation of dietary supplements by the United States Food and Drug Administration (FDA) is different as compared to what is required for conventional medications.

A dietary supplement can be sold with limited or no research on how well it works or in how it could be potentially harmful when used on its own or in combination with other supplements or traditional medications. Similar to conventional medicines, dietary supplements may cause side effects, trigger allergic reactions, or interact with prescrip-



tion and nonprescription medicines or other supplements you might be taking. A side effect or interaction with another medicine or supplement may make other health conditions worse. Dietary supplements may not be standardized in their manufacturing. This could affect how well they work or any side effects they cause, and this can occur among different brands or even within different batches of the same brand. The form of a nutritional supplement that can be bought in a health food store or over the Internet may not be the same form or equivalent in active ingredients as what was used in clinical research trials. As such, it is especially important to inform your doctor if you are using a dietary supplement or if you are thinking about combining a dietary supplement with your conventional medical treatment.

ACR position statement — The American College of Rheumatology (ACR) Board of Directors adopted the following position concerning "complementary" and "alternative" therapies for rheumatic diseases:

"The ACR appreciates the current interest in 'complementary' and 'alternative' therapies and medicine and understands those frustrations and motivations leading to patients' interest in them. The ACR is concerned that simplistic labels for therapies (or hypotheses or publications) may mislead. The ACR welcomes rigorous scientific evaluation of all hypotheses that might improve our understanding and treatments of rheumatic diseases. The ACR supports integration into our repertoire those therapies considered to be proven safe and effective by proper scientific peer review and advises caution for those not validated. The ACR believes physicians should be informed about 'complementary' and 'alternative' therapies and should be able to discuss them knowledgeably with patients. The essence of medicine is the reduction of uncertainty. It is difficult for patients — and physicians — to live with uncertainty, particularly regarding certain diseases and therapies. The ACR recognizes this and believes that it is proper science that will lead to greater knowledge."

Reprinted from the 1998 American College of Rheumatology's position statement on "Complementary" and "Alternative" Therapies for Rheumatic Diseases.

Arthritis Foundation Exercise Program Area Classes (Formerly PACE)

Classes use gentle activities to help increase overall stamina, flexibility, and strength. It is not a substitute for a prescribed exercise program.

Republic Parks and Recreation, call Allison Davis (417) 732-6780; **Cox Monett Hospital**, call Lauren Holland (417) 354-1410; **Warsaw Area**, call Billie Mowry (660) 438-7569; **Branson Recplex**, call Mary Chase (417) 335-2368; **Mt. Vernon**, call Sonny Poe (417) 461-5351 at MO Rehab; **Bolivar CMH Senior Health** (417) 777-7171; **Buffalo-Colonial Springs**, call Kay Morris (417) 345-5413; **Greenfield/Dade County**, call Caren Stehpinie (417) 637-2345; **Lamar Senior Citizens Center**, call Roberta Braxdale (417) 682-5809; **Lincoln Community Center**, call Billie Mowry (660) 438-7569; **Ellett Memorial Hospital, Appleton City**, call Kelly Tindall (660) 476-2111; **Strafford Senior Center** (417) 736-9898; **Humansville Senior Center**, call (417) 754-8303; **Willard Fitness Center**, call (417) 742-2262; **Republic Friendship Center** (417) 732-7672; **United Methodist Church, Fair Grove**, call Evelyn Sheppard (417) 759-2755; **McCarty Senior Center**, call Mark at (417) 282-6100; **Korth Senior Center Stockton**, call 417-276-5306; **Nixa Senior Center**, call (417) 725-2322; **Neosho Senior Center**, call (417) 451-0981; **Summersville Senior Center**, call (417) 932-4044; and **Pierce City Senior Center**, call (417) 476-5800.

Arthritis Foundation Exercise Program (Formerly PACE) Springfield Classes

Classes meet at **St. John's Fitness Center**; cost is \$10. Two classes are offered, 1:15-2:15 and 2:30-3:30 p.m. on Tuesdays and Thursdays. Call the Arthritis Information Line at 417- 820-3665 or 1-800-835-5197 or The Professionals at 417-820-8888 or 1-800-909-8326. Classes are also held at the following locations:

Springfield Southside Seniors Center (call Norma Strube at 890-1313)
Campbell United Methodist Church (call Marilyn Kleine at 881-2018)
Cox Senior Health (call Sonnie Noble at 269-3915)
Cox Fitness Center Meyer Wellness & Rehab Center (call 269-3282)
Wesley United Methodist Church (call 883-1021)
Ward YMCA (call 862-7456)
Covenant Presbyterian Church (call 883-1774)
NEW—Noble Hill Baptist Church (call 742-5227)
NEW—Cox North (269-8882)

Bothered by Arthritis? Concerned about Heart Disease?

We are conducting a research study of 3 approved medications commonly used to treat pain due to osteoarthritis (OA) or rheumatoid arthritis (RA) in people who also have or are at high risk for heart disease. Qualified participants will receive study-related medical care, regular study check ups, and study medication at no charge

To qualify you must...

- Be 18 years of age or older
- Have had OA or RA for at least 6 months
- Have been prescribed regular medication for your pain for at least 6 months
- Have or be at high risk for heart disease, which includes a history of heart attack, stroke, or diabetes.

For more information, call St. John's Medical Research Institute at (417) 841-0250 or toll free 866-207-0167.

Arthritis Foundation Aquatic Exercise (Formerly Aquatics Programs)

Springfield: Hammons Heart Institute, call 417-820-2169

Ward YMCA, call 417-862-7456

Meyers Wellness & Rehab, call 417-269-3282

Chesterfield Family Center, call 417-891-1616

Joplin: Joplin Family Y, call 417-623-4597 or 417-625-2502

West Plains: West Plains Civic Center, call 417-256-8087

Lebanon: Cowan Civic Center, call 417-532-4642

Monett: Lowry & Associates, Physical Therapy, call 417-235-8770

Nevada: Vernon County Health Department, call 417-667-7418
Nevada Regional Medical Center, call 417-448-3622

Lamar: Lamar Aquatic Park, call 417-682-5383

El Dorado Springs: Cedar County Memorial Hospital, call Sandy Whitaker at 417-876-2511

Bolivar: Citizens Memorial Hospital, call 417-326-0453

Citizens Memorial Hospital Senior Health, call 417-777-7171

Scleroderma Support Group of the Ozarks

The next regular meeting will be September 14, 2009, at 6:30 p.m. at Cox South Meeting Room A. The Christmas Dinner will be at Heritage Cafeteria on December 7, 2009. For more info, call Gerry Robertson (417) 866-4297 or 1-800-835-5197.

Change of Address?

If you have recently moved or are planning to relocate, please call us with your change of address... (417) 820-3665 or 1-800-835-5197.

St. John's Health System

1235 E. Cherokee
Springfield, MO 65804
www.stjohns.com



Please Join Us

Ozark Area Arthritis Club

This organization is open to any and all individuals with a form of arthritis. We provide informative programs in a supportive environment. Our focus is on health information and fellowship, so we hope that you'll join us.

The OAAC meets the second Tuesday of each month at Cedar's Restaurant at 3322 S. Campbell at 11:30 a.m. Please see page 3 of Arthritis News for a list of upcoming programs. For information, contact the Arthritis Information Line at (417) 820-3665 or 1-800-835-5197.

Join the Ozark Area Arthritis Club for a luncheon of information, fellowship, and fun!

St. John's Regional Health Center, a member of the Sisters of Mercy Health System, St. Louis, is a Christian ministry dedicated to healing and wellness. As an equal opportunity/affirmative action employer, St. John's provides services and benefits without discrimination.